

MONTHLY E-MAGAZINE

2021

ISAPS
November



MESSAGE FROM THE ISAPS PRESIDENT



Nazim Cerkes MD, PhD

Dear friends and ISAPS members,

As things continue to open up and large-scale, in-person events become possible once again, preparations for the 2022 ISAPS World Congress in Istanbul, Turkey are moving full steam ahead! Last week, I was pleased to welcome our Executive Director, Sarah Johnson, and our Marketing Director, Barbara Boeld, to kick start our planning.. we are working hard together to coordinate a spectacular meeting for you!

Next year's World Congress will be held from September 20-24, 2022 and features our first two-day ISAPS Symposium on Non-Surgical Procedures. As always, we will also have our world class surgical program of interactive panels, hot topics and live surgery demonstrations, alongside a wonderful social program. Please mark your calendars, spread the word, and start planning your abstract submissions, to be part of our program in Istanbul!

In December I will repeat last year's successful **Istanbul Rhinoplasty Course: December 10-12, 2021**, and I welcome you to join me there. I will lead an exciting live surgery program highlighting primary and secondary rhinoplasty with Drs. Baris Cakir, Abdulkadir Goksel, and Eren Tastan performing 12 distinct live

MONTHLY E-MAGAZINE

procedures. This meeting is half-price for ISAPS members, so claim your place by booking early! [Click here to register.](#)

In the meantime our regular ISAPS Events continue and **our latest ISAPS Residents Webinar** took place today, with the chance to learn everything from fundamentals to current trends in **mastopexy augmentation** from Drs. Paul Harris and Rieka Taghizadeh.

As always ISAPS Resident webinars are free to all ISAPS residents and if you missed it you can still watch on Demand. [Click here to register.](#) You can learn more about our activities for residents in this week's featured interview and please encourage your resident colleagues to benefit from our completely free three year residents program.

November is another very busy month for ISAPS endorsed courses and partner events, so please check our [events calendar](#) regularly. The latest addition is next week's [ISAPS Endorsed Russian Turkish Aesthetic Surgery Meeting, Moscow, Russia on November 12-14.](#) This three-day event features live surgeries in rhinoplasty, face lift, breast augmentation, mastopexy, hair transplantation, abdominoplasty and body contouring, all by masters in these fields. Online participation is discounted for ISAPS members.



Renew your membership for 2022!

I was so proud this year to see our ISAPS family grow to over 5,000 for the first time. In spite of the uncertainty we have all faced through COVID-19 ISAPS members have never been busier, and we are grateful for their support and engagement in more than 20 ISAPS events and webinars so far this year: including a first, non-stop, 48-hour virtual conference, ISAPS first online Business School (still available to register OnDemand anytime), not to mention the chance to get back together for the first time in Vienna in September.

It is now time to renew your ISAPS membership! We are working with the feedback received this year to ensure we can continue to provide you with the highest quality education that you deserve, and to explore more chances for networking in this new environment. Whether you're an established surgeon and long-time member or a new resident just starting out on your journey with ISAPS, [renew your membership now](#) to continue enjoying all your exclusive benefits throughout 2022. If you haven't yet joined, or know someone who may like to there is no better time to do so: if you sign up now for 2022 you can enjoy our benefits from now to the end 2021 at no extra charge.

With warm regards,

A handwritten signature in blue ink that reads "Nazim Cerkes".

Nazim Cerkes MD, PhD
ISAPS President

MONTHLY E-MAGAZINE



Interview with **Laura Lundy** ISAPS Digital Project Manager

ISAPS: What are some of the initiatives you and your team have implemented this year?

Lundy: One of the programs I've been part of is the ISAPS Resident Webinar Series, a great new initiative led by Dr. Maria Wiedner, our Residents and Fellows Committee Chair. ISAPS wants to do more to support residents in their training, and after so many successful online ISAPS Master Class webinars it seemed a natural evolution to use this online streaming format to also reach out to residents and provide an educational resource that focused on the basics. During these resident-only webinars, top surgeons from around the world generously hold lectures as well as Q&A's with the live audience and take the time to answer any questions residents out there may have.

The support and attitude I've seen from these surgeons has been so positive; they are excited and keen to support junior surgeons in this early stage of their career. The feedback from residents has also been excellent. Over 97% of attendees have said they would recommend the webinars to their colleagues, and 99% of attendees have said after watching the webinar they learned something new! My hope for this Residents Webinar series in the future is to continue to deliver more webinars on topics and procedures we have yet to cover, so that we can have an amalgamation of on-demand library content specifically aimed at residents in training. I also want us to grow our ISAPS residents community and see more residents signing up to the webinars and our other residents programs, engaging with the content, and giving us feedback so we can understand even better how ISAPS can help them best.

ISAPS: Can you tell me a bit more about the goals of the Residents Program and the benefits for young residents who are just starting out?

Lundy: Plastic surgery programs continue to evolve and training in aesthetic surgery has become increasingly difficult to implement. Exposures to aesthetic surgery are often limited and it is challenging to incorporate the scope of procedures in training programs. There is also a reported lack of standardization of aesthetic training and practice worldwide, as well as resource restraints among public health services and training departments. However, the demand for cosmetic surgery worldwide is undeniable. The risk of not training residents well not only affects their ability to provide a safe service to patients but also may impact the reputation of our specialty. Therefore, ISAPS is keen to be at the forefront of filling this need by supporting the education of trainees globally and encouraging life-long learning.

The ISAPS Residents Program is free to residents for three years, and offers a range of opportunities to help residents around the world in their training/education. We have various initiatives such as the Resident Webinar Series mentioned above, the [**ISAPS Fellowship Program**](#) which grants eligible residents the chance for an intensive three-month placement with some of the world's best surgeons, and the [**ISAPS Mentor Program**](#), which currently includes 13 [**Mentors**](#) whom residents are encouraged to contact and connect with for advice throughout their training. We also further hands-on learning through the [**ISAPS Visiting Professor Program**](#), which connects the best

MONTHLY E-MAGAZINE

educators in aesthetic surgery with other regions for specialist hands-on training, and the [ISAPS Expert Program](#), through which residents can connect with our 23 [Experts](#) for short-term visits to learn more about a specific technique.

All ISAPS residents have access to these incredible programs as well as to our extensive worldwide network of experts in aesthetic surgery.

ISAPS: What new initiatives are you hoping to launch soon?

Lundy: Currently, I am working on improving the different programs listed above so we can streamline and further expand them in the future, and thereby support more residents in their education and training.

We are planning to introduce a new, fully digital application platform for these programs in 2022.

Alongside the Residents Program, my other focus for 2021-2022 is the development and design of the new ISAPS website. This project is being led by ISAPS President-Elect Dr. Lina Triana, who is also our Website Committee Chair. We have so many exciting developments and improvements that we can't wait to share with ISAPS members. We are currently in the 'Design Phase,' where we get to be creative, think outside the box, and look ahead to how the new website can act as the window to our society by best representing ISAPS and engaging with and supporting our members. We hope to launch in mid-2022!

PRACTICE MANAGEMENT



Tips for Scheduling Effectively

Scheduling in medical practices has an enormous impact on business efficiency. Check out the following tips to handle scheduling effectively in your practice.

Use a good scheduling system

A good scheduling system is key to maintaining productivity, and can increase patient flow. You may choose a staff member to handle scheduling manually, or you may feel that a software system is worth the cost. Regardless of which you choose, dedicate the appropriate resources to run the system effectively. For a manual system, consider computerizing it. Also make sure that everyone in the office is aware of how the scheduling system functions.

Confirm appointments

Confirming appointments is a key way to keep your schedule running smoothly. No-shows are costly for both time and money, but patients can be forgetful, especially when it comes to medical appointments that are made in advance. Set up a system,

either manually or via a scheduling program, that sends out reminders to your clients at regular intervals before or after appointments to keep everything on track.

Group similar procedures together

Scheduling similar appointments around the same time can help move appointments along quickly. By preparing the necessary materials for one type of procedure, you can quickly cycle through patients.

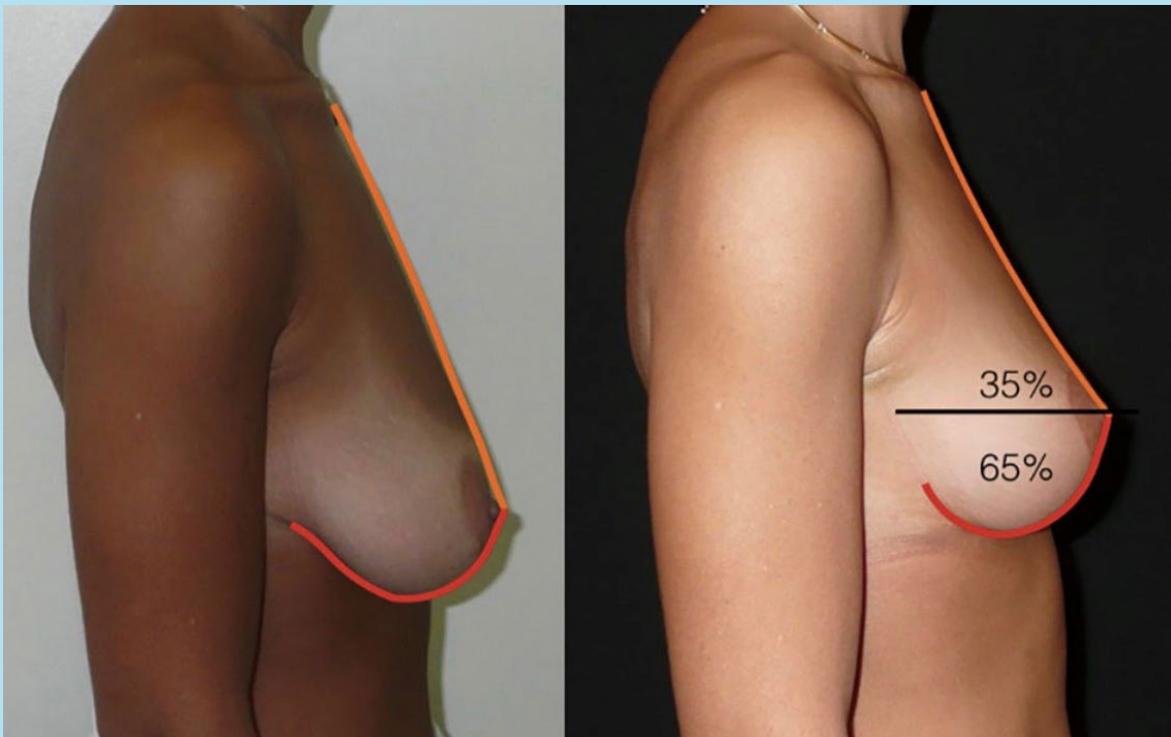
Staff appropriately

No matter how smart you are when coordinating appointments and scheduling patients, it doesn't matter if you don't have enough staff to handle your appointments. Avoid overbooking if there are not enough people available to take appropriate care of your patients. Your business may look booming if there is a long wait or a rushed doctor, but your quality of care will go down and have a negative impact on your business in the long run.

MONTHLY E-MAGAZINE



In the latest issue of
Aesthetic Plastic Surgery...



One-Stage Mastopexy-Lipofilling in Cosmetic Breast Surgery: A Prospective Study

The aim of this **study** is to report our experience on one-stage mastopexy-lipofilling in cosmetic breast surgery, describing our surgical technique and focusing on long-term esthetic results and patient-reported outcomes.

Maria Lucia Mangialardi • Camille Ozil • Cristophe Lepage

Interested in more practice management tips? Register now to view the entire ISAPS Business School [On Demand!](#)

Guest Article from an ISAPS Global Sponsor



Hyaluronic Acid Body Fillers for the Treatment of Cellulite: My Clinical Practice

Cellulite is a common condition that usually affects thigh and buttocks areas. Various treatments are currently available to treat cellulite. Although we offer different options to improve the skin appearance, including LPG and mesotherapy, one of my preferred and most used methods to treat cellulite is using hyaluronic acid (HA) dermal fillers. HA body fillers offer results that last over a year, avoiding constant touch-ups and increasing patient satisfaction. Regarding the choice of filler, it must have a high normal force to project and elevate the skin in the area to be treated. Cellulite presents an irregular skin topography evident by skin dimpling due to fibers pulling the skin downwards, so a filler with a higher capacity to push the skin tissues to project them is needed. Another important consideration is the quantity of material to be used. Usually, around 10 ml of filler are required; thus, from a cost-benefit perspective, it is more convenient to use body fillers in which prices/ml are lower. I use Genefill Contour and Hyacorp MLF1.

There are several factors to consider when performing this treatment. First, I determine if the patient is the right candidate for the procedure by assessing the laxity of the skin on the area to be treated. Evaluating before treatment if the patient has cellulite or pseudo-cellulite (skin laxity) is crucial to ascertain that the patient is

fit for this type of treatment and if satisfactory results are possible to achieve. Moreover, it helps to manage the patient's expectations as results in pseudo-cellulitis would not be as effective. Although different methods have been used to measure skin laxity, I prefer to rely on practical experience. Second, before procedure, it is necessary to review the patient's medical history, e.g., use of blood thinners. It is always essential to disinfect the area well to avoid infections. Also, the transfer of the product from a 10 mL syringe to a 1 mL syringe allows smaller needles and easier and more precise placement of the filler. Third, regarding injection technique, I place the body filler under the skin, between the dermis and the fat, applying multiple injections. During procedure, there might be skin dimplings with fibers pulling the skin down perpendicularly. Some of these fibers are lax, allowing placement of the filler and elevation of the skin. However, some of these fibers hold down the skin impeding volume restoration by the filler. In these cases, it is necessary to cut the fiber using a Nokor needle and place the filler, which will act as a spacer between the skin and future new fibers helping to maintain results longer. Finally, filler effects will be noted immediately after procedure, offering a high rate of satisfaction to the patient with a very low rate of adverse reactions.



Dr. Athanasios Christopoulos
Plastic Surgeon

MONTHLY E-MAGAZINE

Membership

ISAPS offers membership to accredited aesthetic plastic surgeons and residents worldwide. We have members in more than 112 countries and provide them with access to training, e-learning, and networking opportunities within our community of more than 5,000 fellow surgeons.

Membership costs from just \$250 for qualified surgeons; residents can join for free for up to three years. Applications for membership are available online, through our website.

Apply today to become an ISAPS Member!

For any questions, please feel free to contact us at memberservices@isaps.org.



www.isaps.org