

Introduction: Addressing the Most Common Procedures in Cosmetic Surgery: Why This Book Is Different

- 1 The Consult: What to Know, What to Do, and When to Say "No"
- 2 How to Optimize Results and Minimize Complications in Cosmetic Surgery
- 3 How Social Media has Changed All of Plastic Surgery
- 4 Social Media: The Dos and Don'ts

Part I: Face and Necklift

- 5 The Facial Aging Face Consultation
- 6 Facelift and Necklift: Incision Planning
- 7 Extended Superficial Musculoaponeurotic System Technique
- 8 SMASectomy
- 9 The Lift and Fill Facelift: Autologous Fat Grafting
- 10 Deep Plane Facelift
- 11 SMAS Plication with Extended Platysma-SMAS Flap
- 12 High SMAS Facelift and Necklift with Fat Grafting
- 13 Fat Grafting to the Face as an Isolated Procedure

Part II: Rhinoplasty

- 14 The Rhinoplasty Consult
- 15 Open Rhinoplasty Finesse
- 16 The Closed Rhinoplasty
- 17 Graduated Approach to Tip Projection
- 18 The Bulbous versus Boxy Tip
- 19 The Crooked Nose
- 20 The Ethnic Nose
- 21 The Preservation Rhinoplasty
- 22 Ancillary Maneuvers in Rhinoplasty: Spreader Grafts
- 23 Ancillary Maneuvers in Rhinoplasty: Spreader Flaps
- 24 Ancillary Maneuvers in Rhinoplasty: Columellar Strut
- 25 Ancillary Maneuvers in Rhinoplasty: Alar Rim Grafts
- 26 Ancillary Maneuvers in Rhinoplasty: Septal Extension Grafts
- 27 Alar Base Surgery
- 28 Revision Rhinoplasty

Part III: Periorbital Rejuvenation

- 29 Periorbital Rejuvenation Consultation
- 30 Eyelids: Upper Blepharoplasty
- 31 Eyelids: Lower Blepharoplasty
- 32 Periorbital Fat Grafting
- 33 Brow and Forehead: Forehead Lift
- 34 Brow and Forehead: Endotemporal Brow Lift
- 35 Brow and Forehead: Fat Grafting to the Brow, Temples, and Forehead

- 36 Brow and Forehead: Lateral Brow Lift
- 37 Brow and Forehead: Subcutaneous Temporal Brow Lift

Part IV: Otoplasty

- 38 Otoplasty
- 39 Otoplasty with Anterior Scoring

Part V: Perioral Rejuvenation

- 40 Lip Lift
- 41 Lip Enhancement with Filler Injection
- 42 Fat Grafting to the Perioral Region
- 43 Neuromodulation for Perioral Rejuvenation

Part VI: Chin Augmentation and Jaw Rejuvenation

- 44 Jaw Fillers
- 45 Chin Implant
- 46 Fat Grafting to the Chin
- 47 Buccal Fat Pad Excision

Part VII: Neuromodulators Finesse

- 48 Neuromodulation of Glabella and Forehead
- 49 Botulinum Toxin Injection to Crow's Feet
- 50 Microbotox of the Face, Neck, and Scars
- 51 Neck Bands
- 52 Neurotoxins: Masseter Hypertrophy

Part VIII: Filler Finesse

- 53 Filler Finesse: Forehead
- 54 Filler Finesse: Temples
- 55 Part A: Filler Finesse: Cheeks
- 55 Part B: Filler Finesse: Cheeks
- 56 Filler Finesse: Tear Trough and Upper Eyelid
- 57 Part A: Filler Finesse: Nose
- 57 Part B: Filler Finesse: Nose
- 58 Filler Finesse: Upper Eyelid Sulcus
- 59 Filler Finesse: Hands—The Role of Hyaluronic Acid, Calcium Hydroxyapatite, and Autologous Fat

Part IX: Facial Resurfacing

- 60 Trichloroacetic Acid Peel
- 61 Dermabrasion of the Face
- 62 Laser Resurfacing

63 Microneedling

Part X: Breast

- 64 Breast Augmentation
- 65 Subfascial Breast Augmentation
- 66 Vertical Scar Mastopexy with Autoaugmentation Flap
- 67 Inverted-T Mastopexy
- 68 Safe Augmentation Mastopexy
- 69 Refining Augmentation Mastopexy
- 70 Augmentation Mastopexy with and without Fat Grafting
- 71 Vertical Scar Breast Reduction
- 72 Wise Pattern Breast Reduction
- 73 Tuberous/Constricted Breasts

Part XI: Body Contouring

- 74 SAFE Liposuction
- 75 High-Definition Abdominal Liposculpture with BodyBanking
- 76 High-Definition Liposculpture
- 77 Male High-Definition Liposculpture
- 78 Gynecomastia Excision with BodyBanking
- 79 Mommy Makeover Finesse
- 80 Brachioplasty
- 81 Medial Thighplasty
- 82 Postbariatric Body Contouring: Brachioplasty
- 83 Postbariatric Body Contouring: Lower Body Lift
- 84 Postbariatric Body Contouring: Vertical Thigh Lift
- 85 Postbariatric Body Contouring: Upper Back Contouring—The Bra-Line Back Lift
- 86 Buttock Augmentation: S-Curve®
- 87 Safe Subcutaneous Buttock Augmentation

Part XII: Vaginal Rejuvenation

- 88 Extended Wedge Labiaplasty with Bipolar Radiofrequency Labia Majora Reduction (AVIVA)
- 89 Radiofrequency-Assisted Vulvovaginal Rejuvenation

Part XIII: Non-Surgical Body Contouring

- 90 Cryolipolysis
- 91 Facial Radiofrequency Skin Tightening and Fractional Radiofrequency Technology
- 92 Body Radiofrequency Fat Removal/Skin Tightening
- 93 Deoxycholic Acid Role in Fat Reduction