

Contents

Preface	xiii
Acknowledgments	xv
Contributors	xvii
Video Contents	xxv
Volume I	
Part I Fundamentals	1
<i>Section Editors: Foad Nahai and Farzad R. Nahai</i>	
1 The Patient	3
<i>Foad Nahai</i>	
2 Psychological Considerations in Aesthetic Surgery	15
<i>David B. Sarwer and Jacqueline C. Spitzer</i>	
3 Photographic Essentials in Aesthetic Surgery	21
<i>Walter C. Lin, William Y. Hoffman, and Farzad R. Nahai</i>	
4 Patient Safety in Aesthetic Surgery	39
<i>Christopher A. Tokin, Christodoulos Kaoutzanis, Kent K. "Kye" Higdon, and James C. Grotting</i>	
5 Sedation and Anesthesia for Aesthetic Surgery	51
<i>Aaron M. Kearney, Sergey Y. Turin, and Sammy Sinno</i>	
Part II Business Basics	61
<i>Section Editor: W. Grant Stevens</i>	
6 Why Offer Aesthetic Medicine in an Aesthetic Surgical Practice?	63
<i>Ali A. Qureshi, Renato Saltz, and W. Grant Stevens</i>	
7 Optimal Correction and Patient Retention: A Personal Philosophical and Practical Approach to Your Nonsurgical Practice	67
<i>A. Jay Burns</i>	
8 The Spa and the Law	74
<i>Michael S. Byrd</i>	
9 Social Media	80
<i>Anthony Youn</i>	
10 Hiring and Training a Superstar Patient-Care Coordinator	85
<i>Karen A. Zupko</i>	
11 Evidence-Based Pricing Strategies That Work	95
<i>Karen A. Zupko</i>	
Part III Nonsurgical Cosmetic Treatments	101
<i>Section Editor: Jeffrey M. Kenkel</i>	
12 Clinical Decision Making for Nonsurgical Cosmetic Treatments	103
<i>Mikaela Kislewitz, Foad Nahai, and Jeffrey M. Kenkel</i>	
13 Over-the-Counter Skin Care and Nutraceutical Basics for the Aesthetic Surgeon	111
<i>Mary P. Lupo and Katharine Saussy</i>	
14 A Scientific Approach to Cosmeceuticals	119
<i>Leslie Baumann</i>	
15 Botulinum Toxin Injection for Facial Rejuvenation	135
<i>Sean Michael Devitt and Steven Fagien</i>	

Contents

16	Soft-Tissue Fillers	150
	<i>Vic A. Nanurkar</i>	
17	Non-Light-Based Skin Resurfacing	159
	<i>Christodoulos Kaoutzakis, Blair A. Wormer, and Galen Perdakis</i>	
18	Chemical Peels	173
	<i>Richard H. Bensimon and Foad Nahai</i>	
19	Lasers and Light-Based Devices in Plastic Surgery	196
	<i>Noelani E. González and David J. Goldberg</i>	
20	Sclerotherapy and Laser Vein Treatment	206
	<i>Gilly Munavalli, Mitchel P. Goldman, and Robert A. Weiss</i>	
21	Nonsurgical Treatment of the Face and Neck	222
	<i>Michael P. Ogilvie and Julius W. Few Jr.</i>	
	Part IV Hair Transplantation	241
	<i>Section Editor: Jeffrey M. Kenkel</i>	
22	Applied Anatomy in Hair Transplantation	243
	<i>Alfonso Barrera</i>	
23	Clinical Decision Making in Hair Transplantation	248
	<i>Alfonso Barrera</i>	
24	Hair Transplantation: Follicular Unit Micrografting and Minigrafting—Current Techniques and Future Directions	259
	<i>Alfonso Barrera</i>	
25	Reoperation, Refinement, and Treatment of Complications after Hair Transplantation	270
	<i>Jack Fisher</i>	
	Part V Brow Lift	281
	<i>Section Editors: Foad Nahai and Farzad R. Nahai</i>	
26	Clinical Decision Making in Brow Lift: Brow Rejuvenation	283
	<i>Foad Nahai</i>	
27	Temporal Brow Lift	291
	<i>Foad Nahai</i>	
28	Endoscopic Brow Lift	298
	<i>Foad Nahai</i>	
29	Endoscopic Brow Lift: My Personal Approach	317
	<i>H. Devon Graham III</i>	
30	Other Approaches to Brow Lift	334
	<i>Foad Nahai</i>	
	Part VI Eyelid Surgery	341
	<i>Section Editors: Foad Nahai and Farzad R. Nahai</i>	
31	Eyelid and Periorbital Anatomy	343
	<i>Amy Patel and Guy G. Massry</i>	
32	Clinical Decision Making in Aesthetic Eyelid Surgery	357
	<i>Foad Nahai</i>	
33	Upper Eyelid Blepharoplasty	374
	<i>Ted Wojno</i>	
34	Upper Blepharoplasty in the Asian Patient	389
	<i>H. Joon Kim</i>	
35	Ptosis Surgery in the Blepharoplasty Patient	397
	<i>Ted Wojno</i>	

36	Lower Eyelid Blepharoplasty	410
	<i>Mark A. Codner and Juan Diego Mejia</i>	
37	Transconjunctival Blepharoplasty	425
	<i>Foad Nahai</i>	
38	The Lower Eyelid Pinch Blepharoplasty	439
	<i>Lorne King Rosenfield</i>	
39	Avoidance and Treatment of Complications of Aesthetic Eyelid Surgery	458
	<i>Ted Wojno</i>	
	Index	I-1

Volume II

Part VII Midface Rejuvenation 471

Section Editors: Foad Nahai and Farzad R. Nahai

40	Clinical Decision Making in the Midface	473
	<i>Foad Nahai</i>	
41	Midface Recontouring	478
	<i>Patrick Tonnard, Alexis Verpaele, and Adriana Cely</i>	
42	Endoscopic Rejuvenation of the Midface	505
	<i>Renato Saltz, Gabriele Miotto, and Carlos Casagrande</i>	

Part VIII Surgical Rejuvenation of the Face and Neck 517

Section Editors: Foad Nahai and Farzad R. Nahai

43	Clinical Anatomy of the Face and Neck: Visualizing the Face	519
	<i>Joel E. Pessa and Foad Nahai</i>	
44	Clinical Decision Making in Facelift and Neck Lift	529
	<i>Foad Nahai</i>	
45	Structural Fat Grafting: Basics and Clinical Applications in the Hand and Face	551
	<i>Michael J. Cammarata and Sydney R. Coleman</i>	
46	The MACS Lift Short-Scar Rhytidectomy with Fat Grafting	573
	<i>Patrick Tonnard, Alexis Verpaele, and Igor Pellegatta</i>	
47	Short-Scar Rhytidectomy	594
	<i>Daniel C. Baker</i>	
48	Extended SMAS Technique in Facial Rejuvenation	612
	<i>James M. Stuzin</i>	
49	Lamellar High-SMAS Facelift: Single-Flap Lifting of the Midface, Cheek, and Jawline	634
	<i>Timothy Marten and Dino Elyassnia</i>	
50	Simultaneous Facelift and Facial Fat Grafting	687
	<i>Timothy Marten and Dino Elyassnia</i>	
51	Facial Implant Augmentation	725
	<i>Imran Ratanshi and Michael J. Yaremchuk</i>	
52	Neck Lift	749
	<i>Foad Nahai</i>	
53	Secondary Neck Lift	771
	<i>Timothy Marten and Dino Elyassnia</i>	
54	Reoperative Rhytidectomy	817
	<i>James C. Grotting, Nirav B. Patel, and William J. Vinyard</i>	
55	Avoidance and Management of Complications in Facial Aesthetic Surgery	844
	<i>Foad Nahai</i>	

Part IX Rejuvenation of the Cheeks, Chin, Lips, and Ears 861

Section Editors: Foad Nahai and Farzad R. Nahai

56 Rejuvenation of the Aging Mouth863
Christopher D. Knotts, Byron D. Poindexter, Robert K. Sigal, and George Weston

57 Refinements in Otoplasty Techniques871
Kayvan Shokrollahi and Jamie Barnes

58 Rejuvenation of the Chin882
Stephen E. Metzinger, Salvatore Lettieri, and Aldo B. Guerra

Part X Rhinoplasty 895

Section Editor: Farzad R. Nahai

59 Applied Anatomy of the Nose897
Rod J. Rohrich, Paul N. Afroz, William P. Adams Jr., and Joel E. Pessa (Dedicated to the memory of Jack P. Gunter)

60 Clinical Decision Making in Rhinoplasty905
Farzad R. Nahai

61 Primary Rhinoplasty913
Paul N. Afroz and Rod J. Rohrich

62 Tip Grafting for Nasal Contouring953
Jeffrey T. Steitz and Dean M. Toriumi

63 Asian Rhinoplasty970
Jeffrey T. Steitz, Sheena Samra, and Dean M. Toriumi

64 Ethnic Rhinoplasty983
Ashkan Ghavami and Sean Y. Saadat

65 Revision Rhinoplasty1002
Jeffrey T. Steitz, Robert T. Cristel, and Dean M. Toriumi

IndexI-1

Volume III

Part XI Breast Surgery 1021

Section Editor: William P. Adams Jr.

66 Applied Anatomy of the Breast1023
Kristin A. Boehm and Foad Nahai

67 The Process of Breast Augmentation: Optimizing Clinical Decisions and Outcomes in Breast Augmentation1036
William P. Adams Jr. and Foad Nahai

68 Choosing the Right Breast Implant1041
David A. Sieber

69 Breast Augmentation1051
Patrick Mallucci

70 Fat Grafting of the Breast1066
Emmanuel Delay and Andreea Carmen Meruta

71 Composite Primary and Revision Breast Augmentation1084
Michael Scheflan, Adi Maisel Lotan, and Bradley Bengtson

72 Capsular Contracture: Current Science, Prevention, and Management1098
Nicholas Lahar, Jason Roostaeian, and William P. Adams Jr.

73 Primary and Revision Augmentation Mastopexy: Techniques and Considerations1106
Robert Cohen

74 Clinical Decision Making in Breast Reduction and Mastopexy1134
Foad Nahai

75	Medial Pedicle Vertical Breast Reduction	1152
	<i>Elizabeth J. Hall-Findlay</i>	
76	Breast Reduction: The Lateral Pedicle Technique	1182
	<i>Moustapha Hamdi</i>	
77	Short-Scar Mammoplasty with a Pectoralis Loop	1195
	<i>Ruth Graf, Maria Cecilia Closs Ono, and Thomas M. Biggs</i>	
78	Alternative Approaches to Breast Reduction	1209
	<i>Elizabeth J. Hall-Findlay, Niamh Corduff, Genevieve F. Caron, and Don Lalonde</i>	
79	Control and Precision in Mastopexy	1235
	<i>James C. Grotting and Stephen M. Chen</i>	
80	Mastopexy and Breast Reduction in Massive-Weight-Loss Patients	1258
	<i>J. Peter Rubin and Jonathan Toy</i>	
81	Management of Breast Asymmetry	1274
	<i>Glyn Jones</i>	
82	Treatment of Gynecomastia	1284
	<i>Alfredo Hoyos and David E. Guarin</i>	
Part XII Body Contouring		1291
<i>Section Editor: Jeffrey M. Kenkel</i>		
83	Applied Anatomy in Body Contouring	1293
	<i>Alfredo Hoyos and Mauricio Perez</i>	
84	Clinical Decision Making in Body Contouring	1316
	<i>Mikaela Kislewitz and Jeffrey M. Kenkel</i>	
85	Noninvasive and Minimally Invasive Techniques for Body Contouring	1327
	<i>Lawrence S. Bass, Jason N. Pozner, and Barry E. DiBernardo</i>	
86	Liposuction and High Definition Liposculpture: Basic Techniques and Safety Considerations	1341
	<i>Alfredo Hoyos and Mauricio Perez</i>	
87	Screening and Safety Issues in the Massive-Weight-Loss Patient	1361
	<i>Christopher K. Patronella, Stephanie Nemir, and Olivier A. Deigni</i>	
88	Brachioplasty	1372
	<i>Sepehr Egrari</i>	
89	Decision Making in Upper Back Contouring	1387
	<i>Joseph P. Hunstad and Alexandra C. Schmidt</i>	
90	Body Lift	1396
	<i>Karen B. Lu and Jeffrey M. Kenkel</i>	
91	Abdominoplasty	1409
	<i>Dennis C. Hammond and Jonathan Nathan</i>	
92	Gluteal Augmentation with Fat Transfer	1444
	<i>Ashkan Ghavami and Vicky Kang</i>	
93	Evaluation and Treatment of Iatrogenic Deformities, Including Contour Deformities	1461
	<i>Jeffrey R. Claiborne and Simeon Wall Jr.</i>	
94	Aesthetic Abdominal Surgery in Men: BodyBanking with Autologous Fat Contouring and Silicone Six-Pack Implant Augmentation	1474
	<i>Jordan D. Frey and Douglas S. Steinbrech</i>	
95	Male Massive-Weight-Loss Chest Excision	1483
	<i>Omar E. Beidas and Jeffrey Gusenoff</i>	
96	Thighplasty	1490
	<i>Karan Chopra and Jeffrey M. Kenkel</i>	

Part XIII Female Genital Rejuvenation	1499
<i>Section Editor: John G. Hunter</i>	
97 Applied Anatomy in Female Genital Rejuvenation	1501
<i>Franziska Huettner and John G. Hunter</i>	
98 Clinical Decision Making in Female Genital Rejuvenation	1506
<i>John G. Hunter</i>	
99 Surgical and Nonsurgical Female Genital Rejuvenation: Patient Selection, Preoperative Considerations, Psychological Considerations, and Patient Satisfaction: Part 1—Patient Selection and Preoperative Considerations	1509
<i>Christine A. Hamori</i>	
100 Surgical and Nonsurgical Female Genital Rejuvenation: Patient Selection, Preoperative Considerations, Psychological Considerations, and Patient Satisfaction: Part 2—Psychological Considerations and Patient Satisfaction	1518
<i>Gemma Sharp</i>	
101 Surgical Alteration of the Labia Minora and Clitoral Hood: Part 1—Labia Minora Reduction Surgery Using Edge Excision Techniques and Nonwedge Flap Techniques	1523
<i>Ryan E. Austin, Frank Lista, and Jamil Ahmad</i>	
102 Surgical Alteration of the Labia Minora and Clitoral Hood: Part 2—Central Wedge Labiaplasty and Clitoral Hood Reduction	1536
<i>Gary J. Alter</i>	
103 Surgical Alteration of the Labia Minora and Clitoral Hood: Part 3—Surgical Alteration of the Clitoral Hood	1544
<i>Carlo M. Oranges</i>	
104 Surgical Alteration of the Labia Majora and Mons Pubis	1550
<i>John G. Hunter and Yhelda Felicio</i>	
105 Vaginal Rejuvenation and Perineoplasty, Surgical Alteration and Minimally Invasive Procedures: Part 1—Vaginal Rejuvenation and Perineoplasty, Surgical Procedures	1558
<i>John R. Miklos and Robert D. Moore</i>	
106 Vaginal Rejuvenation and Perineoplasty, Surgical Alteration and Minimally Invasive Procedures: Part 2—Vaginal Tightening, Surgical and Nonsurgical Options	1572
<i>Lina Triana</i>	
107 Labiaplasty and Hood Reduction Complication Avoidance and Treatment	1579
<i>Michael P. Goodman</i>	
108 Female Genital Rejuvenation: Labia Minora Revision Surgery	1589
<i>Michael P. Goodman</i>	
Part XIV Gender-Affirming Surgery	1605
<i>Section Editor: John G. Hunter</i>	
109 Clinical Decision Making for Gender-Affirming Surgery	1607
<i>Wilmina N. Landford, Paula M. Neira, and Devin O'Brien Coon</i>	
110 Gender-Affirming Surgery: Patient Selection and Preoperative Considerations	1615
<i>Ara A. Salibian, Steven Lamm, and Rachel Bluebond-Langner</i>	
111 Gender-Affirming Surgery: Facial Surgery	1620
<i>Ara A. Salibian and Rachel Bluebond-Langner</i>	
112 Gender-Affirming Surgery: Top Surgery	1623
<i>Tareq Ammari, Emily Sluiter, Katherine Gast, and William M. Kuzon Jr.</i>	
113 Gender-Affirming Surgery: Genital Surgery	1637
<i>David M. Whitehead and Loren S. Schechter</i>	
Index	I-1