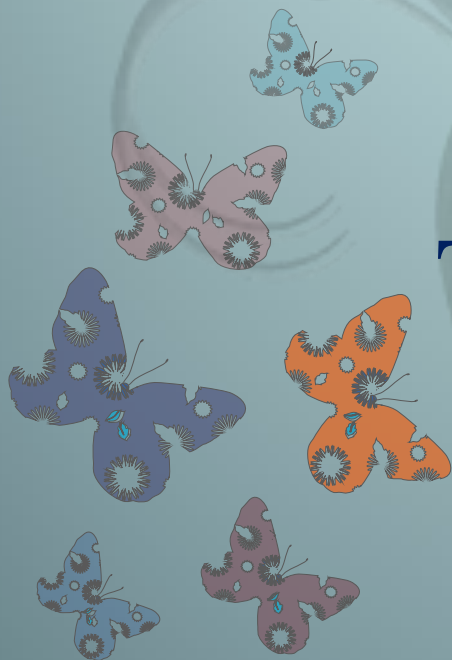
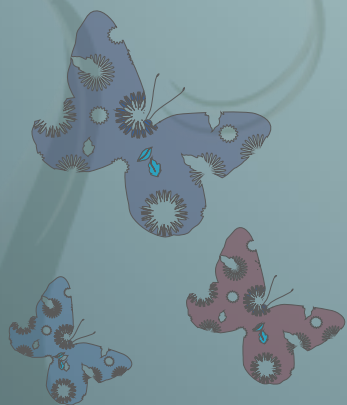


# Aesthetic surgical procedures

2020

Prof.Dr.Smilja  
Tudjarova Gjorgova







## **Breast Augmentation**

- ✱ **Breast augmentation, also called breast enlargement, improves the size and appearance of the breasts by implanting saline or silicone breast implants either under or over the chest muscle, thus producing a cosmetic enhancement.**
- ✱ **Length**
- ✱ **This procedure takes approximately two hours.**
- ✱ **Anesthesia**
- ✱ **A general anesthesia is administered and the patient is completely asleep, or an intravenous sedation is used, combined with local anesthesia.**
- ✱ **Inpatient/Outpatient**
- ✱ **Either inpatient or outpatient depending on the preference of the surgeon.**
- ✱ **Possible Side Effects**
- ✱ **Mild, temporary discomfort, mild to moderate swelling, a change in nipple sensation (either increased or decreased), and temporary bruising. Breasts may be sensitive to stimulation for a few weeks.**





- ✿ **Risks**

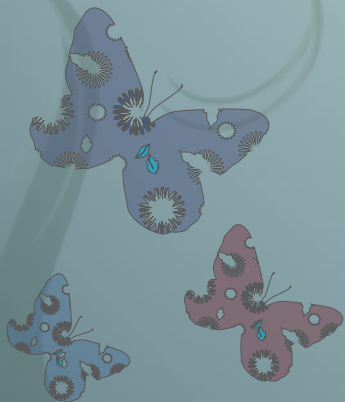
- ✿ **Either one breast implant or both may need to be removed and/or replaced to treat problems including: deflation, implant rupture, the formation of scar tissue around the implant (capsular contracture), which may cause the breast to feel tight or hard, bleeding and/or infection. Other risks are an increase or decrease in sensitivity of the nipples or breast skin, which occasionally may be permanent.**

- ✿ **Recovery**

- ✿ **The patient can return to work within a few days. She should avoid any physical contact with her breasts (excluding her bra) for approximately three to four weeks. Scars should fade and flatten anywhere from three months to two years after surgery, depending upon how the individual patient heals.**

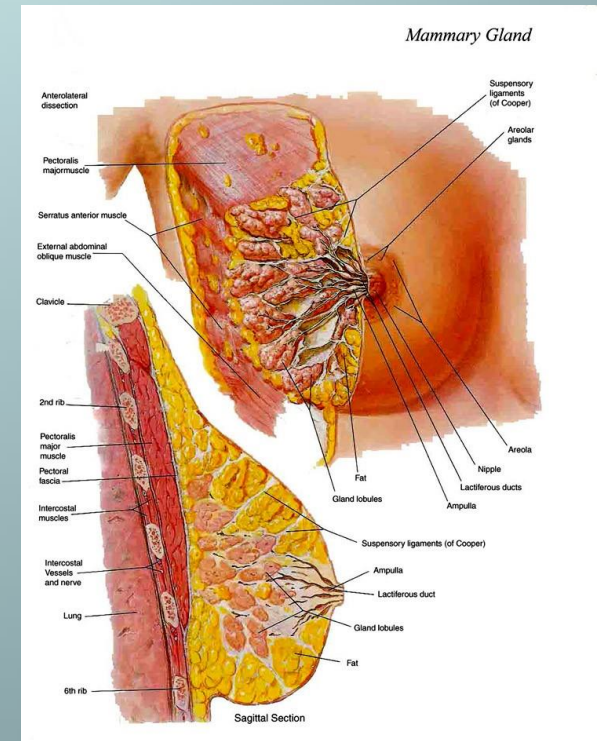
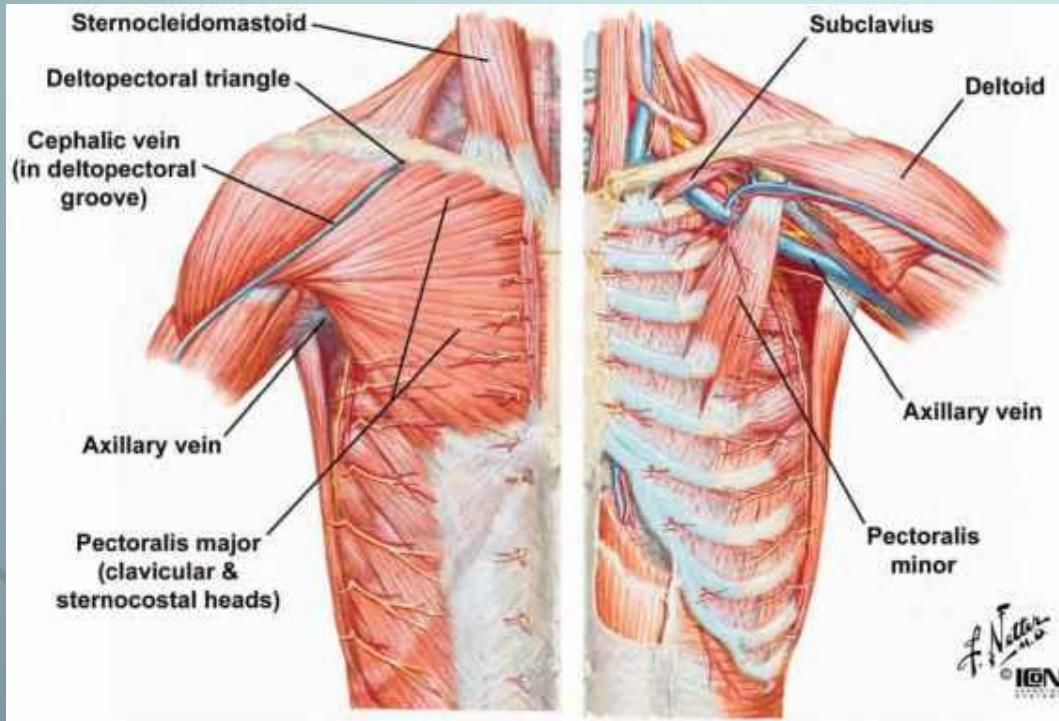
- ✿ **Results**

- ✿ **The outcome varies from patient to patient. However the overall effect is enhancement of breast size for improved appearance.**



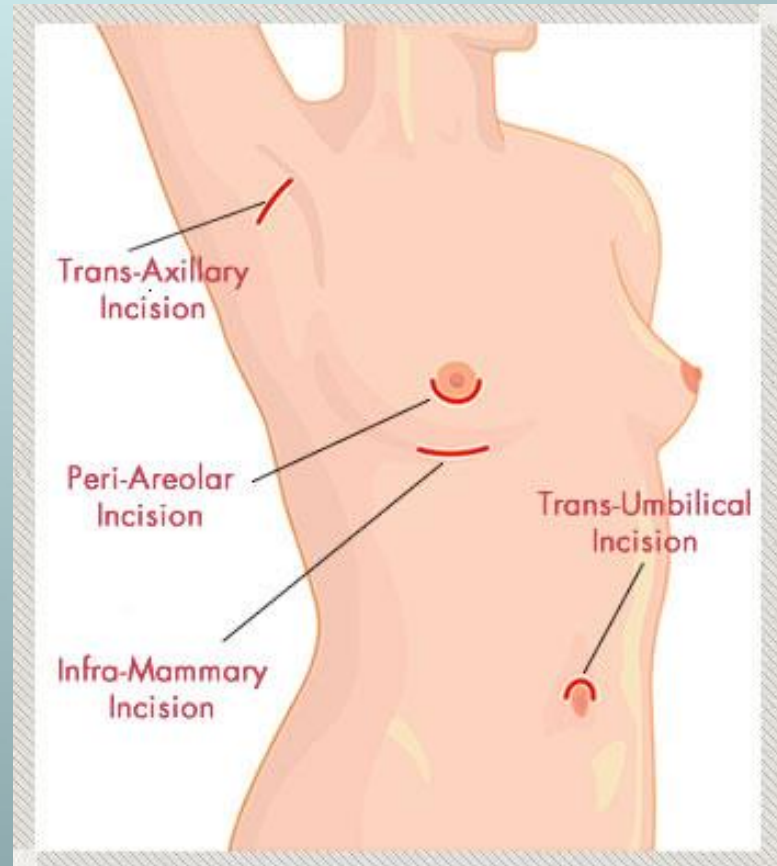
# Breast augmentation

## • Anatomy of pectoral wall, and breast anatomy



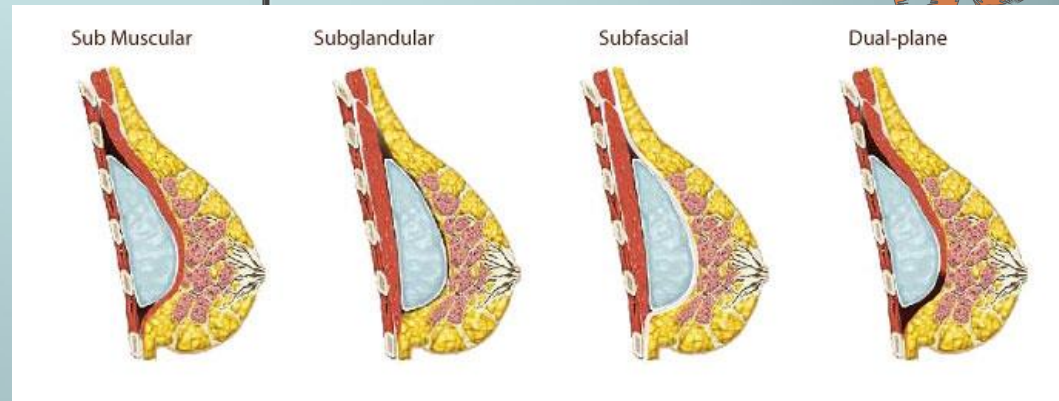
## Breast augmentation

- **Incision:**
- **Inframammary**
- **Periareolar**
- **Transaxillary**
- **Transumbilical**
- **Transabdominal**



# Breast augmentation

## ✱ Implant pocket placement



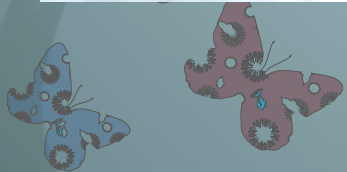
Subglandular

Subfascial

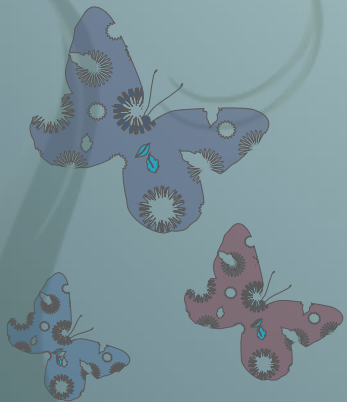
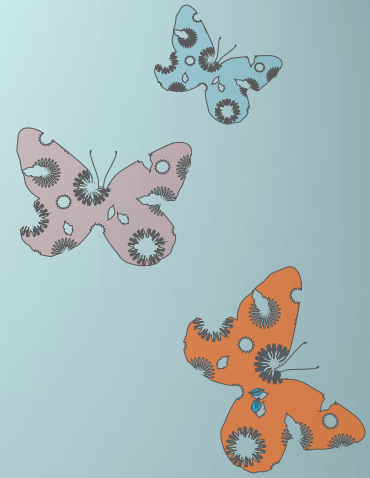
Subpectoral (dual plane)

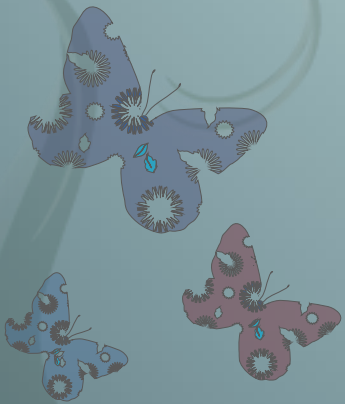
Submuscular



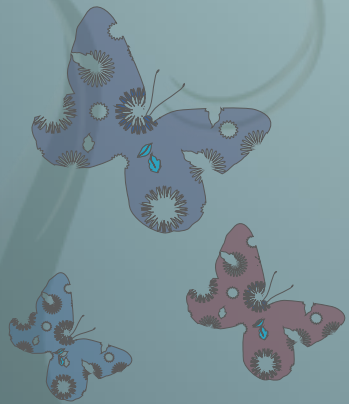


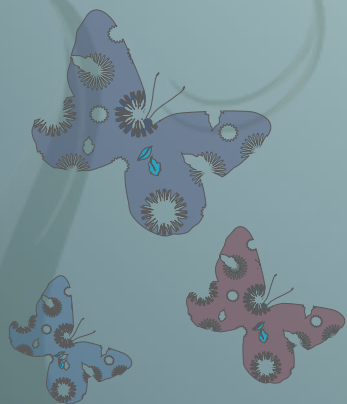












## **Breast Lift**

- ✱ **Breast lift surgery, also called mastopexy, removes excess skin in and around the breast that has been stretched during pregnancy or weight fluctuations. Breast implants may also be used in conjunction with this procedure to achieve the desired result.**
- ✱ **Length**
- ✱ **Approximately two to three hours.**
- ✱ **Anesthesia**
- ✱ **General anesthesia is administered and the patient is completely asleep. The procedure can also be performed under intravenous sedation and local anesthesia.**
- ✱ **Inpatient/Outpatient**
- ✱ **Either is possible depending on the patient's medical condition and the preference of the surgeon.**
- ✱ **Possible Side Effects**
- ✱ **Temporary bruising, swelling, some mild discomfort, numbness, and dry/tender breast skin.**



- ✿ **Risks**

- ✿ **Unfavorable scarring with keloid formations is possible. In addition skin loss, infection, unevenly positioned nipples (asymmetry), and the possibility of permanent loss of feeling in the nipples and/or the breasts.**

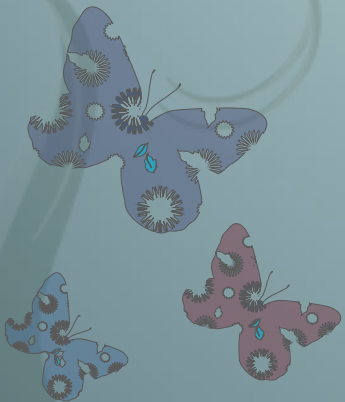
- ✿ **Recovery**

- ✿ **The patient can return to work within one week or more and may resume strenuous activities after one month. The fading of scars may take several months to one year.**

- ✿ **Results**

- ✿ **The outcome varies from patient to patient. Other factors that may influence results are: gravity, pregnancy, aging, and weight changes which may cause new sagging. Results may last longer or be enhanced when breast implants are inserted as part of the procedure adding support to the newly positioned breast tissue.**

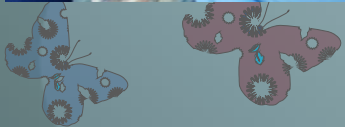
- ✿ **Related Topics**





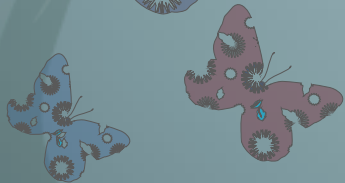
## Periareolar mastopexy





## Revision Breast

- ✱ The more common reasons for seeking revision breast surgery are implant deflation, implant exchange (size or type), capsular contracture, implant malposition, double-bubble deformity, or a combination of these issues. When a breast implant is inserted, a scar forms around it as part of the natural healing process, called a capsule. The capsule may sometimes tighten and compress the implant creating a distorted breast shape. The goal of revision surgery is to help restore a more youthful contour and attractive appearance.
- ✱ Length
- ✱ One to two hours, depending on the condition to be treated.
- ✱ Anesthesia
- ✱ Local anesthesia and intravenous sedation may be used, although general anesthesia may be more desirable.
- ✱ Inpatient/Outpatient
- ✱ Either, depending on patient preference.
- ✱ Possible Side Effects
- ✱ Discoloration and swelling may occur initially, changes in nipple or breast sensation.
- ✱ Risks
- ✱ Risks include adverse reactions to anesthesia, blood accumulation that may need to be drained surgically, and infection.



- ✿ **Risks**

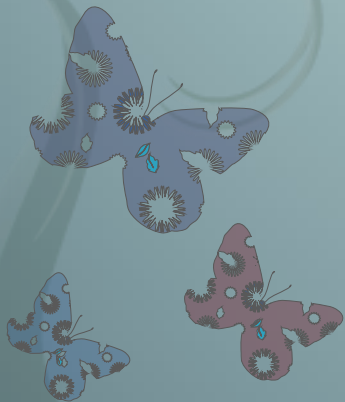
- ✿ **Risks include adverse reactions to anesthesia, blood accumulation that may need to be drained surgically, and infection.**

- ✿ **Recovery**

- ✿ **The patient should be able to return to work within seven to ten days depending on the type of work. Special care must be taken to be gentle with your breasts for at least one month after surgery.**

- ✿ **Results**

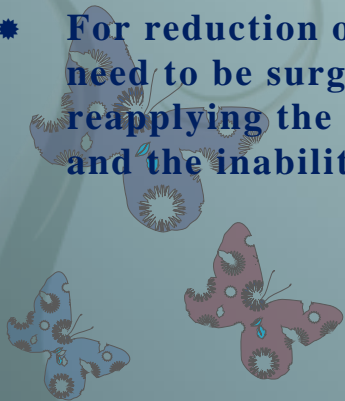
- ✿ **Depends on the patient's breast laxity or saggiess after having had children or losing weight. Generally stable. However, gravity and the effects of aging will eventually alter the size and shape of virtually every woman's breasts.**





## **Breast Reduction**

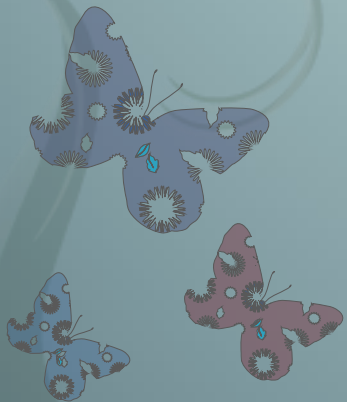
- ✱ **Reduces breast size and improves physical and emotional symptoms caused by very large breasts.**
- ✱ **Procedure**
- ✱ **Breast reduction surgery, also referred to as reduction mammoplasty, reduces the size and improves the shape of the breasts. Typically, women who are candidates for this procedure have physical symptoms related to the weight or shape of their breasts. These symptoms include back pain, neck pain, and bra strap grooves in the shoulders. The incisions vary based on the breast size before the operation and the final post-operative size.**
- ✱ **An incision is made around the nipple and areola accompanied by a vertical incision below the areola with or without a horizontal incision made in the crease below the breast. Short scar techniques are frequently applicable in breast reduction surgery and allow excellent reduction of size with improved shape while limiting the extent of the incisions.**
- ✱ **For reduction of very large breasts, in some cases the nipple and areola may need to be surgically removed and reappplied as a graft. Removing and reapplying the nipple/areola tissue will result in the loss of nipple sensation and the inability to breastfeed.**



- ✿ **Length**
- ✿ **The procedure usually requires two to four hours of operating time depending on the technique chosen and the size of the breasts.**
- ✿ **Anesthesia**
- ✿ **The procedure is typically performed under general anesthesia supplemented with local anesthesia. Smaller reductions can be performed under intravenous sedation without the need for general anesthesia.**
- ✿ **Inpatient/Outpatient**
- ✿ **Depending on the size of the breasts, type of anesthesia selected, and length of the surgical procedure, patients may return home on the same day as their surgery or spend the night at an aftercare facility or hospital.**
- ✿ **Possible Side Effects**
- ✿ **Prolonged swelling and delayed healing.**



- ✿ **Risks associated with breast reduction include: unfavorable scarring, loss of nipple sensation, loss of ability to breastfeed, loss of nipple and breast tissue, unsatisfactory shape, and failure to achieve aesthetic goals.**
- ✿ **Recovery**
- ✿ **Typically recovery requires one to two weeks. Most patients return to normal activities within that period of time. Strenuous physical activities are discouraged for three to six weeks after the surgery.**
- ✿ **Results**
- ✿ **Most patients who undergo a reduction mammoplasty are pleased with the size and the shape of their breasts and are delighted with the improvement and lessening of the symptoms of pain and discomfort that they experienced due to the weight of their breasts. Breast reduction makes physical activities easier and patients enjoy their new appearance and ability to wear clothing that was uncomfortable or unattractive before the surgery was performed.**



# Breast reduction

- **Techniques:**

**I. Inferior pedicle technique (Anchor pattern, inverted-T incision, Wise pattern)**

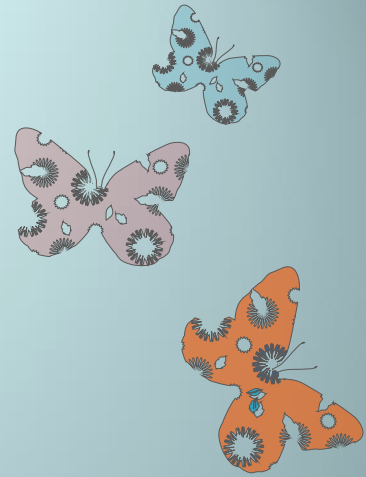
**II. Vertical scar technique (lollipop incision)**

**III. Horizontal scar technique**

**IV. Free nipple-graft technique**

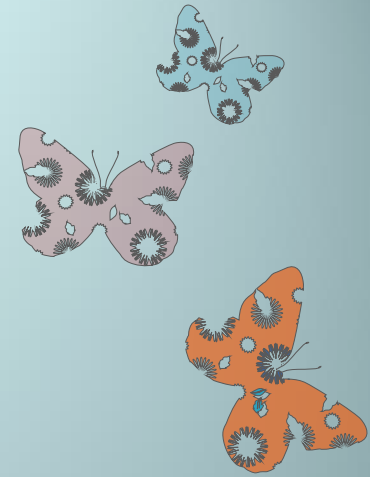
**V. Liposuction-only technique (lipectomy)**

**(ginecomastia patients are treated)**



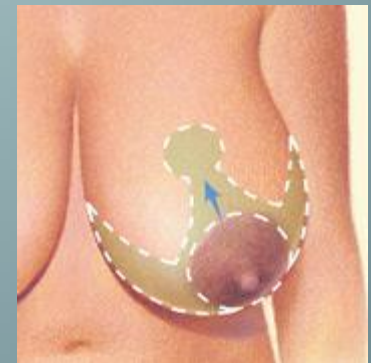


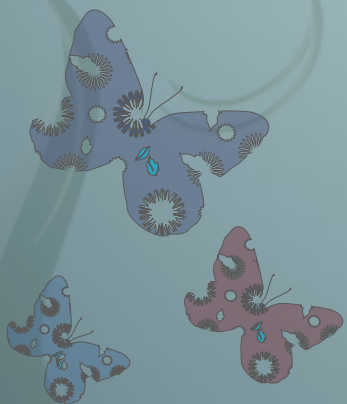
# Breast reduction

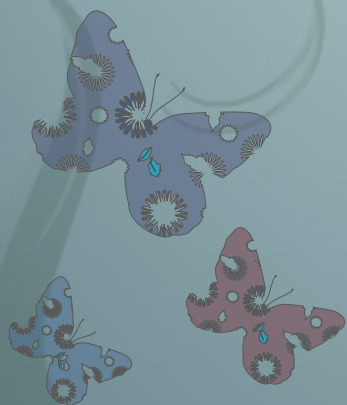
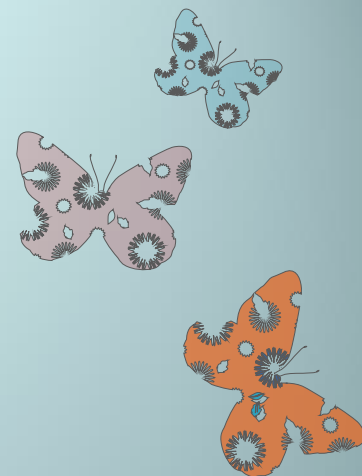
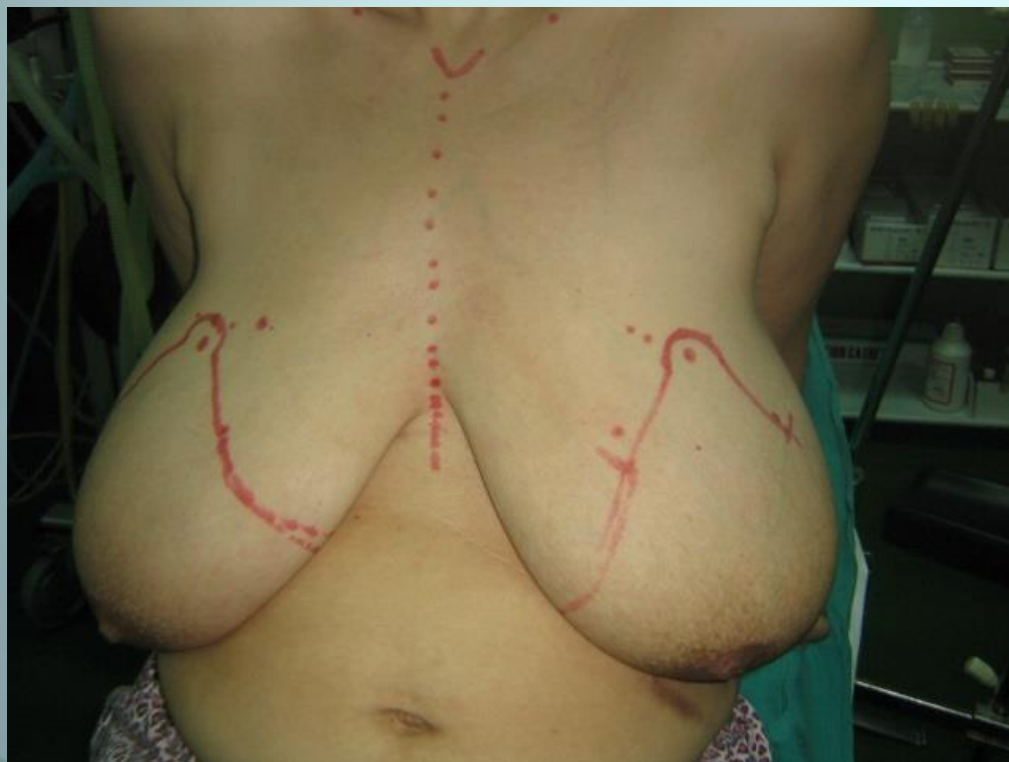


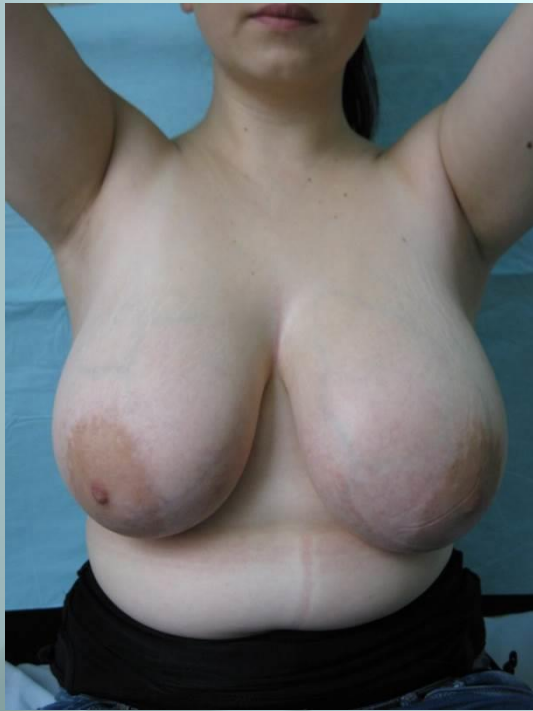
- **Incisions:**

1. A circular pattern around the areola
2. A keyhole or racquet-shaped pattern, with an incision around the areola and vertically down to the breast crease
3. An inverted T or anchor-shaped incision pattern

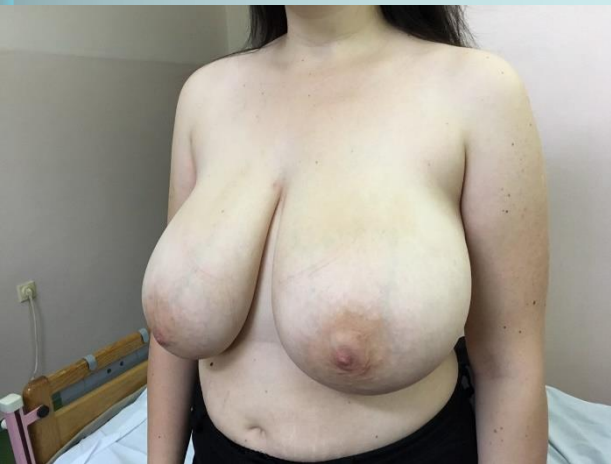


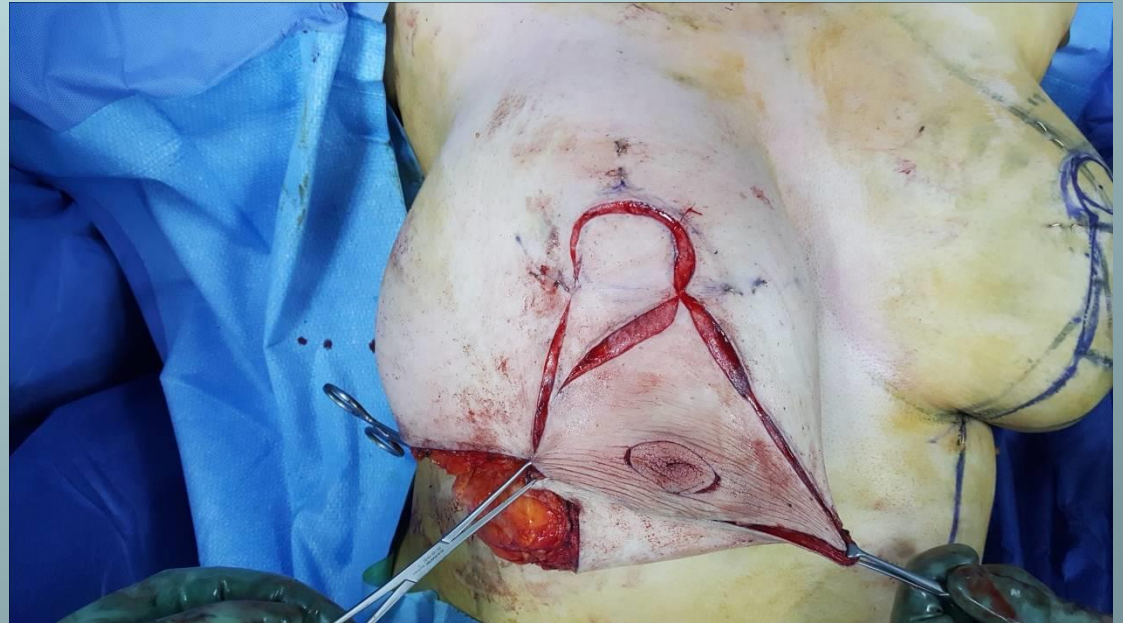


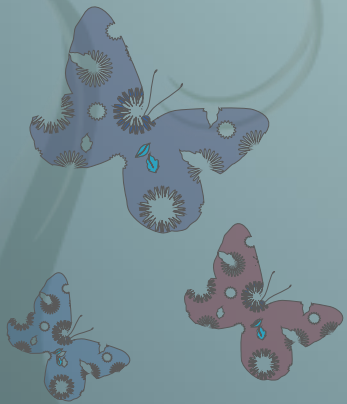
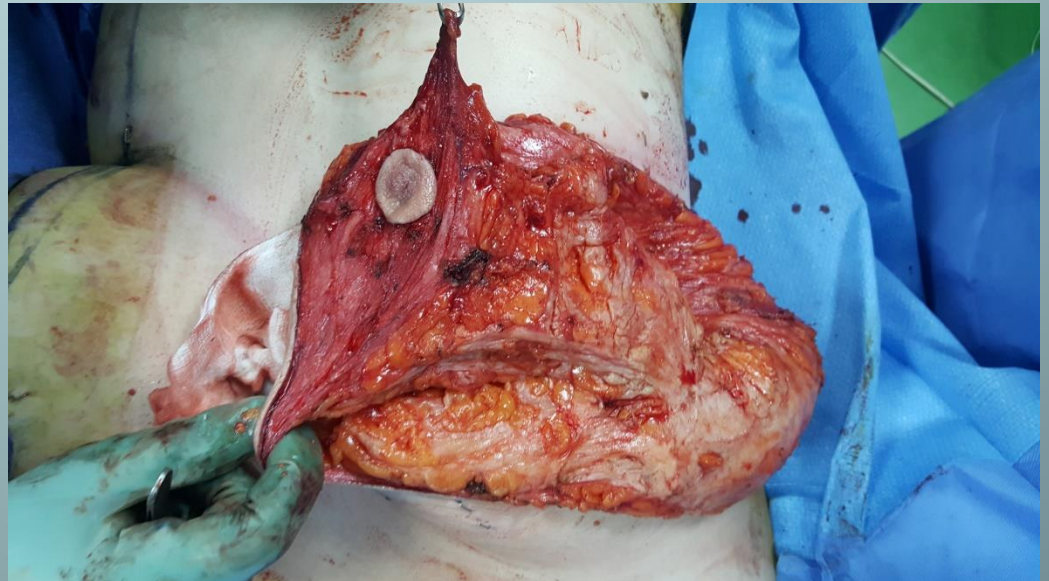








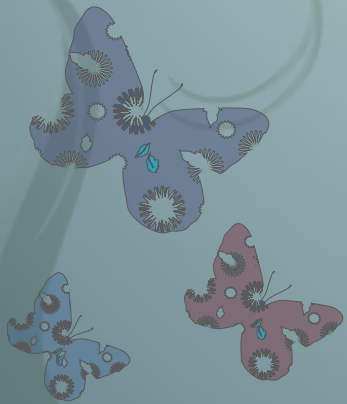
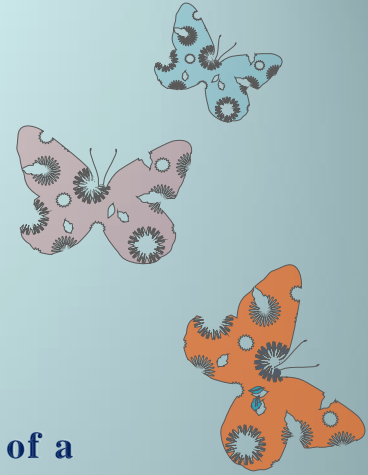






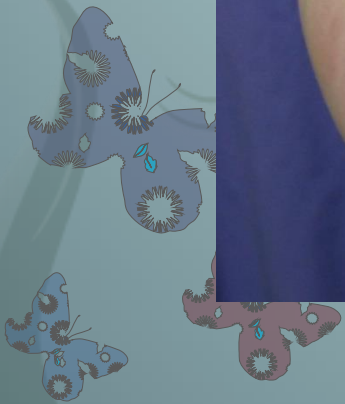
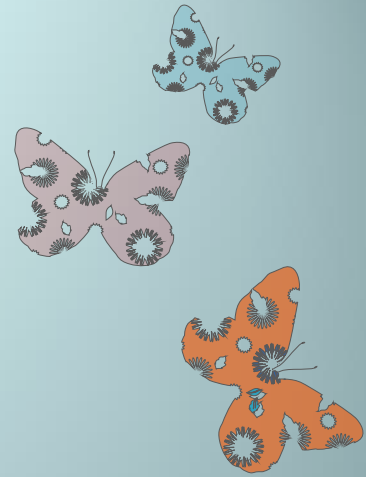
## Breast reduction

- **Reduction mammoplasty, either surgery or lipectomy, proportionately re-sizes the enlarged, sagging breasts of a woman afflicted either with macromastia (>500 gm increase per breast) or with gigantomastia (>1,000 gm increase per breast).**
- **Breast reduction surgery has two (2) technical aspects:**
  - **1. the skin-incision pattern and**
  - **2. the skin- and glandular-tissue excision technique applied for access to and removal of breast parenchyma tissue.**
- **The incision pattern and the area of skin-envelope tissue to be removed determine the locales and the lengths of the surgical scars; (ii) the final shape and contour of the reduced breast are determined by the area of the tissues remaining in the breast, and that the skin- and glandular-tissue pedicle has a proper supply of nerves and blood vessels (arterial and venous) that ensure its tissue viability.**





# Gigantomastia



## Male Breast

Reduces overly developed male breasts and nipples to provide a masculine chest appearance

- ✱ Procedure
- ✱ Male breast reduction surgery reduces overly developed male breasts and nipples using liposuction and/or by surgically removing excess glandular tissue.
- ✱ Length
- ✱ Approximately one and one-half to three hours.
- ✱ Anesthesia
- ✱ Either general anesthesia is used or intravenous sedation and local anesthesia are used.
- ✱ Inpatient/Outpatient
- ✱ This is an outpatient procedure.



- ✱ **Possible Side Effects**

- ✱ Temporary bruising, swelling, numbness, soreness, and/or a burning sensation are possible.

- ✱ **Risks**

- ✱ Infection, fluid build-up, injury to the skin, rippling or looseness of the skin, asymmetry, pigmentation changes, excessive scarring if tissue was cut away, loss of nipple sensation, contour irregularities and in some instances the need for a second procedure to remove additional tissue is required.

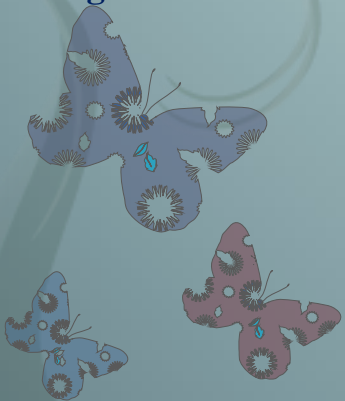
- ✱ **Recovery**

- ✱ The patient may go back to work after seven days. More strenuous activity may be resumed after two to three weeks. Most of the swelling and bruising will disappear after three to six months.

- ✱ **Results**

- ✱ Permanent, although subsequent weight gain may cause the breast area to once again become larger.

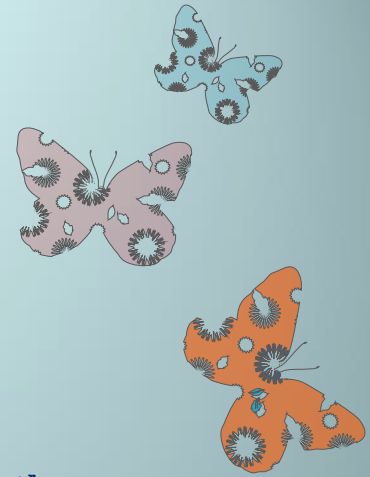
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# Gynecomastia

**GM is classified into 4 grades of increasing severity**

- 1. Localized button of tissue that is concentrated around the areola - Very mild**
- 2. Moderate breast enlargement exceeding areola boundaries with edges that are indistinct from the chest - Mild to high**
- 3. Moderate breast enlargement exceeding areola boundaries with edges that are distinct from the chest with skin redundancy present - High and visible**
- 4. Marked breast enlargement with skin redundancy and feminization of the breast - Severe and visibly feminine**

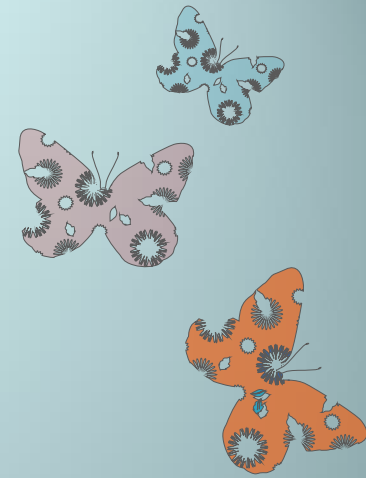




# Diagnosis

## Physical examination

- \* Breast size greater than 5 cm (macromastia)
- \* A lump that is tender, of recent onset, progressive, or of unknown duration
- \* Signs of malignancy (eg, hard or fixed lymph nodes or positive lymph node findings)

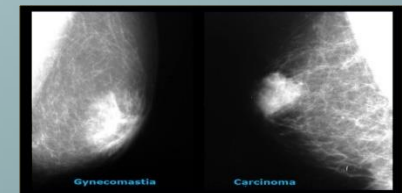
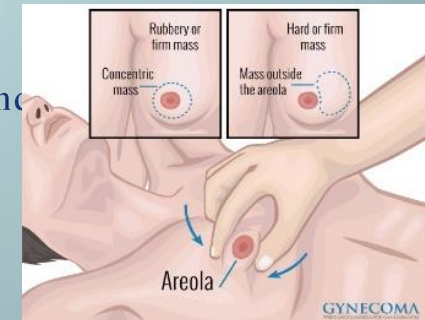


## Laboratory tests :

- \* Serum chemistry panel
- \* Free or total testosterone, luteinizing hormone (LH), estradiol, and dehydroepiandrosterone sulfate levels
- \* Thyroid-stimulating hormone (TSH) and free thyroxine levels

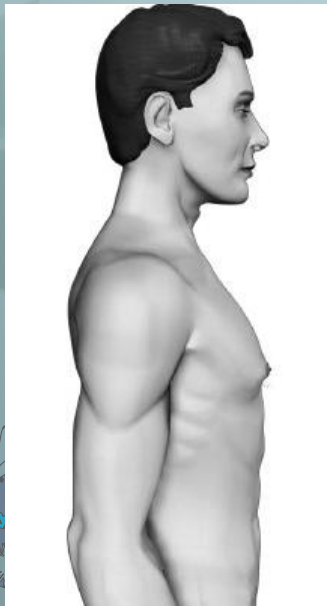
## Imaging studies

- \* Mammography
- \* fine-needle aspiration or breast biopsy as appropriate
- \* Testicular ultrasonography
- \* Breast ultrasonography
- \* CT: Gynecomastia is often reported on CT scans

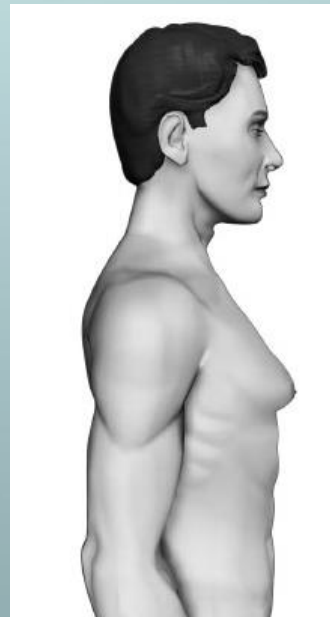


## Classification of Cordova and Moschella

- **Grade I: Increased diameter and slight protrusion limited to the areolar region**



- **Grade II: Moderate hypertrophy of all the structural components of the breast, with the NAC above the inframammary fold;**

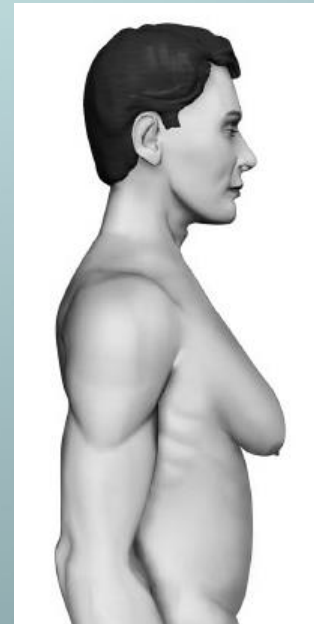


## Classification of Cordova and Moschella

- **Grade III: Major breast hypertrophy, glandular ptosis and the NAC at the same height as or as much as 1 cm below the inframammary fold**



- **Grade IV: Major breast hypertrophy, with skin redundancy, severe ptosis and the NAC positioned more than 1 cm below the inframammary fold**

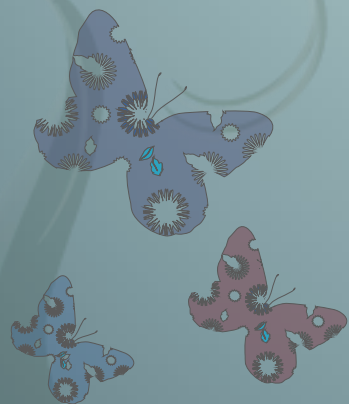


## Surgical Treatment

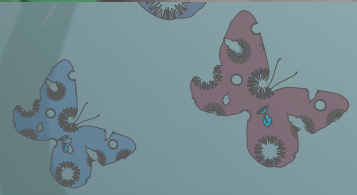
Higher grade, bilateral Gynecomastia led mainly to cosmetic surgery.

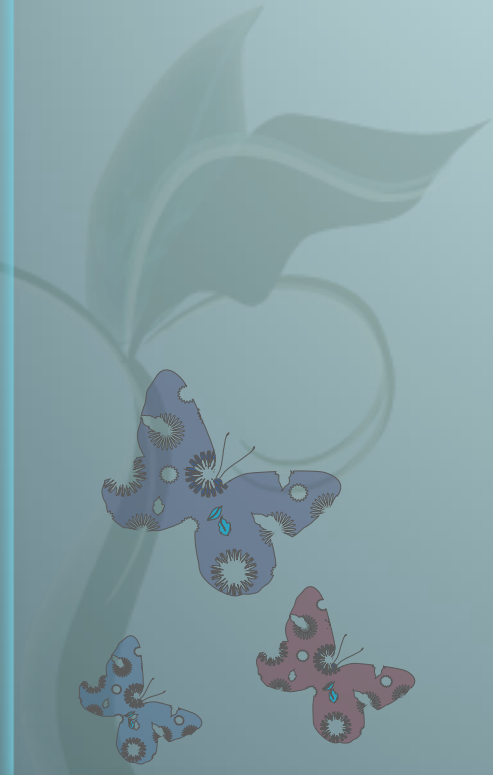
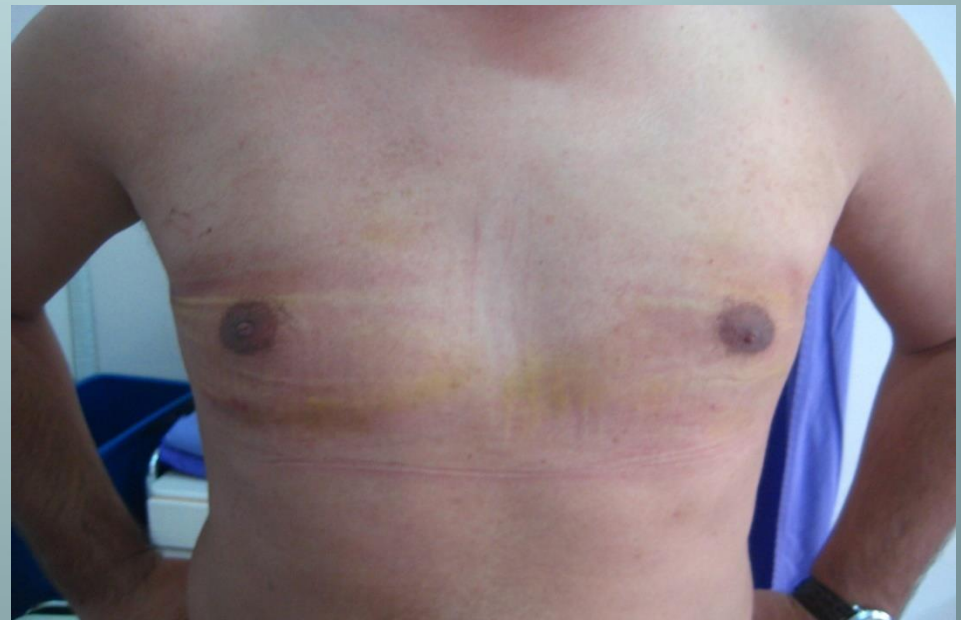
- Classic surgery mastectomy
- Liposuction
- Combination of both

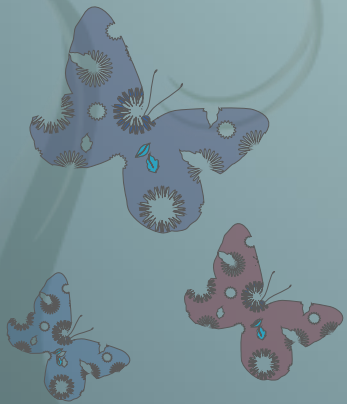
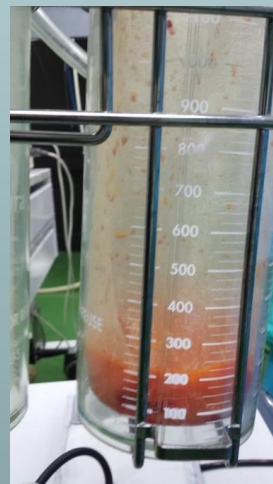






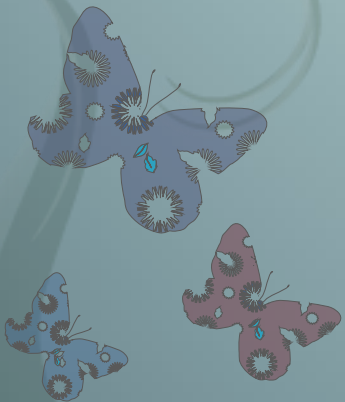
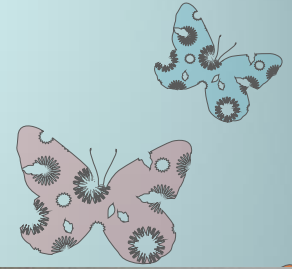








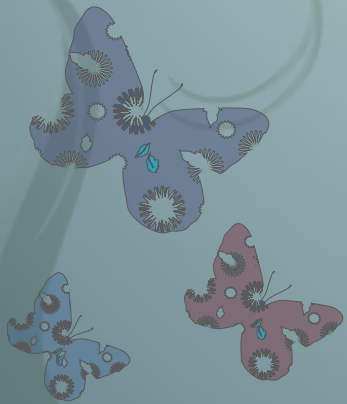
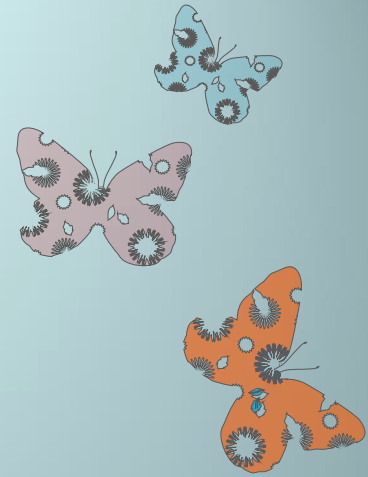
# Which Man is ideal ?

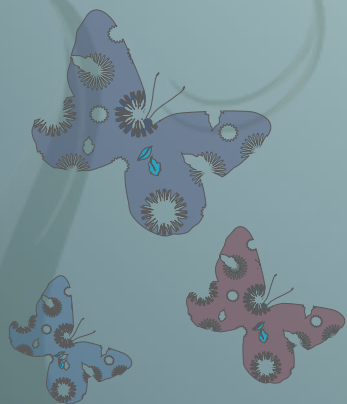
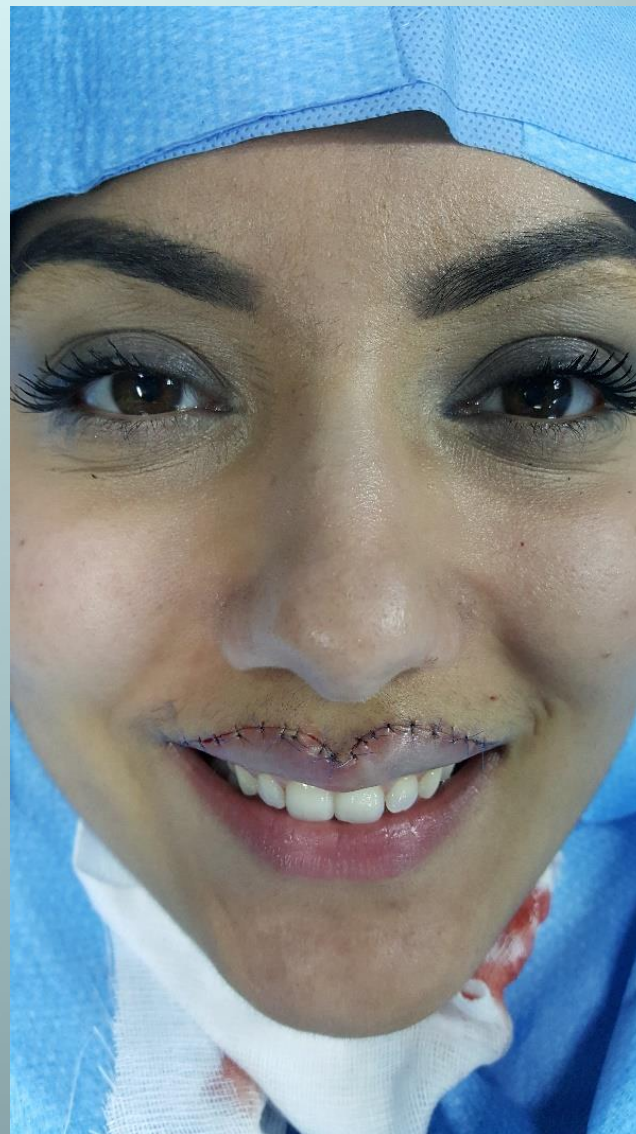


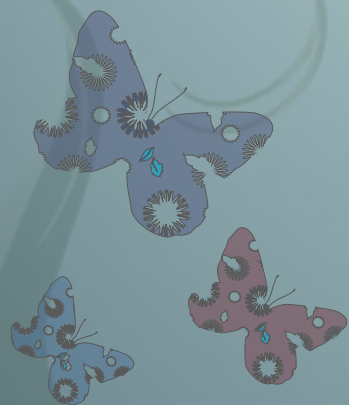
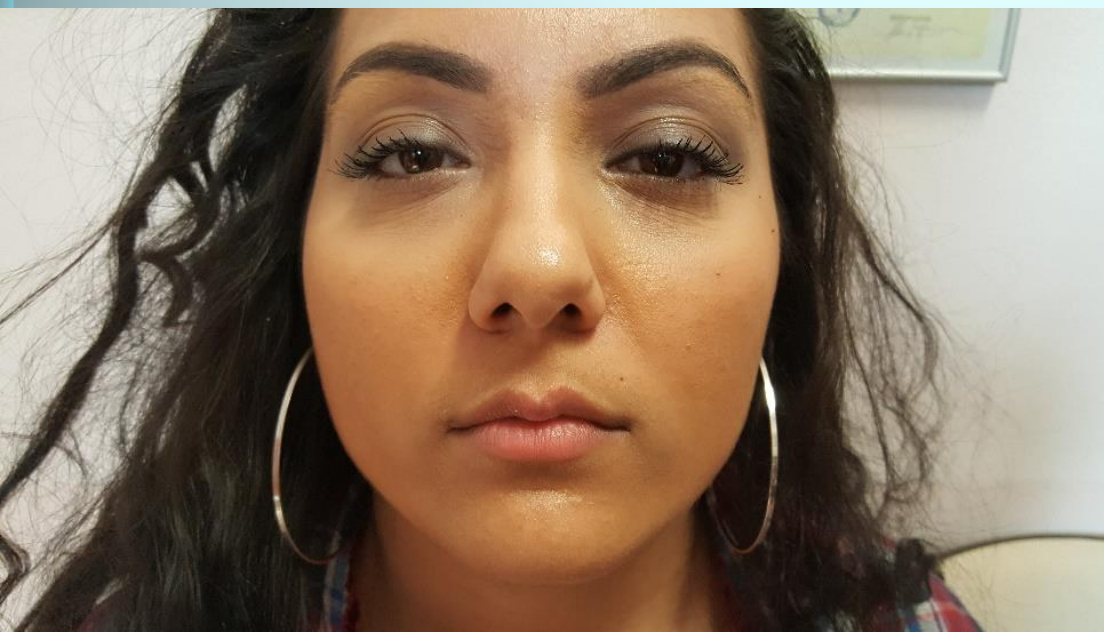


# Surgical and Non-Surgical Procedures -face

- **Non-surgical Options Include:**
- Non-Surgical Body Contouring
- Botulinum Toxin
- Chemical Peels
- Fillers
- Laser Skin Rejuvenation
- Vein Treatments

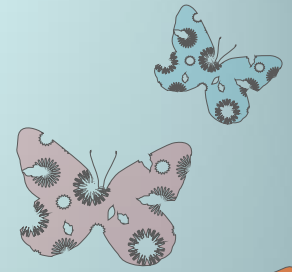




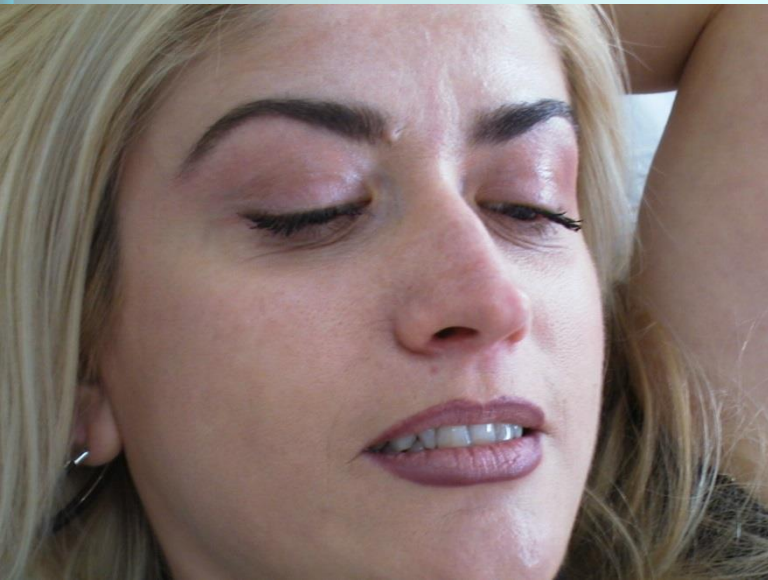




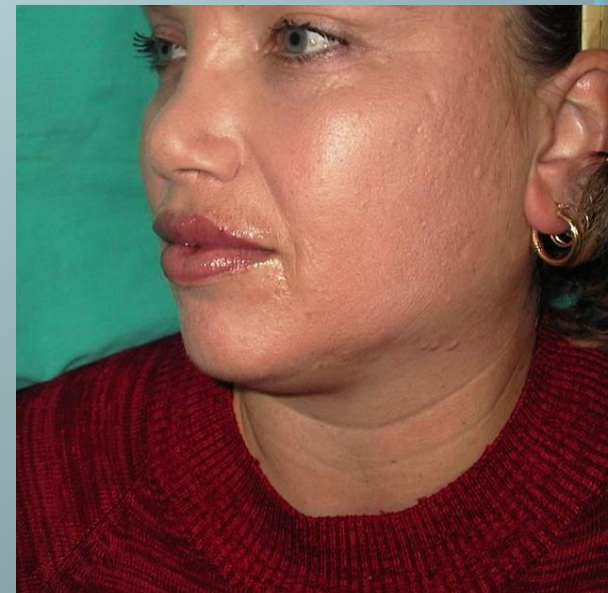
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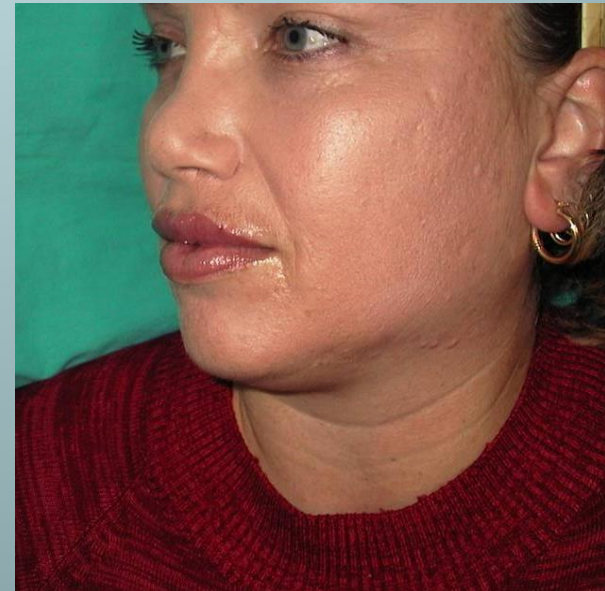
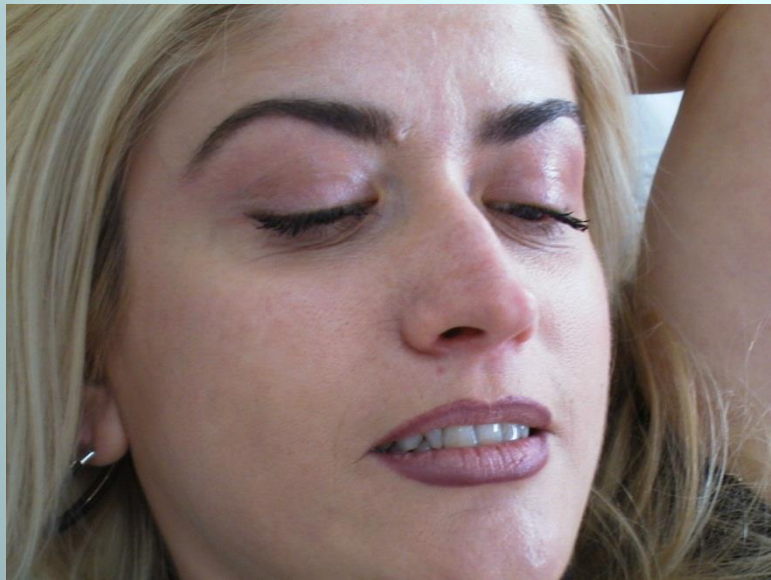






## CHEILOPLASTY





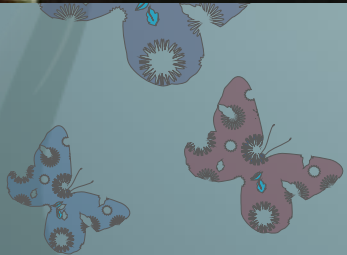


# CHEILOPLASTY





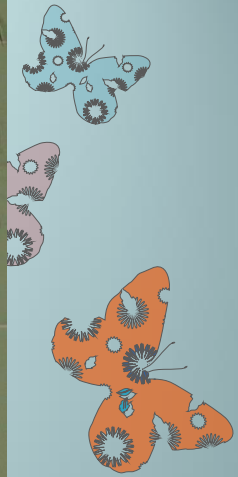
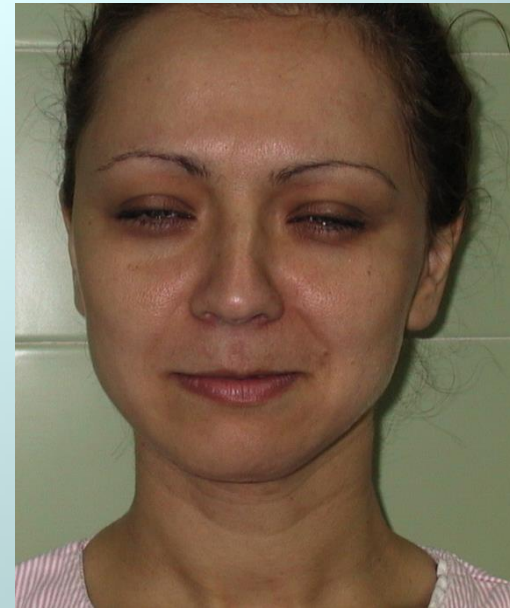
CHEILOPLASTY



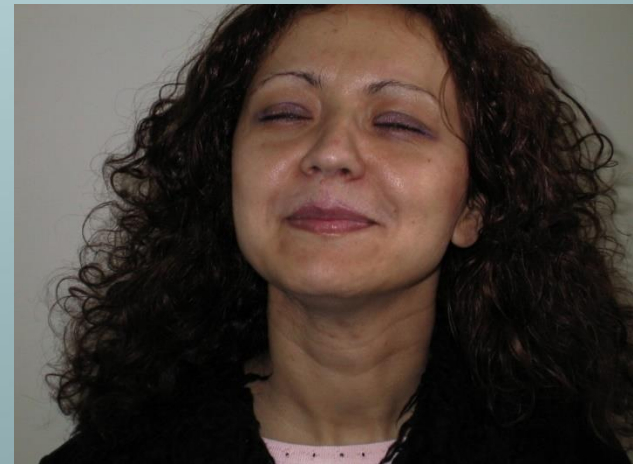
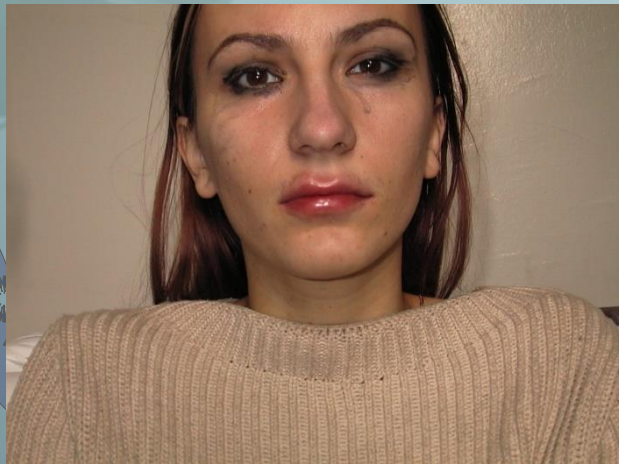


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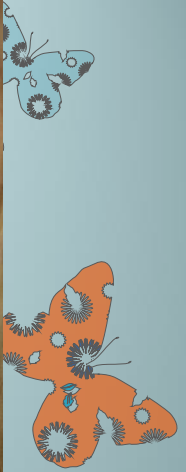
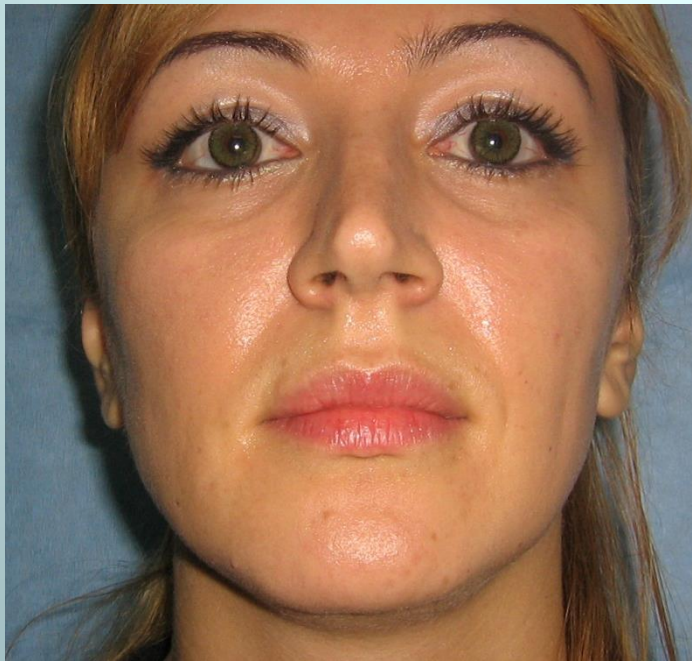




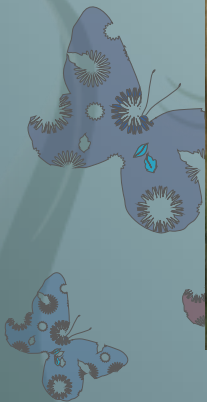
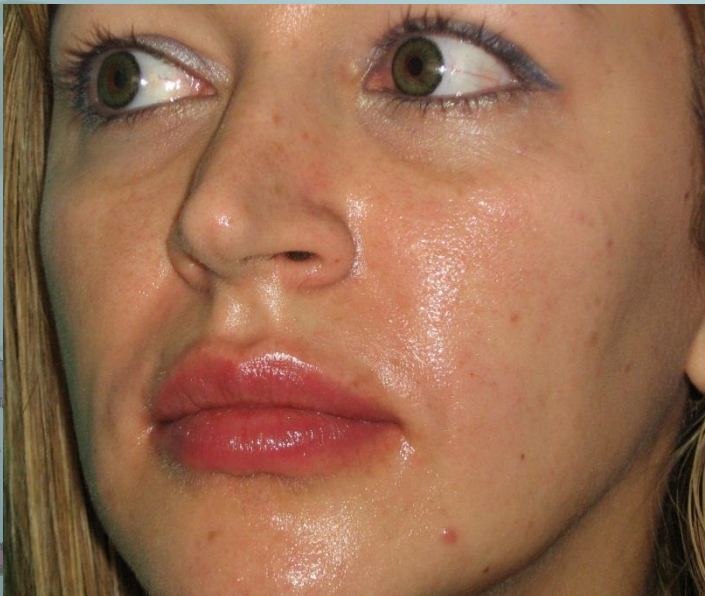
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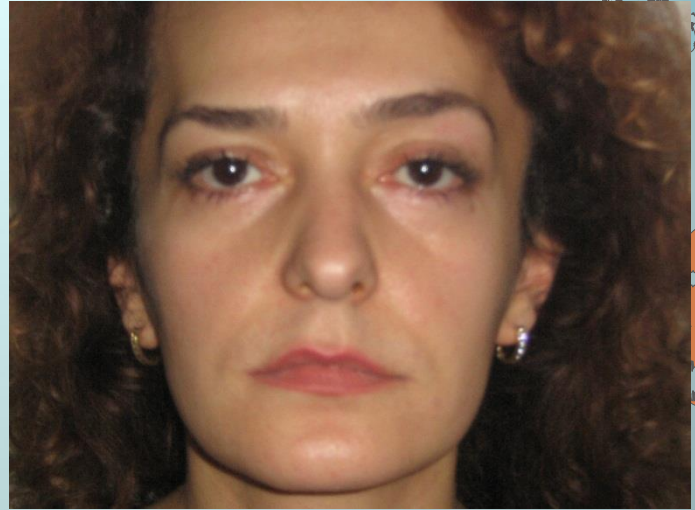
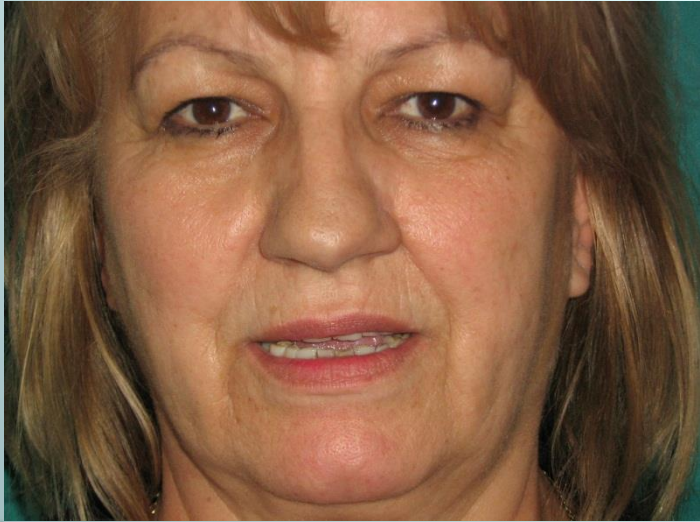






## Fillers



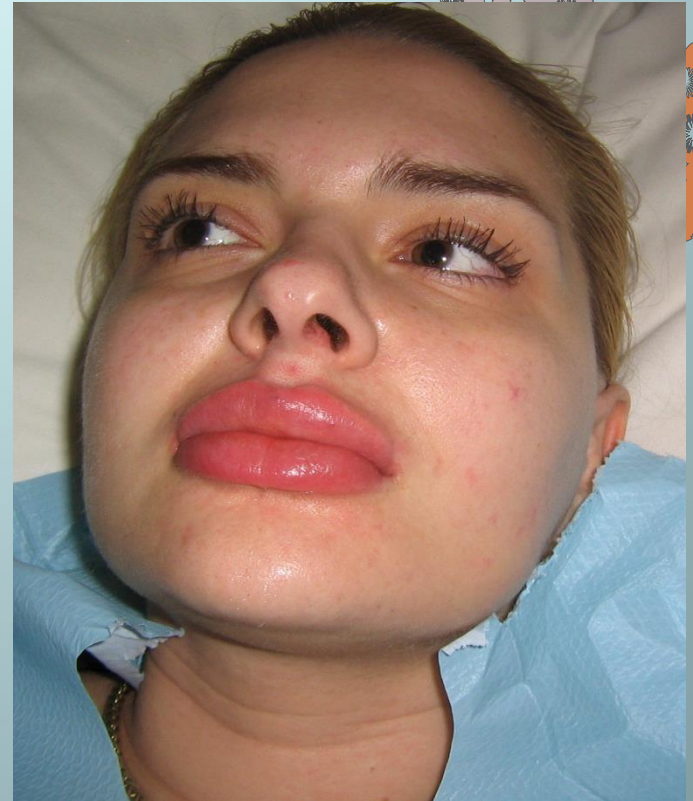
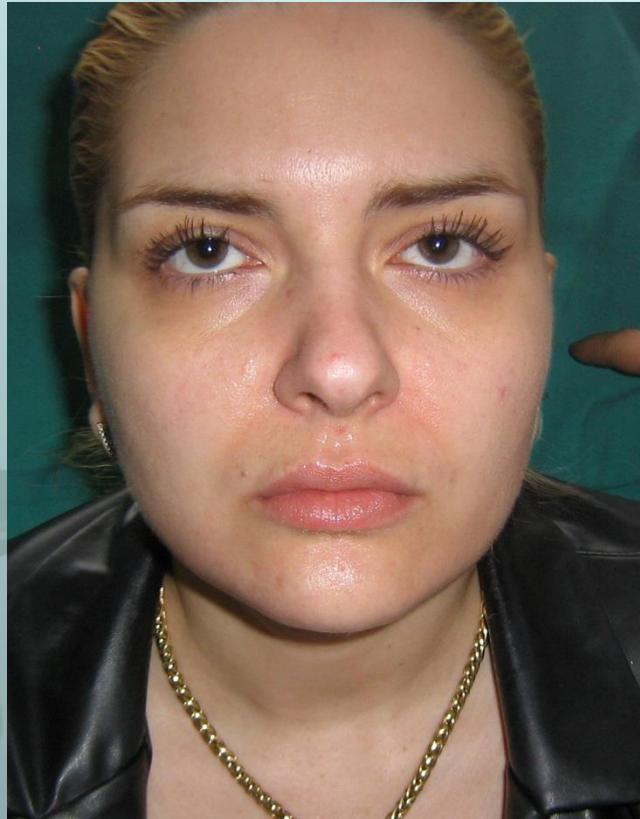


## Fillers



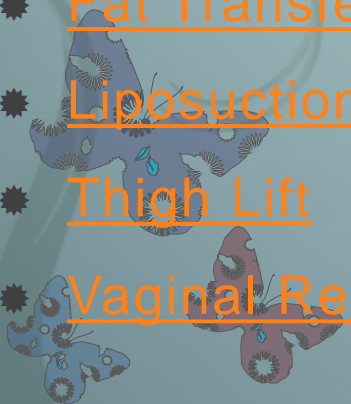
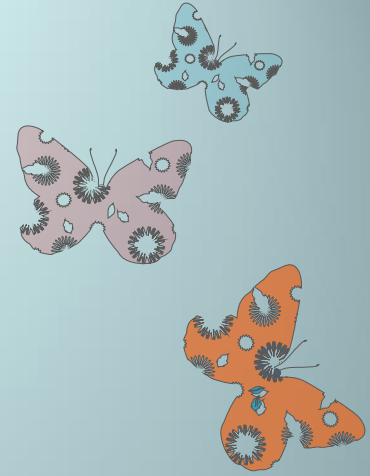


## Fillers



# Plastic Surgery of the Body

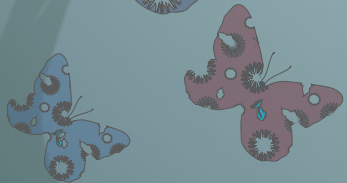
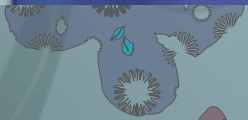
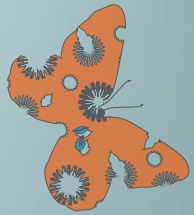
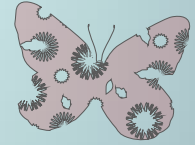
- ✱ Procedures Include:
- ✱ Abdominoplasty
- ✱ Abdominoplasty – Mini
- ✱ Arm Lift
- ✱ Body Lift
- ✱ Buttocks Implants
- ✱ Calf Implants
- ✱ Labia Minora Reduction
- ✱ Fat Transfer
- ✱ Liposuction
- ✱ Thigh Lift
- ✱ Vaginal Rejuvenation Surgery





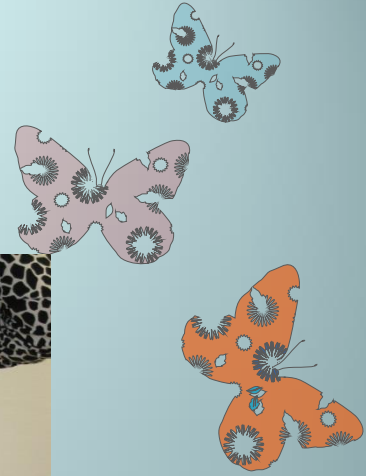
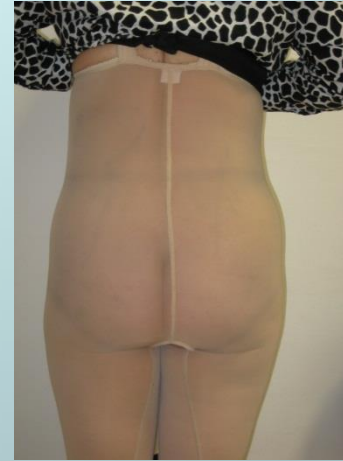


# Liposuction





# Liposuction



# Liposuction



# Liposuction





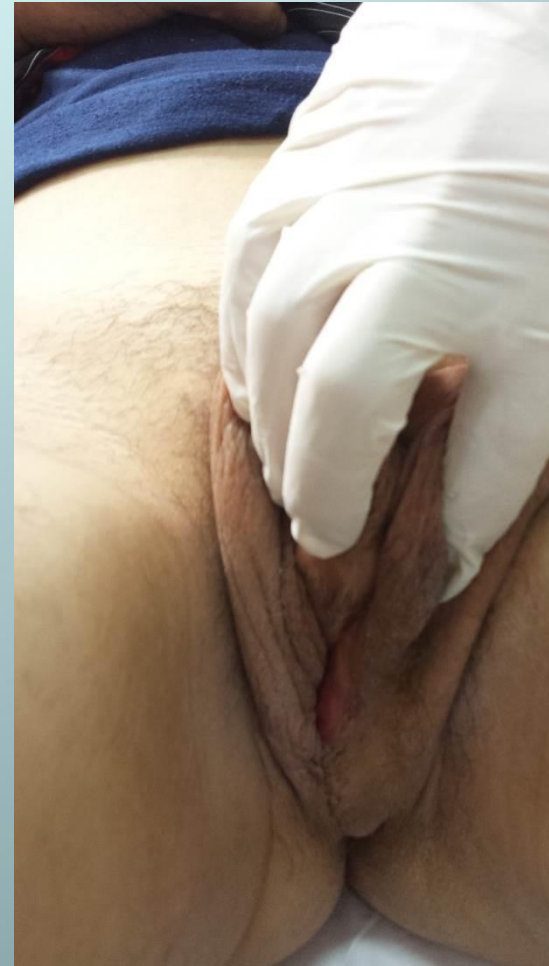
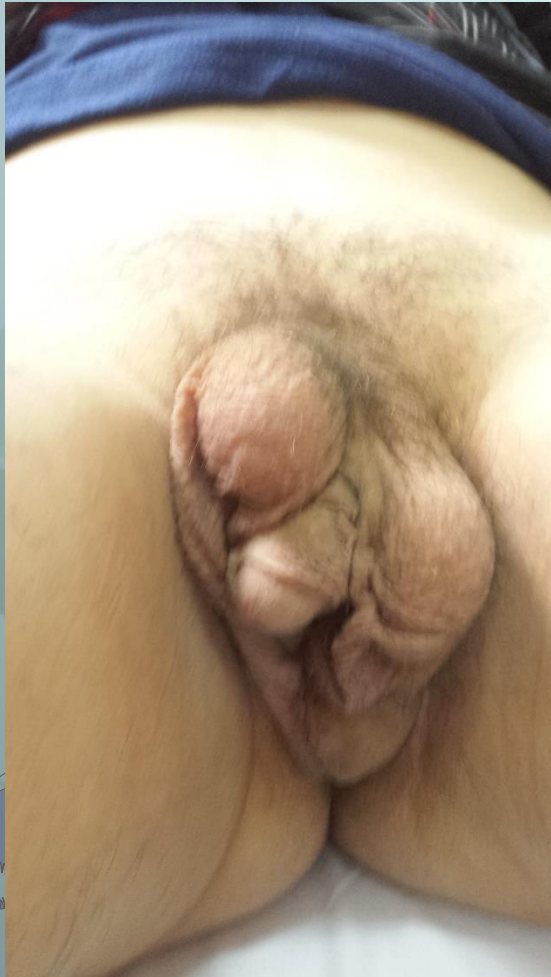
O

## Liposuction

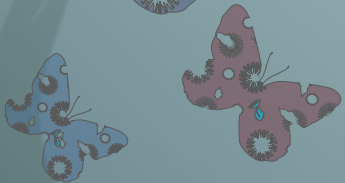


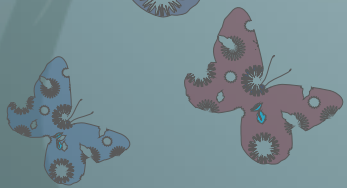


# Man with penis and vagina



# Hypertrophio labia minoris



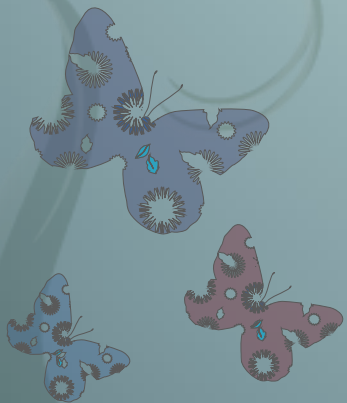
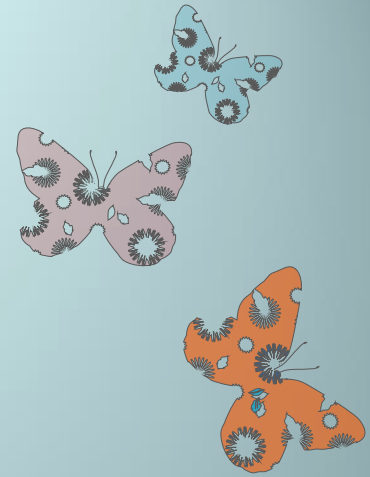




# Dg.Hermaphroditism in humans

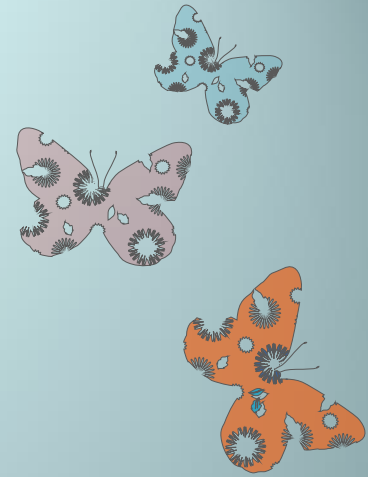






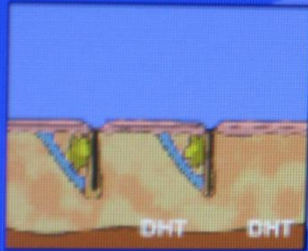
# Plastic Surgery of the Face & Head

- ✱ Procedures Include:
- ✱ Barbed Suture Lift
- ✱ Blepharoplasty
- ✱ Face Lift – Full
- ✱ Facelift – Mini/Midface
- ✱ Facial Implants
- ✱ Facial Liposuction
- ✱ Fat Transfer
- ✱ Forehead Lift
- ✱ Hair Restoration
- ✱ Laser Facial Resurfacing
- ✱ Otoplasty
- ✱ Perioral Rejuvenation
- ✱ Rhinoplasty





"Baldness Why?" - DHT "the culprit"



Dihydrotestosterone or (DHT)



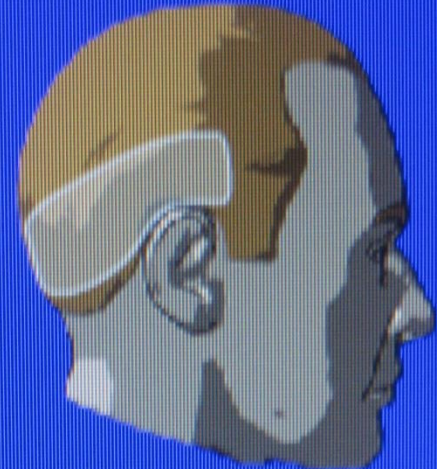
# Hair transplant

What You Can Realistically Achieve With Surgery

Donor Area

Low = 4,000

Medium = 6,000



"Note - hair transplantation does not create new hair follicles."





## What You Can Realistically Achieve With Surgery

### Donor Area

Low = 4,000

Medium = 6,000

High = 7,500



Typical number of follicular units available depending on donor area's density:



## Achieving the appearance of fullness

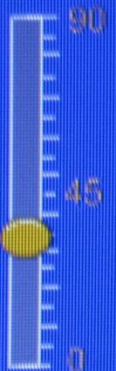
### Hair Density

FU/sq. cm = Follicular Units per square centimeter

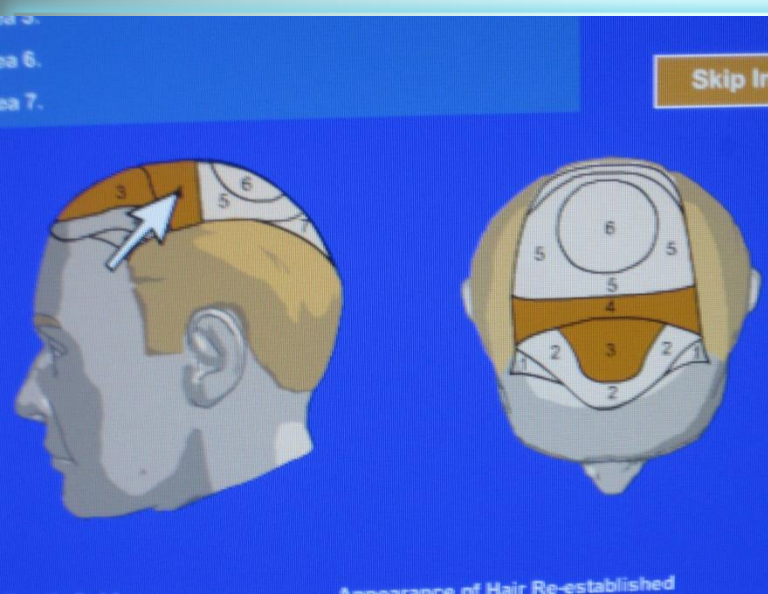
Full Thick Hair  
90 FU/sq. cm.

Threshold for the  
look of fullness

Bald  
0 FU/sq. cm.



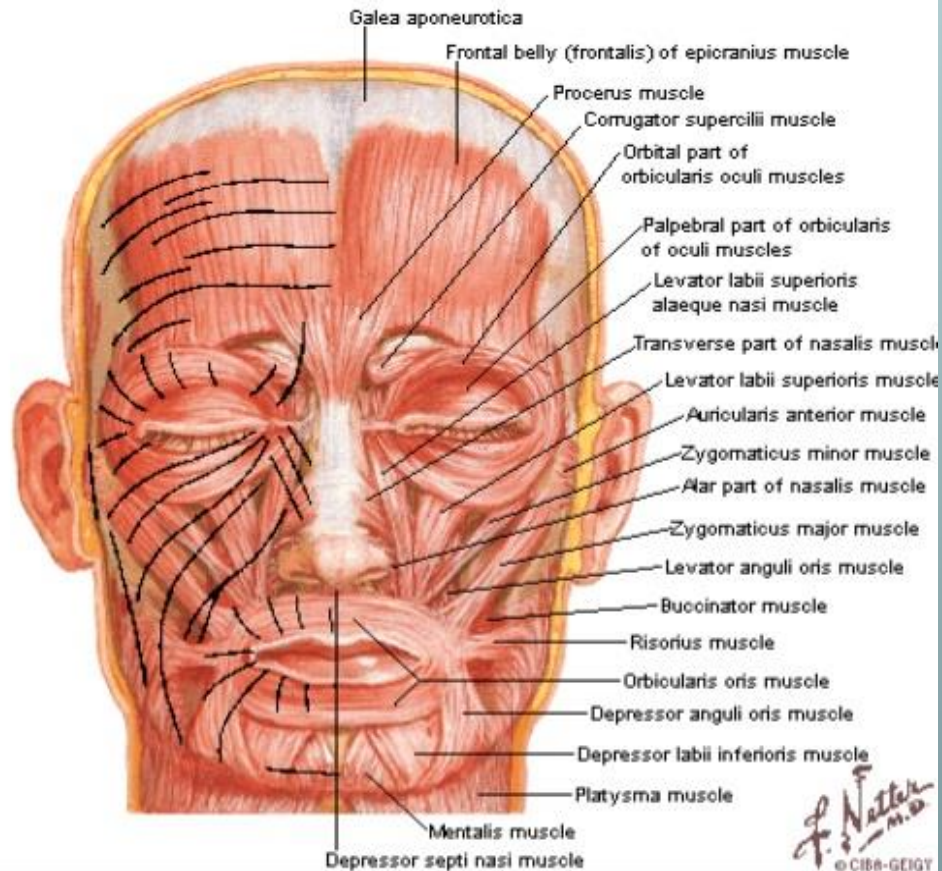




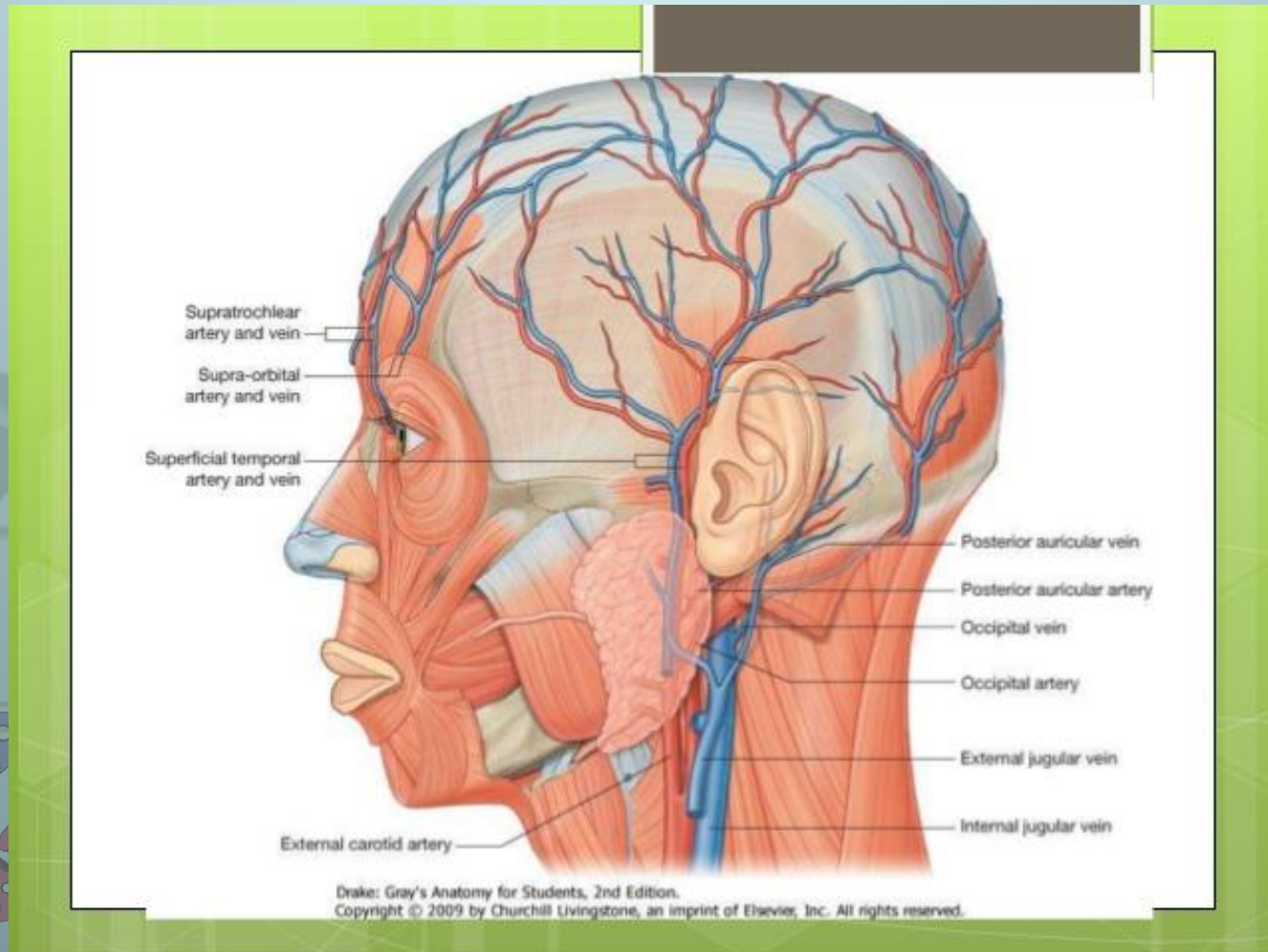
# Face Anatomy

## Muscles of Facial Expression

### Anterior View

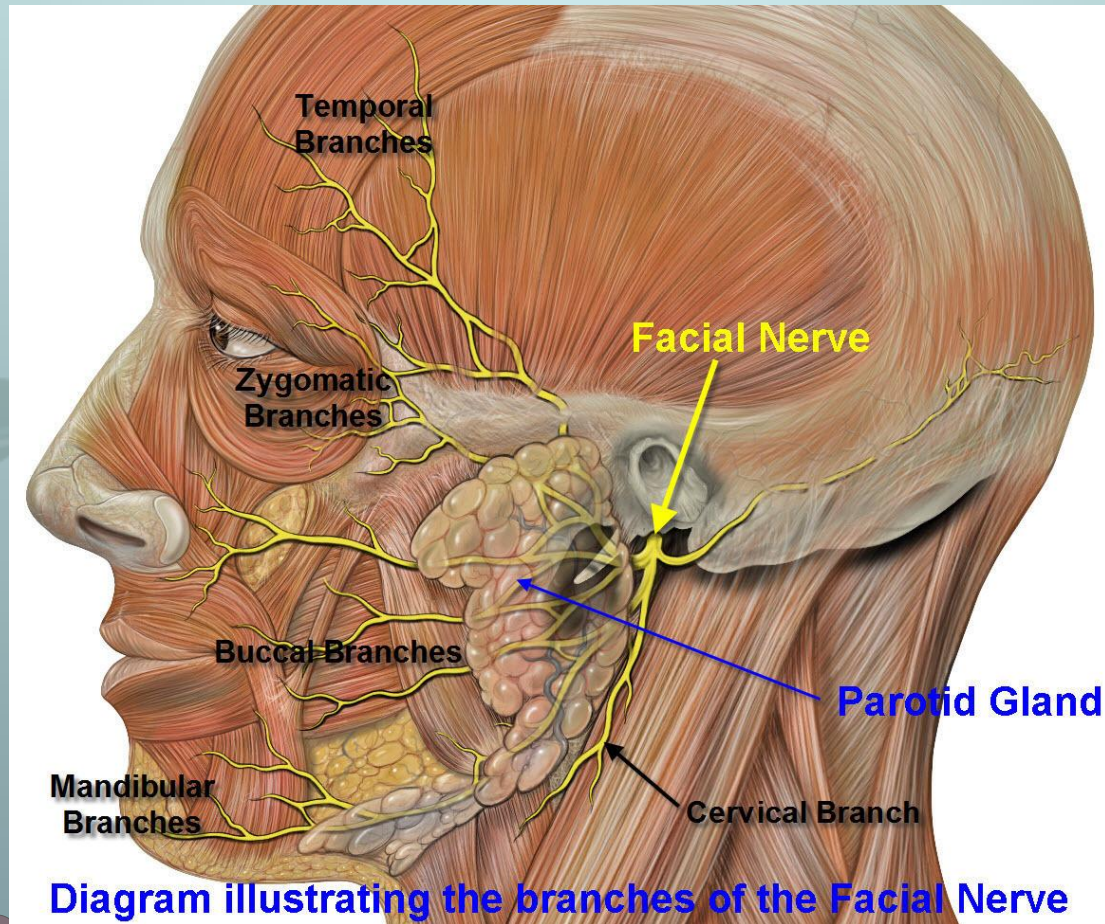


# Blood supply of the face

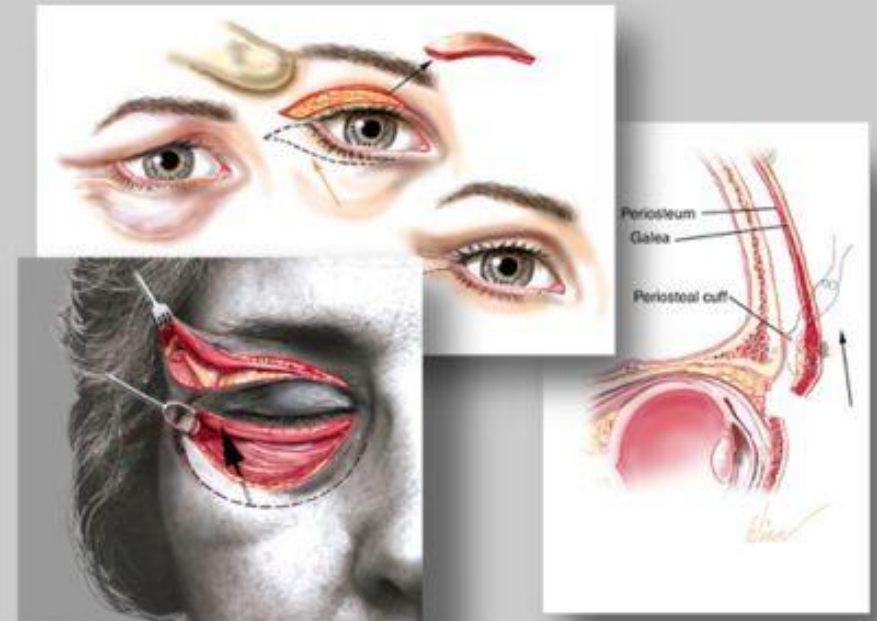
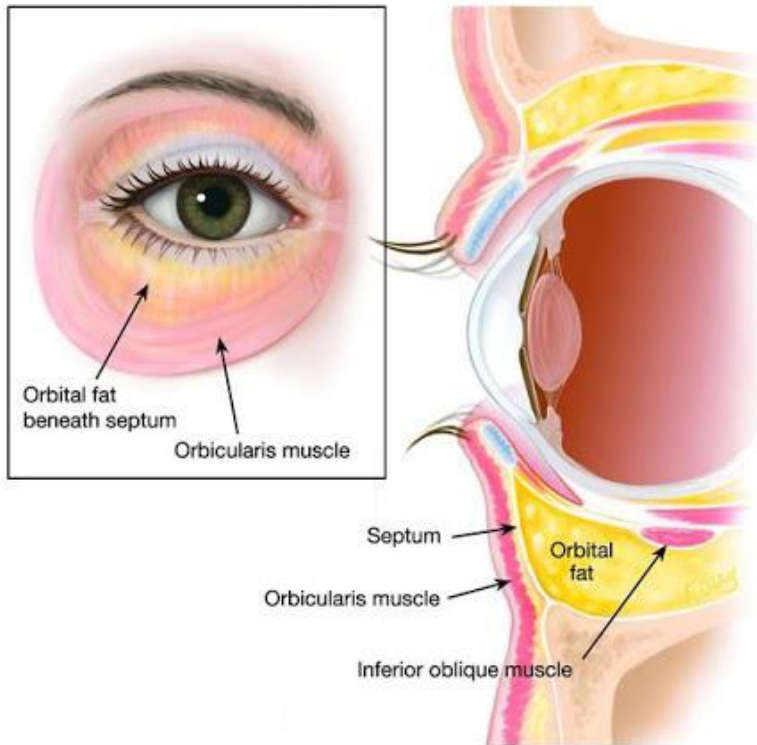




# Facial nerve

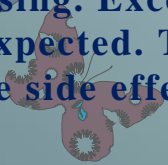
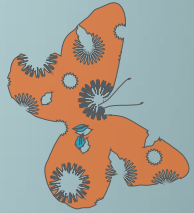
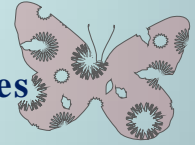


# Blepharoplasty



## Blepharoplasty

- ✱ **Tightens drooping upper eyelid skin and reduces puffy bags below the eyes**
- ✱ **Procedure**
- ✱ **Blepharoplasty (eyelid surgery) rejuvenates the upper and lower eyelids by removing excess fat, skin and muscle.**
- ✱ **Length**
- ✱ **Approximately two hours.**
- ✱ **Anesthesia**
- ✱ **General anesthesia or intravenous sedation and local anesthesia are used.**
- ✱ **Inpatient/Outpatient**
- ✱ **This is an outpatient procedure.**
- ✱ **Possible Side Effects**
- ✱ **Temporary discomfort, feeling of “tightness” in the eyelid area, swelling or bruising. Excessive tearing and sensitivity to light for the first few weeks should be expected. Temporary dryness, burning, or itching of eyes may also occur but these side effects are rare.**





## ✱ Risks

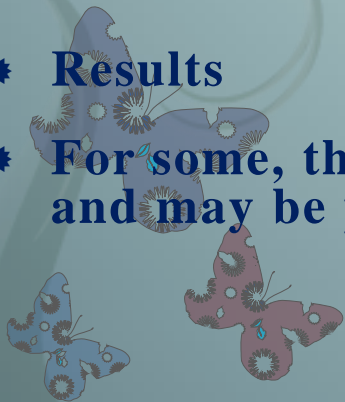
- ✱ Temporary blurred or double vision, infection, bleeding, swelling at the corners of the eyelids, dry eyes, formation of whiteheads, slight asymmetry in healing or scarring, difficulty in closing eyes completely (which is rarely permanent), and a lowered position of the lower eyelid of the lower lids which may require further surgery. Permanent loss of vision is a risk but this is extremely rare.

## ✱ Recovery

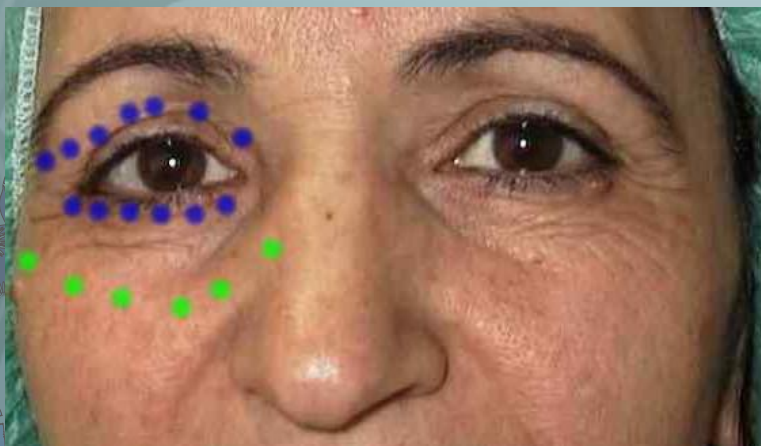
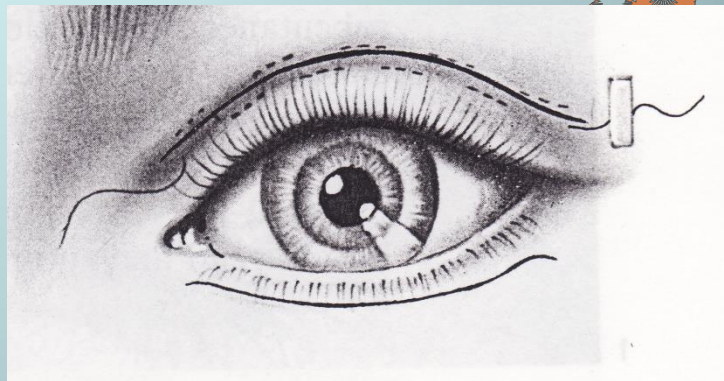
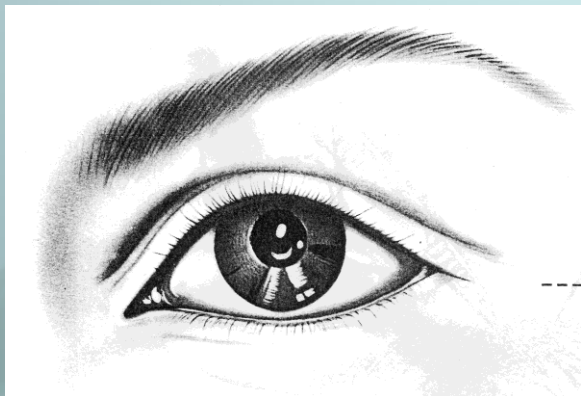
- ✱ The patient may begin reading after about two to three days and can expect to return to work at approximately five to ten days. Use of contact lens may be resumed after two weeks (upon re-evaluation by the physician). The patient should not consume alcohol after the surgery. More strenuous activities and alcohol consumption may be resumed after three weeks. Bruising and swelling should be gone after several weeks.

## ✱ Results

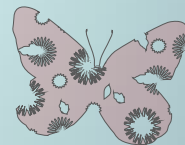
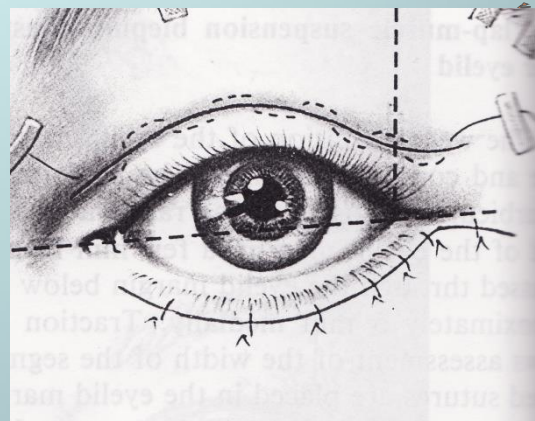
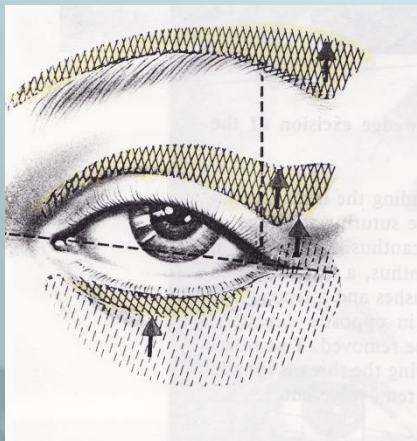
- ✱ For some, the improvements from this procedure will last several years and may be permanent for others.

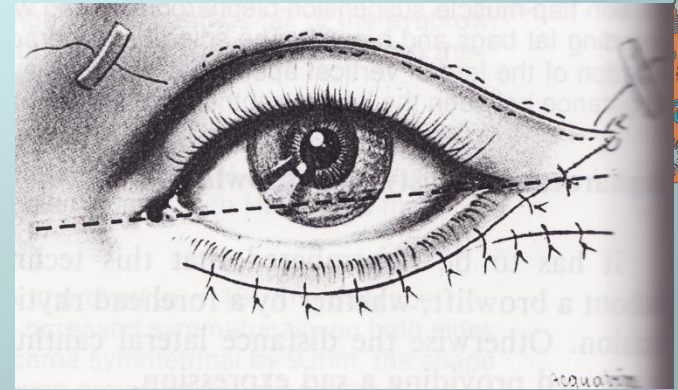
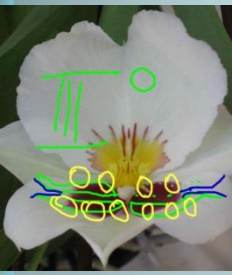


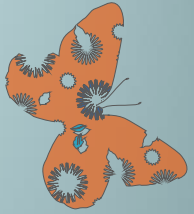
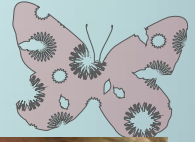


















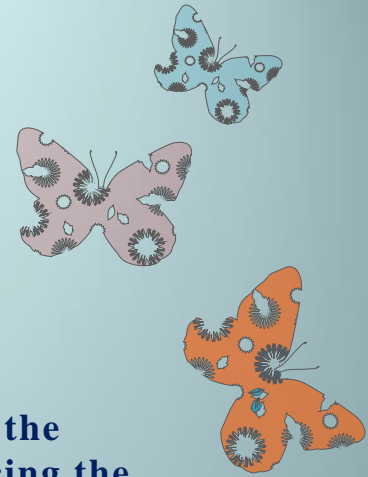






## Facelift – Mini/Midface

- **Rejuvenates the central section of the face**
- **Procedure**
  - The mini or mid-facelift rejuvenates the central section of the face, from the lower eyelid to the upper lip, by repositioning sagging tissues and enhancing the volume of soft tissue that is lost in the midface with age, sun exposure and gravity.
- **Length**
  - The procedure takes approximately one to two hours.
- **Anesthesia**
  - General anesthesia or intravenous sedation and local anesthesia are used.
- **Inpatient/Outpatient**
  - May be either an inpatient or outpatient procedure depending upon whether other procedures are being performed at the same time.
- **Possible Side Effects**
  - Temporary swelling, numbness, weakness of facial muscles or dry eyes.



- ✿ **Risks**

- ✿ **Infection, persistent swelling, persistent dry eyes, permanent muscle weakness or areas of permanent numbness are possible.**

- ✿ **Recovery**

- ✿ **The patient may resume work in seven to fourteen days. More strenuous activities may be resumed after three weeks.**

- ✿ **Results**

- ✿ **The results are usually permanent.**

