

# Hybrid Master's Degree Aesthetic Plastic Surgery





## Hybrid Master's Degree Aesthetic Plastic Surgery

Modality: Hybrid (Online + Clinical Internship)

Duration: 12 months

Certificate: TECH Global University

60 + 5 créditos ECTS

Website: [www.techtute.com/us/medicine/hybrid-master-degree/hybrid-master-degree-aesthetic-plastic-surgery](http://www.techtute.com/us/medicine/hybrid-master-degree/hybrid-master-degree-aesthetic-plastic-surgery)

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# 01

# Introduction

Society's greater confidence in technological advances at the health level has favored the current *boom* in Aesthetic Plastic Surgery. More and more people are deciding to put themselves in the hands of a specialist to improve their appearance and thus also increase their self-esteem. This forces professionals to constantly update their knowledge in order to adapt to the new times and apply the latest techniques and procedures. With this program, the students will acquire that necessary update to stand out in a sector of great recognition nowadays, in which the academic and technical improvement joins with professional ethics. And, all this, with a 100% online program that is combined with a practical stay of 120 hours in a first level center.





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*Aesthetic Plastic Surgery is booming and, therefore, it is necessary that you update yourself now with this program to be able to offer a service of the highest level adapted to the latest developments in the sector”*

The current ideal of beauty and the greater commitment to the cult of the body are the keys that have allowed Aesthetic Plastic Surgery to become one of the health areas with the greatest projection. In addition, the fear of surgery is becoming less and less, thanks to the generalized confidence of society in health research and, therefore, in the technological advances that have arisen in this field, which has increased consultations. This increase in the number of citizens willing to undergo surgery to improve their appearance has revitalized the sector. As a result, more and more plastic surgeons are deciding to update their knowledge and keep up to date with the latest techniques and procedures.

In this sense, it is necessary to understand that the surgeon's work must go beyond performing a successful intervention, without risks and in which the patient's safety is paramount. Aesthetic Surgery must combine the best of technical knowledge with professional ethics, taking into account that, in most cases, when a patient comes to a consultation of this type, they have other types of problems, either of self-esteem or social welfare. Therefore, it is also an important task to be able to identify whether their need is real and whether the treatment sought is the most appropriate, and to advise each user according to their circumstances and characteristics.

In this Hybrid Master's Degree, the students will find all the information that will be necessary for their daily work, from breast, facial, body contouring or buttocks interventions to intimate surgery, as well as the protocols to be taken into account in each of them. To keep up to date with the latest developments in this field, you will have at your disposal a complete online content, which is distributed in 10 theoretical modules with simulated practical cases that will allow you to carry out a contextual update. In addition, once all the evaluations of this theoretical part have been passed, the specialist will be able to participate in a 3-week intensive practical stay in a reference clinic in the sector.

This will give them the opportunity to work hand in hand with professionals with extensive experience, attending to real patients and learning live the most innovative guidelines for the implementation of intervention protocols in each case. Thus, at the end of the internship, the students will have acquired a more complete and updated qualification for their professional development, being able to put into practice everything they have learned in their own practice or in the clinical centers where they work.

This **Hybrid Master's Degree in Aesthetic Plastic Surgery** contains the most complete and up-to-date scientific program on the market. Its most outstanding features are:

- ♦ The development of more than 100 clinical cases presented by professionals in aesthetic plastic surgery
- ♦ Its graphic, schematic and eminently practical contents, with which they are conceived, gather scientific and assistance information on those medical disciplines that are essential for professional practice
- ♦ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course
- ♦ Practical guidelines on the approach to cases related to Aesthetics Plastic Surgery
- ♦ Its special emphasis on evidence-based medicine and research methodologies for the performance of surgical interventions
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection
- ♦ The realization of a clinical internship in one of the best hospital centers



*You will be able to perform minimally invasive surgeries that enhance the patient's image without erasing their identity through the most innovative clinical strategies of the moment"*

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*An intensive 3-week stay in a prestigious center will allow you to update you on the necessary guidelines to grow personally and professionally as a Surgeon"*

In this proposal for a Hybrid Master's Degree, of a professionalizing nature in a blended mode, the program is aimed at updating the knowledge of doctors in an area of great relevance such as Aesthetic Plastic Surgery. The contents are based on the latest scientific evidence, and oriented in a didactic way to integrate theoretical knowledge in the research practice. Likewise, the theoretical-practical elements will facilitate the updating of knowledge and will allow effective decision making in environments of great responsibility.

In addition, its multimedia content, elaborated with the latest educational technology, will allow the physician a situated and contextual study, that is to say, a simulated environment that will provide an immersive learning programmed to train in real situations. This program is designed around Problem-Based Learning, whereby the student must try to solve the different professional practice situations that arise throughout the program. For this purpose, the students will be assisted by an innovative interactive video system created by renowned experts.

*TECH offers you the perfect academic combination: a fully updated online program and an intensive practical stay in a prestigious clinic.*

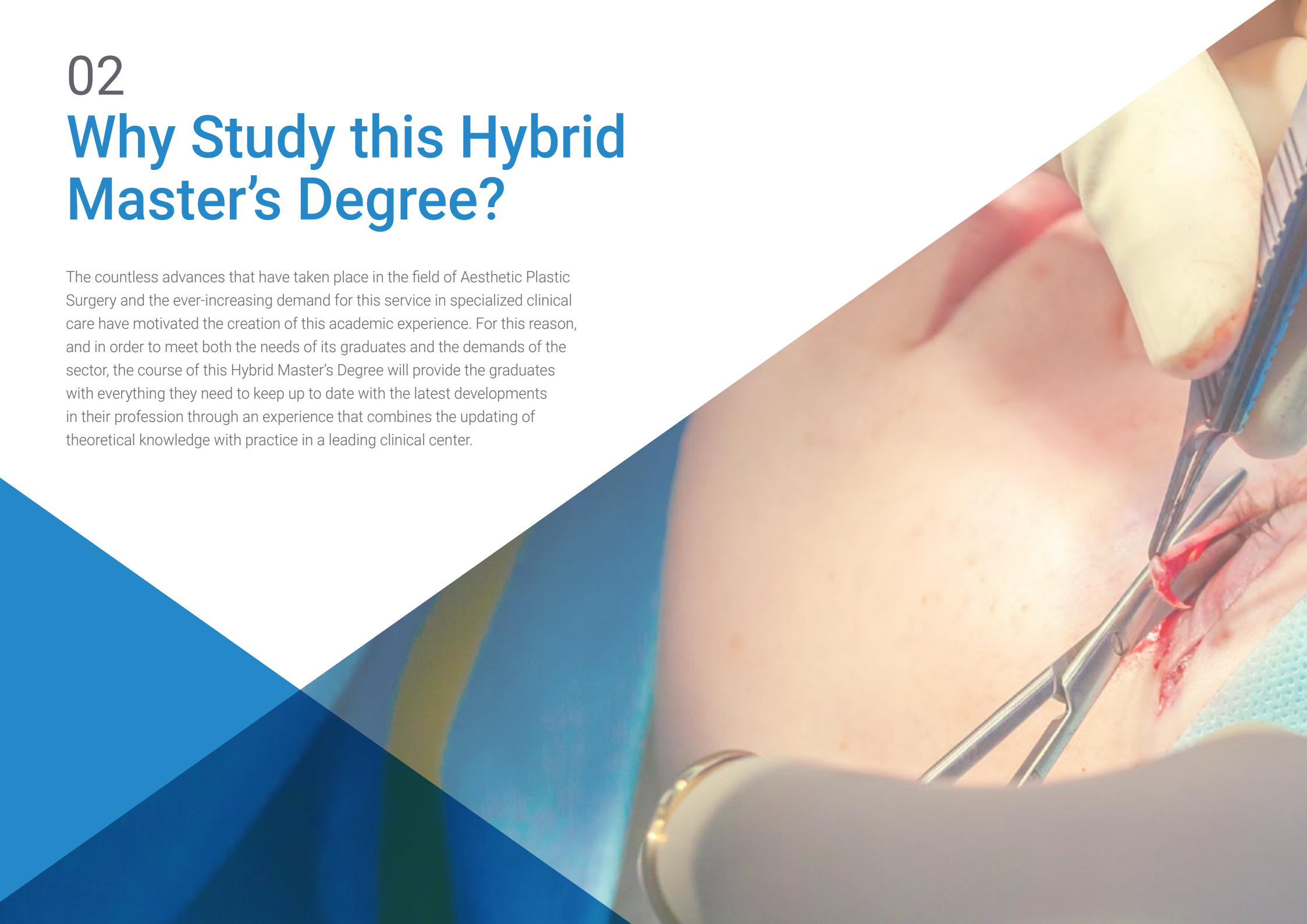
*This program will help you become a recognized professional in the sector, which will be essential to increase the number of users to your practice.*



# 02

## Why Study this Hybrid Master's Degree?

The countless advances that have taken place in the field of Aesthetic Plastic Surgery and the ever-increasing demand for this service in specialized clinical care have motivated the creation of this academic experience. For this reason, and in order to meet both the needs of its graduates and the demands of the sector, the course of this Hybrid Master's Degree will provide the graduates with everything they need to keep up to date with the latest developments in their profession through an experience that combines the updating of theoretical knowledge with practice in a leading clinical center.





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*A syllabus designed according to the cutting edge of modern medicine, to bring you up to date in a guaranteed way and elevate your practice to the pinnacle of Aesthetic Plastic Surgery”*

### **1. Updating from the latest technology available**

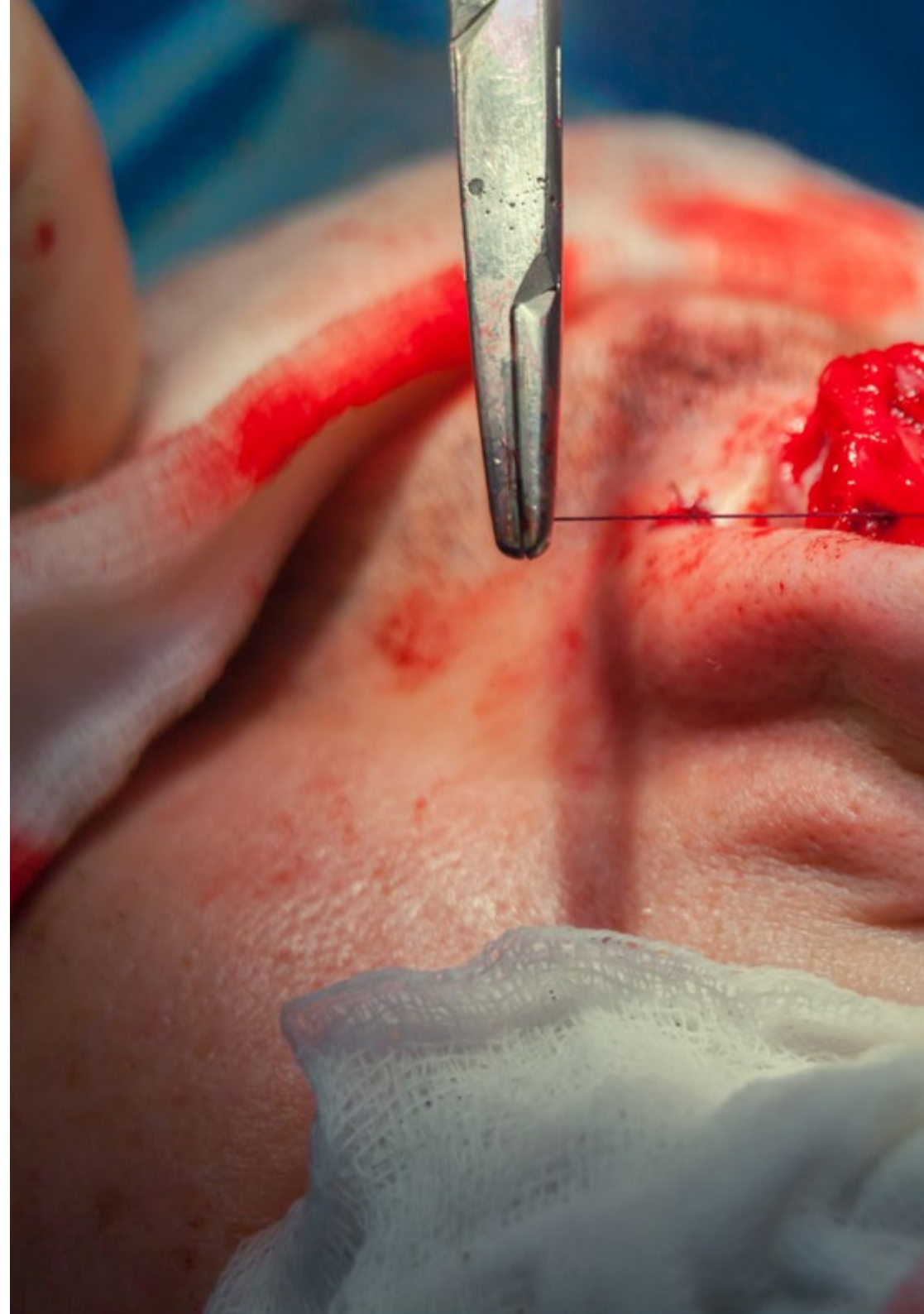
The clinical center to which the graduate will have access has the latest clinical technology developed. Thus, the graduates who have access to it will be able to work intensively and protagonist in the improvement of their skills for the management of the same, implementing to their practice the most complex and sophisticated technical strategies that are marking the forefront of the current Aesthetic Plastic Surgery.

### **2. Gaining In-Depth Knowledge from the Experience of Top Specialists**

Among the most significant characteristics of this Hybrid Master's Degree is the support you will receive from a team specialized in Aesthetic Plastic Surgery, whose background is characterized by having treated thousands of satisfied patients. In this way, the graduates will be able to get up to date with the most effective clinical strategies from the best professionals in the current clinical field.

### **3. Entering First-Class Clinical Environments**

Accessing this Hybrid Master's Degree will allow the specialist to have access to a wide range of diverse clinical cases, based on different circumstances and the management of different types of patients. Thus, they will be able to perfect their skills in the approach to them, through the application of the strategies required by each context. It is, therefore, a multidisciplinary and dynamic way to work on updating your knowledge and skills through active participation in first class clinical settings.





#### 4. Combining the Best Theory with State-of-the-Art Practice

Thanks to the syllabus included in this Hybrid Master's Degree, the graduates will be able to expand and update their theoretical knowledge, as well as perfect their practical skills through an experience that combines both concepts in 1,620 hours of multidisciplinary experience. Thus, specialists who complete this experience can offer the highest level of service and unparalleled care.

#### 5. Expanding the Boundaries of Knowledge

One of TECH's priorities is to ensure that students who access this type of qualification go further, achieve all their objectives and acquire the necessary skills to perform their practice based on the most innovative clinical strategies of the moment. Thus, they guarantee the highest level of care, thanks to which the patient will always be satisfied.

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*You will have full practical immersion  
at the center of your choice”*

# 03 Objectives

The Hybrid Master's Degree in Aesthetic Plastic Surgery has been designed to offer updated knowledge to physicians who want to direct their scope of action towards this field or who wish to catch up with the most current techniques and procedures that are marking the forefront of modern clinical care. The main objective is to improve their qualification so that they are better prepared to attend patients who present themselves in consultation and to perform successful interventions that are to the liking of all their users.





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*Master the most advanced techniques in Aesthetic Plastic Surgery and offer a more personalized attention to your patients with the course of this Hybrid Master's Degree"*



## General Objective

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- The main objective of this program is to update the knowledge of plastic surgeons, improving their qualification for their professional development. Thus, after passing this program, the students will be able to use the most innovative technology in the field of Aesthetic Plastic Surgery, which will allow them to perform all types of interventions in this field with total safety for the patient. In this way, they will follow specific protocols that will allow them to perform from breast surgeries to facial, abdominal or intimate surgeries. All this, thanks to the combination of the best theoretical content with an intensive stay in a reference center



*Get the most updated knowledge to perform aesthetic interventions in different parts of the body, always achieving a successful result for patients"*





## Specific Objectives

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### Module 1. Aesthetic Surgery of the Mammary Region

- ◆ Present all the anatomical elements of the breast region relevant to the surgical technique: those that make up the breast itself, the musculature used for pocket formation and the characteristics of the thorax, as well as irrigation, venous-lymphatic drainage and innervation
- ◆ Analyze the proportions of the breast and nipple-areola complex, to understand the Diversity of Aesthetics and Existing Preferences
- ◆ Determine the current characteristics of breast implants and the innovations available to the plastic surgeon and their indication in breast surgery
- ◆ Establish, in Augmentation Mammoplasty, Patient Selection, Surgical Approaches, the Creation of Each Specific Pocket and its Indication, as well as the use of Complementary Techniques such as Fat Transfer for Simple Augmentation or Combined with Implants
- ◆ Examine, in Mastopexy, the State of the Breast that will be Taken to Surgery, the Different Scars used according to the Lift to be Performed, as well as the Techniques that use Different Pedicles, and those that use Implants
- ◆ Develop, in Breast Reduction Surgery, the Classification of Hypertrophy, the Different Pedicles Used, and the Existing Complications
- ◆ Describe the Techniques of Tuberos Breast Treatment with and without Breast Implants
- ◆ Present and Describe the Different Techniques of Breast Symmetrization
- ◆ Establish the Diagnosis and Surgical Treatment of the Male Breast Region

### **Module 2. Periorbital and Upper Facial Surgery**

- ♦ Define the Anatomy of the Orbital, Periorbital, and Upper Face Region
- ♦ Develop the Aesthetic Considerations of the Periorbital Region
- ♦ Examine the Changes Associated with Aging
- ♦ Determine the Different Basic Techniques in Ophthalmic Plastic Surgery
- ♦ Analyze the Steps of Preoperative Evaluation
- ♦ Establish the Specific Surgical Techniques
- ♦ Show the Complementary Procedures to Palpebral Surgery

### **Module 3. Nasal Aesthetic Surgery**

- ♦ Reinforce the Anatomical Knowledge of the Nasal Region
- ♦ Enable the Student to Perform a Complete Analysis of the Nose and Relate it According to the Variation of the Anatomical Characteristics of Each Patient, without forgetting that the Concept of Beauty is Different not only between Men and Women, but also According to the Ethnic Features of the Subject to be Treated
- ♦ Address Significant Knowledge of Photography to Carry Out a Correct Documentation of the Cases
- ♦ Generate Specialized Training in the Surgical Techniques used in Rhinoplasty, from the Simplest to the Most Complex, Including the Most Innovative Techniques
- ♦ Develop the Main Fundamentals for the Plastic Surgeon to be able to Perform Cartilage Grafting, Avoiding Complications as much as Possible
- ♦ Make the plastic surgeon aware that cosmetic rhinoplasty should not affect the functions of the nose

### **Module 4. Body Contouring Lipoplasty**

- ♦ Develop the most relevant anatomical concepts for the surgeon in body contouring lipoplasty
- ♦ Present the Aesthetics of the Human Body as a Guide to Obtain the Results
- ♦ Determine the Criteria for Patient Selection in Body Contouring Lipoplasty
- ♦ Examine Patient Safety Parameters
- ♦ Establish the Tools and Technologies commonly used for Lipoplasties
- ♦ Address High-definition Liposuction Techniques in the Various Anatomical Regions of Interest for the Technique

### **Module 5. Aesthetic Surgery of the Abdominal Wall**

- ♦ Delve into the Concepts of Fat Tissue Transfer and the Techniques for its Use
- ♦ Examine the Techniques for Aesthetic Enhancement of the Gluteal Region with Implants and the Complications According to Each Procedure
- ♦ Present the Postoperative Management of the Patient
- ♦ Develop the most relevant surgical-anatomical concepts for the development of the techniques
- ♦ Present the Aesthetic Units that make up the Abdomen to Restore them During Surgery
- ♦ Determine the most frequently used abdominoplasty techniques based on the preoperative diagnosis of the abdomen
- ♦ Examine the Most Advanced Techniques for the Confection of the Umbilicus in Abdominoplasty
- ♦ Analyze the Techniques for Resection of Large Dermal Fat Flaps in Patients with Massive Weight Loss
- ♦ Establish the Complications According to Each Procedure
- ♦ Address Postoperative Management of the Patient



**Module 6. Facial and Cervical Rejuvenation Surgery**

- ♦ Examine the Anatomy of the Face and Neck
- ♦ Determine the Aesthetic Considerations of the Facial and Neck Region
- ♦ Analyze the Changes Associated with Aging
- ♦ Develop the Different Surgical Techniques Used in the Management of SMAS
- ♦ Analyze the Steps of Preoperative Evaluation
- ♦ Establish the Possible Operative Complications that are Attributed to Each Procedure
- ♦ Show the Complementary Procedures Used for the Management of Cervicofacial Aging

**Module 7. Aesthetic Surgery of the Gluteal Region**

- ♦ Analyze the Topographic Anatomy of the Gluteal Region Detailing its Musculature, Vascularization, and Innervation
- ♦ Determine the Anatomical Elements that Integrate the Aesthetic Analysis of the Gluteal Region and Present the Aesthetic Ideal of the Gluteus
- ♦ Examine the Diversity in Gluteal Implants, their Characteristics and their Indication in Patients
- ♦ Approach the Different Surgical Techniques Used in Gluteoplasty with Implants
- ♦ Establish the surgical technique of autologous fat tissue transfer from its procurement, processing, and transfer, as well as to know the physiology of fat grafting
- ♦ Develop the Surgical Technique of Autologous Fat Tissue Transfer combined with Gluteal Implants
- ♦ Analyze the Possible Operative Complications Inherent to Each Procedure

**Module 8. Intimate Surgery**

- ♦ Examine the Anatomy of the Genitalia
- ♦ Establish the Aesthetic Considerations of the Ideal Genitalia
- ♦ Analyze the Different Surgical Techniques Used in the Management of Genital Pathologies
- ♦ Examine the Possible Operative Complications Associated with Each Procedure
- ♦ Show the Complementary Procedures used for the Management of Genital Pathologies

**Module 9. Other Surgical and Non-Surgical Aesthetic Procedures**

- ♦ Conceptualize Alopecia, Causes, and Treatment
- ♦ Develop specialized knowledge about congenital or acquired ear alterations, as well as the conduct to follow in the different cases
- ♦ Establish an Action Protocol for the Definition of Upper and Lower Extremities
- ♦ Analyze the Different Immunological Pathologies, Post-Surgical Aonditions, and/or Physiological States that Produce Hormonal Alterations in order to Correctly Approach the Different Surgical Procedures
- ♦ Expand Advanced Knowledge Regarding Hand and Foot Aesthetics
- ♦ Dictate the Main Fundamentals so that the Plastic Surgeon is able to Differentiate the Different Non-surgical Aesthetic Processes, their Basis and Indications

**Module 10. Protocols for the Aesthetic Surgery Patient**

- ♦ Examine the Characteristics of the Aesthetic Surgery Patient from the Psychological Point of View, Expectations, and Reasons why they want to Transform their Appearance
- ♦ Expose the Necessary Tools for the Evaluation in Consultation and Management of Social Networks
- ♦ Determine the Importance of Medical Photography as a Tool for Documentation of Cases, and Address the Technical Aspect of Taking Medical Photographs
- ♦ Establish the necessary medical-legal documentation protecting the surgeon: informed consents
- ♦ Analyze the Prophylaxis of Cardiovascular Events through the Caprini Scale
- ♦ Present the Anesthesia Protocols, Surgical Risk, and Outpatient Management through the ERAS Protocol
- ♦ Determine Post-Operative Patient Management: Antibiotic Treatment, Analgesia, Post-Operative Garments, and Recovery

# 04 Skills

Upon passing the evaluations of this Hybrid Master's Degree, the students will have updated their knowledge and developed the specific skills to be able to be part of specialized teams in Aesthetic Plastic Surgery. Thus, they will be able to follow all the procedures to perform interventions in different parts of the body that not only improve the health of their patients, but also contribute to increase their self-esteem. In addition, they will be able to make use of the latest technological devices, which will be essential to perform more precise and safer interventions.





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*Do you want to become a leading  
aesthetic plastic surgeon in your country?  
Do not miss the opportunity to achieve it  
through a unique academic experience  
and enroll now in this program"*



## General Skills

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- Treat Physical Alterations with the Surgical Techniques that currently obtain the best Results, achieving Physical Improvement in Patients
- To Initiate a Successful Aesthetic Surgery Consultation with the Application of New Technologies
- Apply all the necessary Protocol to carry out Consultations and Interventions of Aesthetic Plastic Surgery, avoiding possible Risks to Patients





## Specific Skills

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- Apply the physiology of healing to the postoperative care of patients' incisions
- Differentiate the Features of the Male and Female Periorbital Region
- Identify the Different Measurements and Proportions of the Nose and how they are Related to Achieve a Harmonious and Attractive Face
- Know in Depth the Anatomy of the Facial and Cervical Region
- Identify the Ideal Proportions of a Breast Considered Attractive
- Apply the Different Techniques of Liposuction, Abdominoplasty, and the Combination of These, their Indications, Advantages, and Disadvantages Associated with them
- Identify the Fundamental Body Measurements and Proportions during the Physical Examination and how these Translate into a Harmonious and Attractive Body
- Analyze the Recent Evolution of Genital Aesthetic Ideals and how Fashion and Culture Influence them
- Address the Most Commonly used Techniques for Rejuvenation of both the Male and Female Genital Areas
- Apply the Latest Surgical Techniques for Hand Rejuvenation through Liposuction and Lipofilling and those Complementary Techniques Based on Peeling and Lasers
- Identify Patients who are Amenable to Surgery and those who should not Undergo Surgery
- Examine the Traditional Surgical Procedures for Rejuvenation of the Periorbital Region and the Minimally Invasive Procedures so Frequently Requested
- Apply the Most Current Techniques for Rhinoplasty
- Address the Benefits and Disadvantages of Applying Body Contouring Lipoplasty Techniques for Figure Shaping
- Perform Interventions in the Gluteal Region, one of the Most Demanded Treatments in Recent Times



*Delve into the most relevant theory in this field, subsequently applying it in a real work environment"*

05

# Course Management

For the direction of the initial theoretical section of this Hybrid Master's Degree in Plastic and Aesthetic Surgery, TECH has selected a group of professionals in the field of Medicine, characterized not only by their experience, but also by their clinical quality and the high degree of satisfaction of their clients. This is a teaching team versed in the various aesthetic interventions, which will provide graduates with the best resources to update their practice in a dynamic, easy and, above all, guaranteed thanks to the course of this very complete program.





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*The teaching team will be at your disposal to answer any questions you may have during the course of the program through the communication tool that you will find in the Virtual Campus”*

## Management



### Dr. Delgado Caldera, Carlos

- Plastic Surgeon expert in Mammoplasty and Lipoabdominoplasty
- Chief of the Department of Plastic and Reconstructive Surgery at the Instituto Docente de Urología
- Aesthetic Plastic Surgeon at Servicios Mediplan C.A
- Aesthetic Plastic Surgeon at Grupo Cil Venezuela C.A
- Postgraduate of General Surgery in Hospital City Doctor Enrique Tejera
- Postgraduate of Aesthetic and Maxillofacial Reconstructive Plastic Surgery at General Hospital Doctor Jesús Yerena





## Professors

### Dr. Ortiz, Clemencia

- ◆ Plastic Surgeon at Clemencia Sofía Órtiz Clinic
- ◆ Aesthetic Plastic Surgeon, Maxillofacial and Maxillofacial Reconstructive, and Burn Surgeon
- ◆ General Surgeon by the Hospital Dr. Enrique Tejera Valencia
- ◆ Esthetic Plastic Surgeon, Maxillofacial Reconstructive, and Burned by the University Hospital Dr. Antonio Maria Pineda
- ◆ Fellow Aesthetic and Reconstructive Craniofacial Surgery at Hospital Pontífice de la Beneficencia Portuguesa, Sao Paulo , Brazil
- ◆ Medical Surgeon by the University of Carabobo
- ◆ Diploma in Regenerative and Anti-aging Medicine
- ◆ Master's Degree in Aesthetic Medicine Fuceme
- ◆ University Specialist in Aesthetic and Functional Gynecology and Cosmetic Genital Surgery of Women by the Autonomous University of Barcelona
- ◆ Advanced Surgical Techniques Course at USES University (MIAMI)



*Boost your career path with holistic teaching, allowing you to advance both theoretically and practically"*

# 06

## Educational Plan

The syllabus of this Hybrid Master's Degree has been designed following the highest levels of didactic quality currently required. In this way, the students will be able to make a complete academic journey through the most current concepts, techniques and procedures for Aesthetic Plastic Surgery interventions. This will allow them to achieve a level of effectiveness that will be essential for their professional growth and their future recognition as one of the top referents in the sector.



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*The use of the Relearning methodology for the development of the theoretical content of this program will allow you to catch up in a natural and progressive way, without the need to invest extra hours in memorizing"*

## Module 1. Aesthetic Surgery of the Mammary Region

- 1.1. Anatomy of the Mammary Region
  - 1.1.1. Introduction
  - 1.1.2. Anatomy of the Breast
    - 1.1.2.1. Mammary Parenchyma
    - 1.1.2.2. Nipple-areola Complex
    - 1.1.2.3. Fascial System of the Breast
    - 1.1.2.4. Submammary Sulcus
    - 1.1.2.5. Irrigation
    - 1.1.2.6. Venous Drainage
    - 1.1.2.7. Lymphatic Drainage
    - 1.1.2.8. Innervation
  - 1.1.3. Musculature of the Mammary Region
    - 1.1.3.1. Pectoralis Major
    - 1.1.3.2. Pectoralis Minor
    - 1.1.3.3. Serratus
    - 1.1.3.4. Rectus Abdominis
    - 1.1.3.5. Greater Oblique
  - 1.1.4. Chest
  - 1.1.5. Summary
- 1.2. Esthetic Considerations of the Breast
  - 1.2.1. Introduction
  - 1.2.2. Esthetic Analysis of the Breast
  - 1.2.3. Esthetic Analysis of the Nipple-areola Complex
  - 1.2.4. Thorax and Breast Base
  - 1.2.5. Summary
- 1.3. Types of Breast Prostheses and Implant Selection
  - 1.3.1. Introduction
  - 1.3.2. Characteristics of Breast Implants
    - 1.3.2.1. According to Shape
    - 1.3.2.2. According to Texture
    - 1.3.2.3. According to Content
  - 1.3.3. Innovations in Breast Implants
    - 1.3.3.1. Ergonomic Prostheses
    - 1.3.3.2. Low Weight Prostheses
    - 1.3.3.3. Polyurethane
  - 1.3.4. Implant Selection
    - 1.3.4.1. Selection Based on Measurements
    - 1.3.4.2. External Testers
    - 1.3.4.3. 3D Virtual Simulation
  - 1.3.5. New Breast Implant Prototypes
    - 1.3.5.1. Use of Gauges
    - 1.3.5.2. Techniques Based on Measurements
    - 1.3.5.3. Techniques Based on Virtual Simulation
  - 1.3.6. Summary
- 1.4. Augmentation Mammoplasty
  - 1.4.1. Introduction
  - 1.4.2. Preoperative Evaluation
  - 1.4.3. Preoperative Marking
  - 1.4.4. Surgical Technique
    - 1.4.4.1. Types of Incision
    - 1.4.4.2. Areolar
    - 1.4.4.3. Submammary Sulcus
    - 1.4.4.4. Axillary
  - 1.4.5. Pocket Creation
    - 1.4.5.1. Subglandular Pocket
    - 1.4.5.2. Subfascial Pocket
    - 1.4.5.3. Subpectoral Pocket
    - 1.4.5.4. Dual Plane
  - 1.4.6. Breast Augmentation with Autologous Fat
  - 1.4.7. Composite Breast Augmentation
  - 1.4.8. Postoperative Care
  - 1.4.9. Complications
  - 1.4.10. Summary

- 1.5. Mastopexy
  - 1.5.1. Introduction
  - 1.5.2. Classification of Breast Ptosis
  - 1.5.3. Mastopexy without Implants
    - 1.5.3.1. Periareolar Mastopexy
      - 1.5.3.1.1. Beneli Periareolar Technique
      - 1.5.3.1.2. Goretex Intercalated Suture Technique
    - 1.5.3.2. Ribeiro Pedicles
      - 1.5.3.2.1. Pedicle I
      - 1.5.3.2.2. Pedicle II
      - 1.5.3.2.3. Pedicle III
      - 1.5.3.2.4. Pedicle IV
      - 1.5.3.2.5. Pedicle V
    - 1.5.3.3. SPAIR Mastopexy
      - 1.5.3.3.1. Mastopexy with Implants
      - 1.5.3.3.2. Postoperative Care
      - 1.5.3.3.3. Complications
      - 1.5.3.3.4. Summary
- 1.6. Breast Reduction
  - 1.6.1. Introduction
  - 1.6.2. Classification of Breast Hypertrophy
  - 1.6.3. Patterns in Breast Reduction Surgery
  - 1.6.4. Types of Reduction
    - 1.6.4.1. Superior Pedicle
    - 1.6.4.2. Inferior Pedicle
    - 1.6.4.3. Supero-medial Pedicle
    - 1.6.4.4. Medial Pedicle
    - 1.6.4.5. Vertical Bipedicle
    - 1.6.4.6. Breast Amputation plus Nipple-areola Complex Grafting
  - 1.6.5. Complications
  - 1.6.6. Summary
- 1.7. Tuberous Breast
  - 1.7.1. Introduction
  - 1.7.2. Etiology of Tuberous Breast
  - 1.7.3. Classification of Tuberous Breast
  - 1.7.4. Surgical Technique Step by Step
    - 1.7.4.1. Techniques without Implants
    - 1.7.4.2. Techniques with Implants
  - 1.7.5. Postoperative Care
  - 1.7.6. Complications
  - 1.7.7. Summary
- 1.8. Breast Symmetrization
  - 1.8.1. Introduction
  - 1.8.2. Types of Breast Asymmetry
  - 1.8.3. Preoperative Evaluation
  - 1.8.4. Preoperative Marking
  - 1.8.5. Choice of Implants
  - 1.8.6. Surgical Techniques
  - 1.8.7. Postoperative Care
  - 1.8.8. Complications
  - 1.8.9. Summary
- 1.9. Gynecomastia
  - 1.9.1. Introduction
  - 1.9.2. Etiology of Gynecomastia
  - 1.9.3. Classification of Gynecomastia
  - 1.9.4. Surgical Techniques
    - 1.9.4.1. Liposuction
    - 1.9.4.2. Glandulectomy
    - 1.9.4.3. *Pull Through*
  - 1.9.5. Complications
  - 1.9.6. Summary

- 1.10. Pectoral Augmentation with Implants
  - 1.10.1. Introduction
  - 1.10.2. Preoperative Evaluation
  - 1.10.3. Implant Selection
  - 1.10.4. Preoperative Marking
  - 1.10.5. Surgical Technique
  - 1.10.6. Postoperative Care
  - 1.10.7. Complications
  - 1.10.8. Summary

## Module 2. Periorbital and Upper Facial Surgery

- 2.1. Anatomy of the Orbital and Periorbital Region
  - 2.1.1. Introduction
  - 2.1.2. Bone Structure
    - 2.1.2.1. Topographic Description
  - 2.1.3. Musculature
    - 2.1.3.1. Extrinsic Musculature
  - 2.1.4. Vascularization
  - 2.1.5. Innervation
  - 2.1.6. Fatty Compartments
  - 2.1.7. Lymphatic System of the Orbit
  - 2.1.8. Lacrimal Gland
  - 2.1.9. Dangerous Areas
  - 2.1.10. Summary
- 2.2. Esthetic Considerations of the Periorbital Region
  - 2.2.1. Introduction
  - 2.2.2. Soft Tissues
    - 2.2.2.1. Skin and Annexes
    - 2.2.2.2. Esthetic Units
  - 2.2.3. Anthropometry of the Periorbital Region
  - 2.2.4. Gender Variation
  - 2.2.5. Variation According to Ethnicity
  - 2.2.6. Changes Associated with Aging
  - 2.2.7. Summary

- 2.3. Basic Techniques in Ophthalmic Plastic Surgery
  - 2.3.1. Introduction
  - 2.3.2. Incisions
  - 2.3.3. Wound Closure
  - 2.3.4. Routine Wound Closure
  - 2.3.5. Excision and Repair of Full-thickness Palpebral Margin
  - 2.3.6. Summary
- 2.4. Preoperative Evaluation
  - 2.4.1. Obvious Pathology
  - 2.4.2. Eyelid Position
  - 2.4.3. Margin-reflex Distance
  - 2.4.4. Telecanthus
  - 2.4.5. Eyelid Movement
  - 2.4.6. Elevator Function
  - 2.4.7. Laxity of Lower Eyelid Retractors
  - 2.4.8. Bell's Phenomenon
  - 2.4.9. Jaw Wink
  - 2.4.10. Fatigue in Myasthenia Gravis
  - 2.4.11. Eye Position
    - 2.4.11.1. Exophthalmometry
    - 2.4.11.2. Eye Displacement
  - 2.4.12. Eye Movement
  - 2.4.13. Other Examinations
  - 2.4.14. Eyebrow Position
  - 2.4.15. Lateral Canthus and Cheek
  - 2.4.16. Upper Eyelid Skin Crease
  - 2.4.17. Horizontal Laxity of the Lower Eyelid
  - 2.4.18. Medial and Lateral Canthal Tendons
  - 2.4.19. Eye and Orbit
  - 2.4.20. Key points

- 2.5. Anesthesia
  - 2.5.1. Local Infiltration
  - 2.5.2. Subcutaneous Approach
  - 2.5.3. Subconjunctival Approach
  - 2.5.4. Local Tumescent Anesthesia
  - 2.5.5. Regional Blocks
    - 2.5.5.1. Frontal Nerve Block
    - 2.5.5.2. Infratrochlear Nerve Block
    - 2.5.5.3. Infraorbital Nerve Block
    - 2.5.5.4. Retrobulbar Nerve Block
    - 2.5.5.5. Facial Nerve Block
  - 2.5.6. Adverse Reactions to Local Anesthetics
  - 2.5.7. Summary
- 2.6. Esthetic Oculoplasty Techniques
  - 2.6.1. Introduction
  - 2.6.2. Upper Blepharoplasty
    - 2.6.2.1. Preoperative Evaluation
    - 2.6.2.2. Preoperative Marking
    - 2.6.2.3. Surgical Technique Step by Step
    - 2.6.2.4. Postoperative Care
    - 2.6.2.5. Complications
  - 2.6.3. Lower Blepharoplasty
    - 2.6.3.1. Preoperative Evaluation
    - 2.6.3.2. Preoperative Marking
    - 2.6.3.3. Surgical Technique Step by Step
    - 2.6.3.4. Transconjunctival Approach
    - 2.6.3.5. Subciliary Approach
    - 2.6.3.6. Postoperative Care
    - 2.6.3.7. Complications
  - 2.6.4. Summary
- 2.7. Reconstructive Oculoplastic Techniques
  - 2.7.1. Augmentation Blepharoplasty
    - 2.7.1.1. Introduction
    - 2.7.1.2. Preoperative Evaluation
    - 2.7.1.3. Preoperative Marking
    - 2.7.1.4. Surgical Technique
    - 2.7.1.5. Upper Eyelid
    - 2.7.1.6. Lower Eyelid
    - 2.7.1.7. Postoperative Care
    - 2.7.1.8. Complications
  - 2.7.2. Canthopexies and Canthoplasties
    - 2.7.2.1. Preoperative Evaluation
    - 2.7.2.2. Preoperative Marking
    - 2.7.2.3. Surgical Technique
      - 2.7.2.3.1. Canthoplasty
      - 2.7.2.3.2. Canthopexy
    - 2.7.2.4. Postoperative Care
    - 2.7.2.5. Complications
    - 2.7.2.6. Summary
- 2.8. Facial Upper Third
  - 2.8.1. Introduction
  - 2.8.2. Anatomy of the Upper Third
    - 2.8.2.1. Bone Structure
    - 2.8.2.2. Musculature
    - 2.8.2.3. Vascularization
    - 2.8.2.4. Innervation
    - 2.8.2.5. Fatty Compartments
  - 2.8.3. Upper Face *lift*
    - 2.8.3.1. Preoperative Evaluation
    - 2.8.3.2. Preoperative Marking
    - 2.8.3.3. Surgical Technique
    - 2.8.3.4. Postoperative Care
    - 2.8.3.5. Complications

- 2.8.4. Endoscopic Upper Third *Facelift*
  - 2.8.4.1. Preoperative Evaluation
  - 2.8.4.2. Preoperative Marking
  - 2.8.4.3. Surgical Technique
  - 2.8.4.4. Postoperative Care
  - 2.8.4.5. Complications
- 2.8.5. Forehead Reduction
  - 2.8.5.1. Preoperative Evaluation
  - 2.8.5.2. Preoperative Marking
  - 2.8.5.3. Surgical Technique Step by Step
  - 2.8.5.4. Postoperative Care
  - 2.8.5.5. Complications
- 2.8.6. Summary
- 2.9. Brow *Lifting*
  - 2.9.1. Introduction
  - 2.9.2. Preoperative Evaluation
  - 2.9.3. Preoperative Marking
  - 2.9.4. Anesthesia and Surgical Position
  - 2.9.5. Surgical Technique
    - 2.9.5.1. Palpebral Approach
    - 2.9.5.2. Coronal Approach
    - 2.9.5.3. Endoscopic Technique
    - 2.9.5.4. *Glidingbrow-lift*
  - 2.9.6. Postoperative Care
  - 2.9.7. Complications
    - 2.9.7.1. Lower Raised Eyebrows
  - 2.9.8. Summary
- 2.10. Complementary Procedures to Palpebral Surgery
  - 2.10.1. Introduction
  - 2.10.2. Chemical Denervation
  - 2.10.3. Use of Botulinum Toxin
  - 2.10.4. Volumization
    - 2.10.4.1. Orbital Area
    - 2.10.4.2. Upper Third





- 2.10.5. Management of Hyperpigmentation of the Under Eye Circles
  - 2.10.5.1. Chemical Peel
  - 2.10.5.2. Use of Energy Production Equipment
- 3.10.6. Summary

### Module 3. Nasal Aesthetic Surgery

- 3.1. Nasal Anatomy and Physiology
  - 3.1.1. Introduction
  - 3.1.2. Skin and Subcutaneous
  - 3.1.3. Muscles and Bone Structures
  - 3.1.4. Cartilaginous Structures
  - 3.1.5. Nasal Valve
    - 3.1.5.1. Internal
    - 3.1.5.2. External
  - 3.1.6. Nostrils
  - 3.1.7. Nasal Septum
  - 3.1.8. Nasal Turbinates and Meatus
  - 3.1.9. Irrigation
  - 3.1.10. Innervation
  - 3.1.11. Lymphatic Drainage
  - 3.1.12. Nasal Physiology
  - 3.1.13. Summary
- 3.2. Nasal Esthetics. Profilometry. Surgical Planning Photographic Documentation
  - 3.2.1. Introduction
  - 3.2.2. Esthetic Units of the Nose
  - 3.2.3. Facial Analysis
  - 3.2.4. Anatomical Differences of the Nose According to Race
    - 3.2.4.1. Black
    - 3.2.4.2. Asian
    - 3.2.4.3. Latino
  - 3.2.5. Anatomical Differences of the Nose According to Gender
    - 3.2.5.1. Male Features
    - 3.2.5.2. Female Features



- 3.2.6. Profilometry
  - 3.2.6.1. Facial Angles
- 3.2.7. Preoperative Evaluation
- 3.2.8. Photographic Documentation
  - 3.2.8.1. Minimum Equipment Requirements for Medical Photography
  - 3.2.8.2. Lighting and Background
  - 3.2.8.3. Projections
- 3.2.9. Summary
- 3.3. Primary Structural Rhinoplasty
  - 3.3.1. Patient Preparation
  - 3.3.2. Anesthesia and Surgical Position
  - 3.3.3. Surgical instruments
  - 3.3.4. Surgical Techniques
    - 3.3.4.1. Open Rhinoplasty
    - 3.3.4.2. Closed Rhinoplasty
    - 3.3.4.3. Semi-open Rhinoplasty
  - 3.3.5. Postoperative Care
  - 3.3.6. Complications
  - 3.3.7. Summary
- 3.4. Cartilage Grafts and Septoplasty
  - 3.4.1. Cartilaginous Grafts
    - 3.4.1.1. Graft Selection
    - 3.4.1.2. Graft Harvesting
    - 3.4.1.3. Cartilaginous Graft Carving
  - 3.4.2. Septoplasty
    - 3.4.2.1. Definition
    - 3.4.2.2. Surgical Technique
      - 3.4.2.2.1. Septoplasty Open Approach
      - 3.4.2.2.2. Septoplasty Closed Approach
  - 3.4.3. Postoperative Care
  - 3.4.4. Complications
  - 3.4.5. Summary
- 3.5. Reshaping of the Nasal Tip and Alar Cartilages
  - 3.5.1. Planning
    - 3.5.1.1. Structures Determining Tip Projection and Tip Appearance
  - 3.5.2. Anesthesia and Surgical Position
  - 3.5.3. Tip Treatment
    - 3.5.3.1. Default
      - 3.5.3.1.1. Grafts
      - 3.5.3.1.2. *Strutgraft*
      - 3.5.3.1.3. *Tipgraft*
    - 3.5.3.2. Sutures
      - 3.5.3.2.1. Crurales
      - 3.5.3.2.2. Interdomal
      - 3.5.3.2.3. Transdomal
      - 3.5.3.2.4. Tip
    - 3.5.3.3. Excess
      - 3.5.3.3.1. Bulbous Tip
      - 3.5.3.3.2. Supra Tip
  - 3.5.4. Treatment of the Nasal Base
    - 3.5.4.1. Diminution of the Base
    - 3.5.4.2. Treatment of Nasal Wing Collapse
  - 3.5.5. Complications
  - 3.5.6. Summary
- 3.6. Nasal Dorsum Reshaping and Osteotomies
  - 3.6.1. Planning
  - 3.6.2. Approach Selection
  - 3.6.3. Bone and Cartilaginous Dorsum Reduction
  - 3.6.4. *Spreadergrafts*
  - 3.6.5. Osteotomies
    - 3.6.5.1. Internal, External, and Medial
    - 3.6.5.2. Modifications (*Mediles, open approach*)
    - 3.6.5.3. Dorsal Augmentation
      - 3.6.5.3.1. Autologous Tissue
      - 3.6.5.3.2. Septal Cartilage
      - 3.6.5.3.3. Conchal Cartilage

- 3.6.5.3.4. Costal Cartilage
    - 3.6.5.3.5. Temporal Fascia
    - 3.6.5.3.6. Other Materials
  - 3.6.6. Complications
  - 3.6.7. Summary
- 3.7. Secondary Rhinoplasty I
  - 3.7.1. Preoperative Analysis
    - 3.7.1.1. Evaluation of Esthetic Deformities
    - 3.7.1.2. Evaluation of Functional Deformities
    - 3.7.1.3. Most Frequent Causes
  - 3.7.2. Anesthesia and Surgical Position
  - 3.7.3. Surgical Technique
  - 3.7.4. Boarding Routes
- 3.8. Secondary Rhinoplasty II
  - 3.8.1. Changes Secondary to Primary Rhinoplasty
    - 3.8.1.1. Bone Alterations
      - 3.8.1.1.1. Defects due to Bone Excess or Deficit
      - 3.8.1.1.2. Irregularities
      - 3.8.1.1.3. Deviations
      - 3.8.1.1.4. Narrowing
    - 3.8.1.2. Cartilaginous Alterations
      - 3.8.1.2.1. Inverted V Deformity
      - 3.8.1.2.2. Deviations
      - 3.8.1.2.3. Saddle Deformity
    - 3.8.1.3. Defects in Nasal Tip, Wings, and Columella
    - 3.8.1.4. Ventilatory Problems
  - 3.8.2. Postoperative Care
  - 3.8.3. Complications
  - 3.8.4. Summary
- 3.9. New Rhinoplasty Techniques
  - 3.9.1. Planning
  - 3.9.2. Surgical Technique
    - 3.9.2.1. Preservation Rhinoplasty (*Preservation Rhinoplasty*)
    - 3.9.2.2. Ultrasonic Rhinoplasty

- 3.9.3. Postoperative Care
  - 3.9.4. Complications
  - 3.9.5. Summary
- 3.10. Rhinomodeling with Injectables
  - 3.10.1. Introduction
  - 3.10.2. Safety Considerations in Rhinomodeling
  - 3.10.3. Treatment of the Nasal Dorsum
  - 3.10.4. Treatment of the Nasal Tip
  - 3.10.5. Complications
  - 3.10.6. Hyaluronidase
  - 3.10.7. Summary

## Module 4. Body Contouring Lipoplasty

- 4.1. Anatomical Concepts in Lipoplasty
  - 4.1.1. Introduction
  - 4.1.2. Anatomy of the Fat
    - 4.1.2.1. Superficial Fascial System
    - 4.1.2.2. Adhesion Zones
    - 4.1.2.3. Fat Distribution
  - 4.1.3. Esthetic Considerations in Lipoplasty
    - 4.1.3.1. Symmetry and Proportions
    - 4.1.3.2. Esthetic Ideal
- 4.2. Patient Selection for Lipoplasty
  - 4.2.1. Query
  - 4.2.2. History and Pathological Background
  - 4.2.3. Physical Examination
    - 4.2.3.1. Abdomen and Back
    - 4.2.3.2. Chest
    - 4.2.3.3. Buttocks
    - 4.2.3.4. Arms
    - 4.2.3.5. Thighs and Legs

- 4.3. Liposuction Tools
  - 4.3.1. Introduction
  - 4.3.2. Types of Cannulas
  - 4.3.3. Tips
  - 4.3.4. Diameter and Length
  - 4.3.5. Infiltrators
  - 4.3.6. Aspirators
  - 4.3.7. Collectors
  - 4.3.8. Summary
- 4.4. Liposuction Infiltration Solutions
  - 4.4.1. Introduction
  - 4.4.2. Wet
  - 4.4.3. Superwet
  - 4.4.4. Tumescent
  - 4.4.5. Summary
- 4.5. Patient Safety Parameters during Surgery
  - 4.5.1. Introduction
  - 4.5.2. SAFE lipo (*Separation, Aspiration, Fat Equalization*)
  - 4.5.3. Amount of Fat Extracted
  - 4.5.4. Bleeding
  - 4.5.5. Prophylaxis of Venous Thromboembolism
  - 4.5.6. Fat Embolism
  - 4.5.7. Hypothermia
  - 4.5.8. Summary
- 4.6. Liposuction Technologies
  - 4.6.1. Introduction
  - 4.6.2. SAL (*Suction Assisted Lipoplasty*)
  - 4.6.3. UAL (*Ultrasound Assisted Lipoplasty*)
  - 4.6.4. PAL (*Power Assisted Lipoplasty*)
  - 4.6.5. LAL (*Laser Assisted Lipoplasty*)
  - 4.6.6. RAL (*Radiofrequency Assisted Lipoplasty*)
  - 4.6.7. WAL (*Water Assisted Lipoplasty*)
  - 4.6.8. Summary
- 4.7. High-Definition Liposuction
  - 4.7.1. Introduction
  - 4.7.2. Patient Selection
  - 4.7.3. Marking
    - 4.7.3.1. Superficial Marking
    - 4.7.3.2. Framing of the Anatomical Regions
    - 4.7.3.3. Negative Spaces
  - 4.7.4. Surgical Technique
    - 4.7.4.1. Fat Treatment
    - 4.7.4.2. Deep and Superficial Fat Removal
    - 4.7.4.3. Treatment of Negative Spaces
  - 4.7.5. Definition Techniques According to Anatomical Area
    - 4.7.5.1. Male and Female Abdomen
    - 4.7.5.2. Male and Female Buttocks
    - 4.7.5.3. Male and Female Back
    - 4.7.5.4. Pectorals
    - 4.7.5.5. Male and Female Arms
    - 4.7.5.6. Male and Female Thighs and Legs
  - 4.7.6. Complications
  - 4.7.7. Post-Surgery Care
- 4.8. Fat Transfer Autologous
  - 4.8.1. Introduction
  - 4.8.2. Fat Metabolism
  - 4.8.3. Fat Grafting
    - 4.8.3.1. Physiology of Integration
    - 4.8.3.2. Fat Graft Procurement
    - 4.8.3.3. Graft Processing
    - 4.8.3.4. Fat Graft Transfer Method
      - 4.8.3.4.1. Injectors
      - 4.8.3.4.2. EVL (*Expansion Vibration Lipofilling*)
  - 4.8.4. Fat Transfer Technique
    - 4.8.4.1. Fat Transfer to Buttocks
    - 4.8.4.2. Fat Transfer to Pectorals and Shoulders
    - 4.8.4.3. Fat Transfer to Breasts
    - 4.8.4.4. Fat Transfer to Calves

- 4.8.5. Fat Graft Complications
- 4.8.6. Post-Surgery Care
- 4.8.7. Summary
- 4.9. Gluteoplastia
  - 4.9.1. Introduction
  - 4.9.2. Esthetic Ideal of the Gluteus
  - 4.9.3. Gluteal Shapes
  - 4.9.4. Patient Selection for Gluteoplastia
  - 4.9.5. Gluteal Implants
  - 4.9.6. Gluteoplasty Techniques
    - 4.9.6.1. XYZ
    - 4.9.6.2. Composite Gluteal Augmentation
  - 4.9.7. Complications
  - 4.9.8. Postoperative Management
  - 4.9.9. Summary
- 4.10. Postoperative Management of the Body Contouring Lipoplasty Patient
  - 4.10.1. Introduction
  - 4.10.2. Drainages
  - 4.10.3. Compressive Clothing
  - 4.10.4. Early Ambulation
  - 4.10.5. Manual Lymphatic Drainage
  - 4.10.6. Ultrasound
  - 4.10.7. Radiofrequency
  - 4.10.8. Carboxytherapy
  - 4.10.9. Summary

## Module 5. Aesthetic Surgery of the Abdominal Wall

- 5.1. Anatomy of the Abdominal Region
  - 5.1.1. Introduction
  - 5.1.2. Topographic Anatomy of the Abdominal Region
    - 5.1.2.1. Skin of the Abdominal Region
    - 5.1.2.2. Anatomy of the Subcutaneous Cellular Tissue
    - 5.1.2.3. Superficial Fascial System
    - 5.1.2.4. Abdominal Wall Musculature
    - 5.1.2.5. Vascular Zones of the Abdominal Wall
- 5.1.3. Lymphatic Drainage
- 5.1.4. Conclusions
- 5.1.5. Summary
- 5.2. Esthetic Considerations and of the Abdominal Region
  - 5.2.1. Introduction
  - 5.2.2. Body Ideal
  - 5.2.3. Anthropometric Relationships
  - 5.2.4. Esthetic Units of the Abdomen
  - 5.2.5. Navel Position
  - 5.2.6. Summary
- 5.3. Mini-Abdominoplasty
  - 5.3.1. Introduction
  - 5.3.2. Patient Characteristics
  - 5.3.3. Marking
  - 5.3.4. Surgical Technique
    - 5.3.4.1. Incisions
    - 5.3.4.2. Lift of the Flap and Extension of the Dissection
    - 5.3.4.3. Treatment of the Muscular Wall
    - 5.3.4.4. Closure of the Incision
  - 5.3.5. Postoperative Management
  - 5.3.6. Complications
  - 5.3.7. Summary
- 5.4. Extended Mini- Abdominoplasty
  - 5.4.1. Introduction
  - 5.4.2. Patient Characteristics
  - 5.4.3. Marking
  - 5.4.4. Surgical Technique
    - 5.4.4.1. Incisions
    - 5.4.4.2. Lift of the Flap and Extension of the Dissection
    - 5.4.4.3. Treatment of the Muscular Wall
    - 5.4.4.4. Closure of the Incision
  - 5.4.5. Postoperative Management

- 5.5. Lipoabdominoplasty
  - 5.5.1. Introduction
  - 5.5.2. Patient Characteristics
  - 5.5.3. Marking
  - 5.5.4. Surgical Technique
    - 5.5.4.1. Incisions
    - 5.5.4.2. Lift of the Flap and Extension of the Dissection
    - 5.5.4.3. Treatment of the Muscular Wall
    - 5.5.4.4. Closure of the Incision
  - 5.5.5. Postoperative Management
- 5.6. Classic Abdominoplasty
  - 5.6.1. Introduction
  - 5.6.2. Patient Characteristics
  - 5.6.3. Marking
  - 5.6.4. Surgical Technique
    - 5.6.4.1. Incisions
    - 5.6.4.2. Lift of the Flap and Extension of the Dissection
    - 5.6.4.3. Treatment of the Muscular Wall
    - 5.6.4.4. Closure of the Incision
  - 5.6.5. Baroudi Points
  - 5.6.6. Progressive Tension Points
  - 5.6.7. Postoperative Management
- 5.7. Umblicoplasty
  - 5.7.1. Introduction
  - 5.7.2. Preoperative Evaluation
  - 5.7.3. Marking
  - 5.7.4. Surgical Techniques
  - 5.7.5. Postoperative Care
  - 5.7.6. Summary
- 5.8. Abdominoplasty in the Post-bariatric Patient
  - 5.8.1. Introduction
  - 5.8.2. Patient Characteristics
  - 5.8.3. Marking





- 5.8.4. Surgical Techniques
  - 5.8.4.1. *Fleur de Lis*
  - 5.8.4.2. Scarpa's Fascia Lifting
  - 5.8.4.3. Circumferential
  - 5.8.4.4. Reverse
  - 5.8.4.5. Vertical
- 5.8.5. Postoperative Care
- 5.8.6. Summary
- 5.9. Complications in Abdominoplasty
  - 5.9.1. Hematomas and Seromas
  - 5.9.2. Dehiscence
  - 5.9.3. Necrosis
  - 5.9.4. Scar Malposition
  - 5.9.5. Infections
  - 5.9.6. Thromboembolism
- 5.10. Complementary Procedures to Abdominal Surgery
  - 5.10.1. Introduction
  - 5.10.2. Criolipolysis
  - 5.10.3. Radiofrequency
  - 5.10.4. Summary

## Module 6. Facial and Cervical Rejuvenation Surgery

- 6.1. Facial Anatomy
  - 6.1.1. Introduction
  - 6.1.2. Facial Regions
  - 6.1.3. Facial Planes
  - 6.1.4. Skin
  - 6.1.5. Subcutaneous
  - 6.1.6. Aponeurotic Muscle
  - 6.1.7. Retention Ligaments
  - 6.1.8. Periosteum and Deep Fascia
  - 6.1.9. Specific Considerations According to the Anatomical Region
  - 6.1.10. Cervicofacial Analysis

- 6.1.11. Facial Aging
  - 6.1.11.1. Theories of Aging
  - 6.1.11.2. Structural Changes
- 6.1.12. Dangerous Areas
- 6.1.13. Summary
- 6.2. Subperiosteal Middle Third Facelift
  - 6.2.1. Introduction
  - 6.2.2. Preoperative Evaluation
  - 6.2.3. Surgical Technique
  - 6.2.4. Postoperative Care
  - 6.2.5. Complications
  - 6.2.6. Summary
- 6.3. Cervicofacial Rhytidoplasty
  - 6.3.1. Introduction
  - 6.3.2. Patient Selection
  - 6.3.3. Preoperative Marking
  - 6.3.4. Surgical Technique
  - 6.3.5. Postoperative Care
  - 6.3.6. Complications
  - 6.3.7. Summary
- 6.4. Cervicoplasty
  - 6.4.1. Introduction
  - 6.4.2. Classification of the Cervicofacial Alterations
  - 6.4.3. Treatment
    - 6.4.3.1. Submental Liposuction
    - 6.4.3.2. Submentoplasty with Platysmaplasty
    - 6.4.3.3. Excision of the Submandibular Glands
  - 6.4.4. Postoperative Care
  - 6.4.5. Complications
  - 6.4.6. Summary
- 6.5. Facelift with SMAS Flaps
  - 6.5.1. Introduction
  - 6.5.2. Patient Evaluation
  - 6.5.3. Preoperative Marking
  - 6.5.4. SMAS Flaps
    - 6.5.4.1. SMAS Plication
    - 6.5.4.2. Smas Sectomy
    - 6.5.4.3. Extended SMAS
    - 6.5.4.4. MACS Lift
    - 6.5.4.5. High SMAS
  - 6.5.5. Suspension Sutures
  - 6.5.6. Mini Lift
  - 6.5.7. Postoperative Care
  - 6.5.8. Complications
  - 6.5.9. Summary
- 6.6. Perioral Rejuvenation
  - 6.6.1. Introduction
  - 6.6.2. Anatomy and Anthropometry of the Lip
  - 6.6.3. Ideal Appearance
  - 6.6.4. Gender and Ethnic Variations
  - 6.6.5. Aging Process
    - 6.6.5.1. Chemical Peel
    - 6.6.5.2. Laser Resurfacing
    - 6.6.5.3. Botulinum toxin
    - 6.6.5.4. Facial Fillers
  - 6.6.6. Subnasal Lift
  - 6.6.7. Preoperative Marking
  - 6.6.8. Surgical Technique
  - 6.6.9. Complications
  - 6.6.10. Summary



- 6.7. Esthetic Management of the Chin
  - 6.7.1. Introduction
  - 6.7.2. Esthetic Analysis
  - 6.7.3. Osteotomies
    - 6.7.3.1. Sliding
    - 6.7.3.2. Step
    - 6.7.3.3. Wedge
    - 6.7.3.4. Graft
    - 6.7.3.5. Complications
  - 6.7.4. Genioplasty with Prosthesis
    - 6.7.4.1. Types of Prosthesis and Choice
    - 6.7.4.2. Intraoral Approach
    - 6.7.4.3. External Approach
  - 6.7.5. Complications
  - 6.7.6. Summary
- 6.8. Rejuvenation with Facial Lipoinjection
  - 6.8.1. Fat Grafting: Principles and Generalities
  - 6.8.2. Fat Harvesting
    - 6.8.2.1. Donor Site Selection
    - 6.8.2.2. Tumescent Solution
    - 6.8.2.3. Cannula Selection
    - 6.8.2.4. Liposuction
    - 6.8.2.5. Fat Processing Techniques
      - 6.8.2.5.1. Centrifugation
      - 6.8.2.5.2. Washing and Filtration
      - 6.8.2.5.3. Washing and Decanting
      - 6.8.2.5.4. Telfarolling
  - 6.8.3. Fat Infiltration
  - 6.8.4. Complications
  - 6.8.5. Summary
- 6.9. Facial Fillers and Botulinum Toxin
  - 6.9.1. Introduction
  - 6.9.2. Facial Fillers
    - 6.9.2.1. Features
    - 6.9.2.2. Treatment Areas
    - 6.9.2.3. Application Techniques
    - 6.9.2.4. Complications
  - 6.9.3. Botulinum toxin
    - 6.9.3.1. Features
    - 6.9.3.2. Treatment Areas
    - 6.9.3.3. Application Techniques
    - 6.9.3.4. Complications
  - 6.9.4. Summary
- 6.10. Other Rejuvenation Techniques. Peelings, Energy Generating Equipment
  - 6.10.1. Introduction
  - 6.10.2. Anatomy and Physiology of the Skin
  - 6.10.3. Phototypes
  - 6.10.4. Classification of Facial Estheticism
  - 6.10.5. Peelings
    - 6.10.5.1. Generalities and Basic Principles
    - 6.10.5.2. Classification
    - 6.10.5.3. Application Techniques
    - 6.10.5.4. Complications
  - 6.10.6. Energy-Generating Equipment
    - 6.10.6.1. Classification
    - 6.10.6.2. Application and Effect
    - 6.10.6.3. Complications
    - 6.10.6.4. Summary

## Module 7. Aesthetic Surgery of the Gluteal Region

- 7.1. Topographic Anatomy
  - 7.1.1. Introduction
  - 7.1.2. Musculature of the Gluteal Region
  - 7.1.3. Vascularization of the Gluteal Region
  - 7.1.4. Innervation
  - 7.1.5. Summary
- 7.2. Esthetics of the Gluteus
  - 7.2.1. Introduction
  - 7.2.2. Esthetic Units of the Gluteus
  - 7.2.3. Esthetic Ideal
  - 7.2.4. Esthetic Analysis:
    - 7.2.4.1. Ideal Pre-sacral Space Shape
    - 7.2.4.2. Inferno-internal Gluteal Fold
    - 7.2.4.3. Lateral Gluteal Trochanteric Depression/Hip Contour
    - 7.2.4.4. Lateral Gluteal Esthetics
  - 7.2.5. Gluteal Type Classification
  - 7.2.6. Summary
- 7.3. Patient Approach
  - 7.3.1. Introduction
  - 7.3.2. Diagnosis
  - 7.3.3. Patient Selection
  - 7.3.4. Esthetic Objectives
  - 7.3.5. Safety Protocol
  - 7.3.6. Summary
- 7.4. Gluteal Implants
  - 7.4.1. Introduction
  - 7.4.2. Gluteus Muscle Height/Width Ratio
  - 7.4.3. Types of Gluteal Implants
  - 7.4.4. Selection of the Implant According to its Shape
  - 7.4.5. Selection of the Implant Size
  - 7.4.6. Summary
- 7.5. Pockets in Gluteoplasty with Implants
  - 7.5.1. Introduction
  - 7.5.2. Subcutaneous
  - 7.5.3. Subfascial
  - 7.5.4. Submuscular
  - 7.5.5. Intramuscular
  - 7.5.6. Summary
- 7.6. Gluteoplasty with Implants
  - 7.6.1. Introduction
  - 7.6.2. Submuscular
    - 7.6.2.1. Marking
    - 7.6.2.2. Surgical Technique
  - 7.6.3. Intramuscular
    - 7.6.3.1. Marking
    - 7.6.3.2. Surgical Technique
  - 7.6.4. Intramuscular XYZ
    - 7.6.4.1. Marking
    - 7.6.4.2. Surgical Technique
  - 7.6.5. Summary
- 7.7. Gluteoplasty with Autologous Fat Transfer
  - 7.7.1. Introduction
  - 7.7.2. Fat Metabolism
  - 7.7.3. Fat Grafting
    - 7.7.3.1. Physiology of Integration
    - 7.7.3.2. Fat Graft Procurement
    - 7.7.3.3. Fat Graft Processing
    - 7.7.3.4. Fat Graft Transfer Method
      - 7.7.3.4.1. Injectors
      - 7.7.3.4.2. EVL (Expansion Vibration Lipofilling)
  - 7.7.4. Fat Transfer Surgical Technique
  - 7.7.5. Summary

- 7.8. Buttock Augmentation with Implants and Fat
  - 7.8.1. Introduction
  - 7.8.2. Composite Gluteal Augmentation
    - 7.8.2.1. Marking
    - 7.8.2.2. Surgical Technique
  - 7.8.3. Combined Three-dimensional Gluteoplasty
    - 7.8.3.1. Marking
    - 7.8.3.2. Surgical Technique
  - 7.8.4. Summary
- 7.9. Iatrogenic Allogeneic Atrophy in the Gluteus
  - 7.9.1. Introduction
  - 7.9.2. History
  - 7.9.3. Symptoms and Signs
  - 7.9.4. Treatment and Evolution
  - 7.9.5. Summary
- 7.10. Complications and Recovery of the Patient of Gluteal Esthetic Surgery
  - 7.10.1. Introduction
  - 7.10.2. Comparison between Gluteoplasty with Implants and Gluteoplasty with Autologous Fat Transfer
  - 7.10.3. Post-operative follow-up
    - 7.10.3.1. Return to Activities
    - 7.10.3.2. Post-operative Garments and Supplies
    - 7.10.3.3. Drainages
    - 7.10.3.4. Management of Post-operative Pain
  - 7.10.4. Complications
    - 7.10.4.1. Infections
    - 7.10.4.2. Seromas
    - 7.10.4.3. Fat Embolism
    - 7.10.4.4. Dehiscence of the Surgical Wound
    - 7.10.4.5. Neuropraxia
    - 7.10.4.6. Implant Exposure

- 7.10.4.7. Capsular Contracture
- 7.10.4.8. Implant Rotation
- 7.10.4.9. Implant Malposition
- 7.10.4.10. Skin Changes

- 7.10.5. Summary

## Module 8. Intimate Surgery

- 8.1. Anatomy of the Female Genital Area
  - 8.1.1. Introduction
  - 8.1.2. Classification of the Female Anatomy
  - 8.1.3. Anatomical Variants
  - 8.1.4. Process of Transformation of the Genitalia in the Chronological Evolution of Women
  - 8.1.5. Ethical Considerations of the Cosmetic Plastic Surgery of the Female Genitalia
  - 8.1.6. Patient Protection and Preoperative Evaluation
  - 8.1.7. Summary
- 8.2. Surgical Procedures I. Vulva and Mount of Venus
  - 8.2.1. Introduction
  - 8.2.2. Labiaplasty
    - 8.2.2.1. Labia Minora
      - 8.2.2.1.1. Wedge Reduction
      - 8.2.2.1.2. Curved linear reduction
      - 8.2.2.1.3. De-epithelialization reduction
      - 8.2.2.1.4. Reduction by Z-plasty
    - 8.2.2.2. Labia Majora
      - 8.2.2.2.1. Majoroplasty
  - 8.2.3. Reduction of the Clitoral Hood
  - 8.2.4. Reduction of the Mount of Venus
  - 8.2.5. Summary

- 8.3. Surgical procedures II. Perineoplasty, Colpoperineoplasty
  - 8.3.1. Introduction
  - 8.3.2. Vaginal Rejuvenation
  - 8.3.3. Prolapse and Sexual Function
  - 8.3.4. Vaginal Relaxation and Effect on Sexual Function
  - 8.3.5. Assessment and Diagnosis
  - 8.3.6. Perineoplasty
  - 8.3.7. Colpoperineoplasty
  - 8.3.8. Hymenoplasty
  - 8.3.9. Summary
- 8.4. Complications of Female Cosmetic Surgery
  - 8.4.1. Introduction
  - 8.4.2. Mount of Venus Reduction, Liposuction, Lift
  - 8.4.3. Labia Majora Reduction
  - 8.4.4. Clitoral Hood Surgery
  - 8.4.5. Labia Minora Reduction
  - 8.4.6. Perineoplasty
  - 8.4.7. Hymenoplasty
  - 8.4.8. Labia Majora Augmentation
  - 8.4.9. Summary
- 8.5. Auxiliary Procedures
  - 8.5.1. Vulvar clearing techniques
  - 8.5.2. Laser Vaginal Rejuvenation
  - 8.5.3. Vaginal Rejuvenation with Radiofrequency
  - 8.5.4. Autologous Fat Grafting
  - 8.5.5. Platelet-rich Plasma
  - 8.5.6. Non-autologous Filler Materials
  - 8.5.7. Summary
- 8.6. Male Intimate Surgery
  - 8.6.1. Introduction
  - 8.6.2. Male Anatomy
  - 8.6.3. Anatomical Variants
  - 8.6.4. Process of Transformation of the Genitalia in the Chronological Evolution of Man
  - 8.6.5. Ethical Considerations of Cosmetic Plastic Surgery of the Male Genitalia
  - 8.6.6. Patient Protection and Preoperative Evaluation
  - 8.6.7. Summary
- 8.7. Surgical Treatments
  - 8.7.1. Introduction
  - 8.7.2. Circumcision and Phimosis
  - 8.7.3. Lengthening of Preputial Frenulum
  - 8.7.4. Circumcision Reversal
  - 8.7.5. Lengthening Phalloplasty
    - 8.7.5.1. Suspensory Ligament Release
    - 8.7.5.2. V-Y Advancement Flap
  - 8.7.6. Thickening Phalloplasty
    - 8.7.6.1. Penile Thickening with Fat
    - 8.7.6.2. Thickening of the Penis with Dermal Matrix
    - 8.7.6.3. Penile Thickening with Acellular Dermal Matrix
  - 8.7.7. Complications
  - 8.7.8. Post-Operative Care
  - 8.7.9. Summary
- 8.8. Hidden Penis
  - 8.8.1. Introduction
  - 8.8.2. Preoperative Evaluation
  - 8.8.3. Classification
  - 8.8.4. Surgical Technique
    - 8.8.4.1. Trapped Penis
    - 8.8.4.2. Sailing Penis
    - 8.8.4.3. Buried Penis
  - 8.8.5. Other Associated Causes
    - 8.8.5.1. Excess Skin or Fat
    - 8.8.5.2. Suprapubic liposuction - skin and panniculus excision
  - 8.8.6. Postoperative Care
  - 8.8.7. Complications
  - 8.8.8. Summary

- 8.9. Correction of Penile Curvatures and Deformities. Peyronie's Disease
  - 8.9.1. Introduction
  - 8.9.2. Etiology
  - 8.9.3. Risk Factors
  - 8.9.4. Classification
  - 8.9.5. Acute Phase Management
    - 8.9.5.1. Patient Evaluation
    - 8.9.5.2. Conservative Therapy
    - 8.9.5.3. Oral Therapy
    - 8.9.5.4. Intralesional Injection Therapy
    - 8.9.5.5. Topical Therapy
    - 8.9.5.6. Other Therapies
  - 8.9.6. Surgical treatment
    - 8.9.6.1. Plicature of the Unaffected Side
    - 8.9.6.2. Incision or Excision and Graft
    - 8.9.6.3. Penile Implants
  - 8.9.7. Complications
  - 8.9.8. Summary
- 8.10. Congenital or Acquired Testicular Absence due to Testicular Loss
  - 8.10.1. Introduction
  - 8.10.2. Testicular Absence
    - 8.10.2.1. Etiology of Testicular Agenesis
    - 8.10.2.2. Reconstruction with Prosthesis and Fat
    - 8.10.2.3. Complications
  - 8.10.3. Scrotum. Scrotoplasty
    - 8.10.3.1. Etiology
    - 8.10.3.2. Surgical Techniques
      - 8.10.3.2.1. Spindle Resection
      - 8.10.3.2.2. Z-plasty
      - 8.10.3.2.3. Correction of the Penioscrotal Fold
    - 8.10.3.3. Complications
    - 8.10.3.4. Summary

## Module 9. Other Surgical and Non-Surgical Esthetic Procedures

- 9.1. Alopecia
  - 9.1.1. Etiology of Alopecia
  - 9.1.2. Classification of Alopecia
    - 9.1.2.1. Male Alopecia
    - 9.1.2.2. Female Alopecia
    - 9.1.2.3. Other Causes of Alopecia
  - 9.1.3. Treatment
    - 9.1.3.1. Doctor
    - 9.1.3.2. Surgical
  - 9.1.4. Summary
- 9.2. Hair Transplantation
  - 9.2.1. Surgical Marking
  - 9.2.2. Anesthesia and Surgical Position
  - 9.2.3. Surgical Technique
    - 9.2.3.1. Follicular Extraction
    - 9.2.3.2. Follicular Implantation
  - 9.2.4. Postoperative Care and Follow-up
  - 9.2.5. Complications
  - 9.2.6. Summary
- 9.3. Congenital and Acquired Disorders of the Ear
  - 9.3.1. Embryology of the Ear
  - 9.3.2. Anatomy of the Ear
    - 9.3.2.1. Cartilage
    - 9.3.2.2. Vascularization
    - 9.3.2.3. Innervation
  - 9.3.3. Congenital Pathologies of the Ear
    - 9.3.3.1. Microtia
    - 9.3.3.2. Macrotia
  - 9.3.4. Acquired Pathologies of the Ear
    - 9.3.4.1. Traumatic
    - 9.3.4.2. Expanders
  - 9.3.5. Surgical Planning

- 9.3.6. Surgical Techniques for Microtia
  - 9.3.6.1. Use of Autologous and Heterologous Materials
- 9.3.7. Surgical Techniques for Macrotia
- 9.3.8. How to Deal with Auricular Trauma?
- 9.3.9. Surgical Treatment after the Use of Expanders
- 9.3.10. Postoperative Care and Follow-up
- 9.3.11. Complications
- 9.3.12. Summary
- 9.4. Esthetic Surgery in Upper Limbs
  - 9.4.1. Anatomy of the Upper Limb
  - 9.4.2. Patient Selection
  - 9.4.3. Surgical Planning
  - 9.4.4. Surgical Technique
    - 9.4.4.1. Ultra-Definition of Upper Extremity
    - 9.4.4.2. Arm and Shoulder Prostheses
  - 9.4.5. Follow-up and Postoperative Care
  - 9.4.6. Complications
  - 9.4.7. Summary
- 9.5. Brachial Ptosis
  - 9.5.1. Concept
  - 9.5.2. Classification
  - 9.5.3. Surgical Planning
  - 9.5.4. Surgical Techniques of Choice
  - 9.5.5. Follow-up and Postoperative Care
  - 9.5.6. Complications
  - 9.5.7. Summary
- 9.6. Anti-aging in Hands and Feet
  - 9.6.1. Anatomy of Hands and Feet
  - 9.6.2. Aging Process
  - 9.6.3. Non-Surgical Treatment
    - 9.6.3.1. Chemical Peel
    - 9.6.3.2. Laser
    - 9.6.3.3. Use of Autologous and Heterologous Injectables





- 9.6.4. Surgical treatment
  - 9.6.4.1. Liposuction
  - 9.6.4.2. Lipofilling
  - 9.6.4.3. Nanofat
- 9.6.5. Follow-up and Postoperative Care
- 9.6.6. Complications
- 9.6.7. Summary
- 9.7. Esthetic Surgery in Lower Limbs
  - 9.7.1. Thigh and Leg Anatomy
  - 9.7.2. Patient Selection
  - 9.7.3. Surgical Planning
  - 9.7.4. Surgical Technique
    - 9.7.4.1. Thigh and Leg Anatomy
    - 9.7.4.2. Implant Augmentation
  - 9.7.5. Follow-up and Postoperative Care
  - 9.7.6. Complications
  - 9.7.7. Summary
- 9.8. Thigh Ptosis
  - 9.8.1. Concept
  - 9.8.2. Classification
  - 9.8.3. Surgical Planning
  - 9.8.4. Surgical Techniques of Choice
  - 9.8.5. Follow-up and Postoperative Care
  - 9.8.6. Complications
  - 9.8.7. Summary
- 9.9. Special Considerations in Esthetic Surgery I
  - 9.9.1. PostBariatric Patient
    - 9.9.1.1. Minimum Requirements to be Candidates for Surgery
    - 9.9.1.2. Relevant Examinations and Evaluations
  - 9.9.2. Post-operative Patients
    - 9.9.2.1. Minimum Requirements to be Candidates for Surgery
    - 9.9.2.2. Relevant Examinations and Evaluations

- 9.10. Special Considerations in Esthetic Surgery II
  - 9.10.1. Patients with Immunological Diseases
    - 9.10.1.1. Minimum Requirements to be Candidates for Surgery
    - 9.10.1.2. Relevant Examinations and Evaluations
  - 9.10.2. Patients with Psychological and Psychiatric Disorders
    - 9.10.2.1. Dysmorphism
    - 9.10.2.2. Depression
    - 9.10.2.3. Other Psychiatric Disorders
    - 9.10.2.4. Relevant Evaluations in Patients with Mental Disturbances
  - 9.10.3. Recommendations
  - 9.10.4. Summary

## Module 10. Protocols for the Aesthetic Surgery Patient

- 10.1. Characteristics of the Esthetic Patient
  - 10.1.1. Social Influence
  - 10.1.2. Esthetic Surgery Patients
  - 10.1.3. Psychological Assessment
    - 10.1.3.1. Reasons for Esthetic Surgery
    - 10.1.3.2. Expectations vs Reality
    - 10.1.3.3. Warning Signs
    - 10.1.3.4. Role of the psychologist in the preoperative and postoperative evaluation
  - 10.1.4. Dissatisfied Patient
    - 10.1.4.1. Causes
    - 10.1.4.2. Medical-legal implications BORRAR
    - 10.1.4.3. How to Manage the Dissatisfied Patient?
  - 10.1.5. Recommendations
- 10.2. Virtual Era in Esthetic Surgery
  - 10.2.1. Virtual Consultations
  - 10.2.2. What can we Offer the Patient in the Virtual Era?
  - 10.2.3. Virtual Platforms
  - 10.2.4. Social media
    - 10.2.4.1. Publishable Content
    - 10.2.4.2. Advertising

- 10.2.5. Virtual Simulators
- 10.2.6. Uses and Limitations
- 10.2.7. Handling of Simulation Programs
- 10.2.8. Advantages and Disadvantages
- 10.2.9. Recommendations
- 10.2.10. Summary
- 10.3. Medical Photographs
  - 10.3.1. Importance of Photographic Documentation
  - 10.3.2. Important Elements in Medical Photography
    - 10.3.2.1. Lighting
    - 10.3.2.2. Photographic Composition
    - 10.3.2.3. Scene
    - 10.3.2.4. Photographic Devices
  - 10.3.3. Facial Photographs
    - 10.3.3.1. Projections
  - 10.3.4. Body Photographs
    - 10.3.4.1. Projections
  - 10.4.5. Informed Consent
  - 10.4.6. Image Organization
  - 10.4.7. Recommendations
  - 10.4.8. Summary
- 10.4. Aesthetic Surgery and Medical– Legal Implications BORRAR
  - 10.4.1. Medical Act
  - 10.4.2. Documentation
  - 10.4.3. Ethics and Medical Practice
  - 10.4.4. Informed Consent of the Anesthetic Act
  - 10.4.5. Informed Consent for Surgical Procedures
  - 10.4.6. Informed Consent for Graphic Documentation
  - 10.4.7. Recommendations
  - 10.4.8. Summary



- 10.5. Prophylaxis in Esthetic Surgery
  - 7.10.6. Introduction
  - 7.10.7. Prophylaxis of Deep Vein Thrombosis (DVT)
    - 1.7.2.1. Caprini Scale
  - 7.10.8. Antibiotic Prophylaxis
  - 7.10.9. Summary
- 10.6. Anesthesia Protocol
  - 10.6.1. Introduction
  - 10.6.2. Risk Factors and ASA Classification
  - 10.6.3. Phases of General Anesthesia
  - 10.6.4. Post-Anesthesia Recovery Unit (PARA)
  - 10.6.5. Summary
- 10.7. ERAS Protocol in Ambulatory Surgery (Enhanced Recovery After Surgery)
  - 10.7.1. Introduction
  - 10.7.2. Minor Surgery
  - 10.7.3. Major Outpatient Surgery
  - 10.7.4. ERAS Protocols in Esthetic Surgery
  - 10.7.5. Summary
- 10.8. Postoperative Medication and Analgesia
  - 10.8.1. Analgesia post operatoria
    - 10.8.1.1. Oral Analgesics
    - 10.8.1.2. Outpatient Intravenous Analgesia
  - 10.8.2. Antibioticoterapia post operatoria
  - 10.8.3. Summary
- 10.9. Post-operative wound care
  - 10.9.1. Introduction
  - 10.9.2. Types of Dressings
  - 10.9.3. Dressing Plasters
  - 10.9.4. Negative Pressure Devices
  - 10.9.5. Summary
- 10.10. Post-operative recovery garments and patient monitoring
  - 10.10.1. Pressure Therapy Garments
    - 10.10.1.1. Chin Support
    - 10.10.1.2. Bra
    - 10.10.1.3. Vests
    - 10.10.1.4. Girdles
    - 10.10.1.5. Corsets
    - 10.10.1.6. Stockings
  - 10.10.2. Postoperative Care after an Esthetic Surgery Procedure
    - 10.10.2.1. Care of the Drains
    - 10.10.2.2. Rest
    - 10.10.2.3. Recovery of Normal Life
  - 10.10.3. Summary



*The program includes a specific module dedicated to congenital and acquired alterations of the ear, so that you can get up to date on the best plastic treatments for its reconstruction"*

07

# Clinical Internship

The completion of this Hybrid Master's Degree allows students to perform a clinical internship in a reference center in the field of medicine and cosmetic surgery. With this, a more complete learning is achieved, in which in addition to updating knowledge with a complete theoretical syllabus, the student is given the opportunity to learn from the hand of a specialized team, which can teach all the particularities of the sector.





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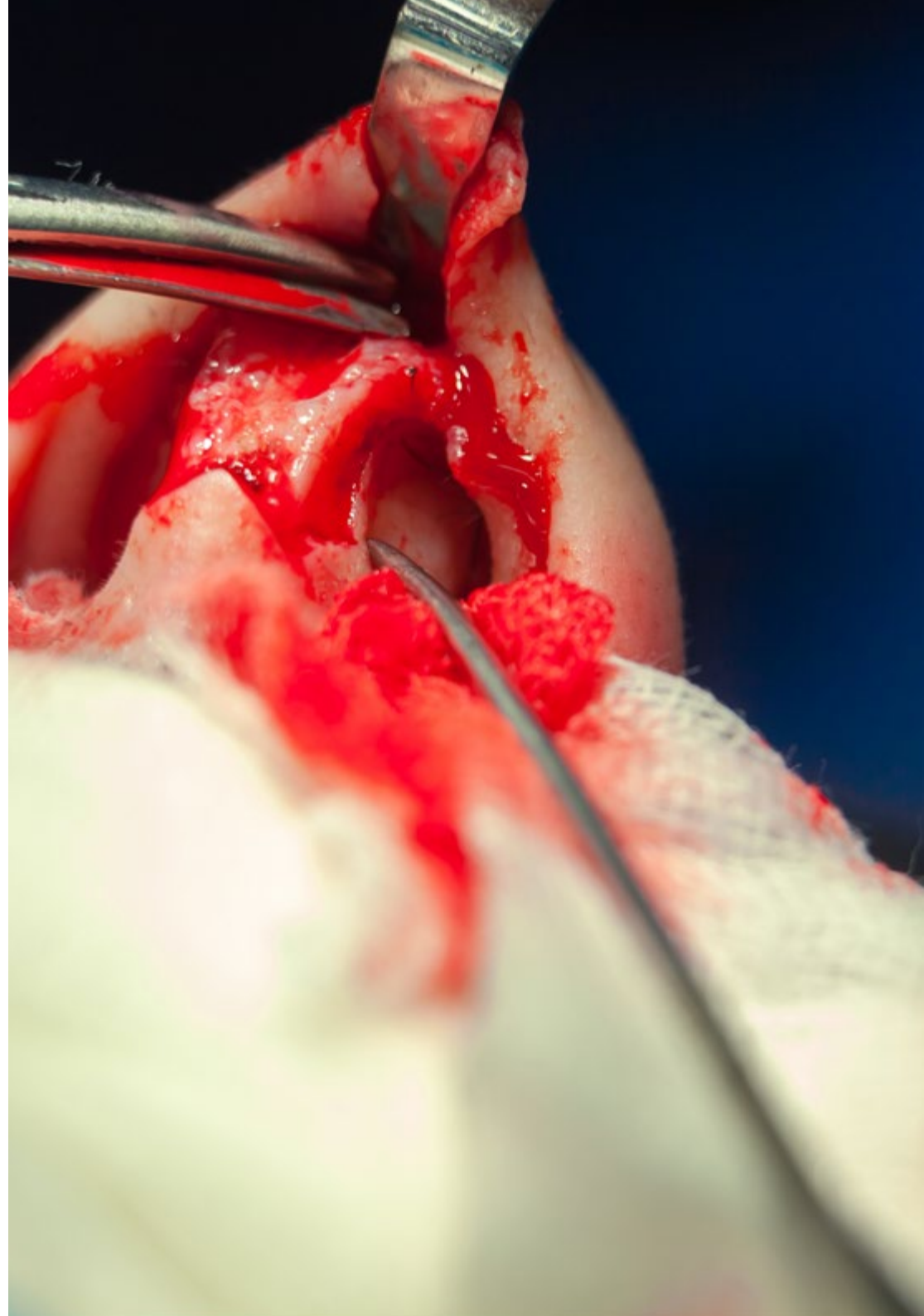
*Specialize in a booming sector with the best aesthetic surgeons of the moment”*

The internship period of this program in Aesthetic Plastic Surgery consists of an intensive stay in a reference center, lasting 3 weeks from Monday to Friday, with consecutive 8-hour days of practical learning alongside an associate specialist. This stay will allow students to see real patients alongside a team of reference professionals in this area, applying the latest technologies and techniques in this field.

In this training proposal, of a completely practical nature, the activities are aimed at developing and perfecting the skills necessary for the care of patients requesting physical improvement, either due to an abnormal body structure, or due to an accident or illness that has caused them physical damage, and conditions that require a high level of qualification. In this way, this proposal is oriented to the specific training for the exercise of the activity, in a safe environment for the patient and with a high professional performance.

It is, without a doubt, a unique opportunity to learn by working in an innovative center, which is committed to the quality of its resources and the latest technologies. Thus, the objectives of the patient and the professionals are met in a safe way and following the highest quality standards currently required.

This internship period will be carried out with the active participation of the student, performing the activities and procedures of each area of competence (learning to learn and learning to do), with the accompaniment and guidance of teachers and other fellow trainees that facilitate teamwork and multidisciplinary integration as transversal competencies for the practice of aesthetic medicine and surgery.



The procedures described below will be the basis of the practical part of the training, and their implementation will be subject to the center’s own availability and workload, the proposed activities being the following:

Module	Practical Activity
<b>Procedures of Aesthetic Surgery of the breast, upper facial and nasal region</b>	Evaluate, by performing the 3D virtual simulation, the adequate selection of the breast implant
	Perform augmentation mammoplasty, applying the areolar, submammary or axillary incision
	Perform mastopexy without implants, using the Benelli periareolar technique or the Gore-Tex® intercalated suture technique
	Intervene in the breast reduction process using the techniques of superior, inferior, supero-medial, medial, vertical bipedicle
	Perform breast amputation plus nipple-areola complex grafting
	Surgical approach to gynecomastia by liposuction, glandectomy or <i>Pull Through</i>
	Apply the upper and lower blepharoplasty procedure
	Perform the primary structural rhinoplasty, after performing the of the profilometric study
	Apply cartilage grafts, performing the selection and carving of the graft
	Perform aesthetic techniques such as bichectomy and otoplasty
<b>Body contouring lipoplasty techniques and plastic surgery of the abdominal wall</b>	Perform patient selection for lipoplasty, assessing their features and physical parameters
	Use SAL, UAL, PAL, LAL, RAL and WAL technologies in liposuction procedures
	Apply wet, superwet, and tumescent infiltration solutions in liposuction
	Perform deep and superficial fat removal in high definition liposuction, also treating negative spaces
	Apply wet, superwet and tumescent infiltration solutions in liposuction
	Obtain and process the fat graft for autologous fat transfer, performing the transfer by <i>Expansion Vibration Lipofilling</i> (EVL)
	Perform lipoabdominoplasty, mini-abdominoplasty and extended mini-abdominoplasty, performing the flap lifts, extension of the dissection and applying the adequate treatment of the muscular wall

Module	Practical Activity
<b>Aesthetic Surgery of the Gluteal Region</b>	Perform gluteoplasty with autologous fat transfer, using the EVLT method
	Create the pockets in gluteoplasty with implants
	Addressing iatrogenic buttock allogeneisis
	Perform Combined Three-dimensional Gluteoplasty
<b>Intimal surgery, hair transplantation and other surgical and non-surgical procedures</b>	Perform labia minora labiaplasty by wedge reduction, curved linear reduction, de-epithelialization and Z-plasty
	Perform labia majora labiaplasty by applying reduction of the clitoral hood as well as the mons pubis
	Surgical treatment of phimosis, as well as procedures such as circumcision, lengthening of the preputial frenulum, circumcision reversal and phalloplasty for lengthening and thickening
	Surgical management of occult penile conditions such as trapped penis, the penis in candle and the buried penis
	Correct penile curvatures and deformities, addressing Peyronie's disease, through conservative, oral, intralesional injection or topical therapies
	Surgical intervention for microtia and macrotia, using autologous and heterologous autologous and heterologous materials
	Perform hair transplantation, applying the appropriate follicular extraction and implantation



*Thanks to this intensive stay, you will be able to learn about the latest technology and techniques for plastic surgery"*

## Civil Liability Insurance

This institution's main concern is to guarantee the safety of the trainees and other collaborating agents involved in the internship process at the company. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, this entity commits to purchasing a civil liability insurance policy to cover any eventuality that may arise during the course of the internship at the center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the practical training period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.



## General Conditions for Practical Training

The general terms and conditions of the internship agreement for the program are as follows:

**1. TUTOR:** During the Hybrid Master's Degree, students will be assigned with two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned with an academic tutor whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.

**2. DURATION:** The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

**3. ABSENCE:** If the students does not show up on the start date of the Hybrid Master's Degree, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

**4. CERTIFICATION:** Professionals who pass the Hybrid Master's Degree will receive a certificate accrediting their stay at the center.

**5. EMPLOYMENT RELATIONSHIP:** The Hybrid Master's Degree shall not constitute an employment relationship of any kind.

**6. PRIOR EDUCATION:** Some centers may require a certificate of prior education for the Hybrid Master's Degree. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

**7. DOES NOT INCLUDE:** The Hybrid Master's Degree will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed.

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

# 08

## Where Can I Do the Clinical Internship?

Following TECH's criteria of maximum quality, agreements have been reached with top level aesthetic clinics where students will be able to carry out an intensive practical stay aimed at improving their skills and abilities in this field. In this way, they are offered the possibility of getting to know the real work in a reference center, where they can be hand in hand with teams with extensive experience, which will teach them the keys to develop as plastic surgeons.





“

*By enrolling in this Hybrid Master's Degree, you will have access to a real working team in a leading esthetic center"*



Students will be able to take the practical part of this Hybrid Master's Degree in the following centers:



Medicine.

### Clínicas Revitae

Country: Spain  
City: Cáceres

Address: C. San Juan de Dios, 3, 10001 Cáceres

Center specialized in Advanced Aesthetic

**Related internship programs:**

- Aesthetic Medicine
- Aesthetic Plastic Surgery



Medicine.

### CBC Surgery Institute Torremolinos (Hospital Santa Elena)

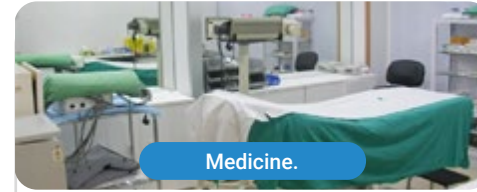
Country: Spain  
City: Malaga

Address: Urbanización Los Alamos, C. Sardinero, s/n, 29620 Torremolinos, Málaga

Clinical Center of Aesthetic Medicine with multiple surgical and non-invasive services.

**Related internship programs:**

- Aesthetic Plastic Surgery



Medicine.

### Clínica Riba

Country: Spain  
City: Barcelona

Address: Calle Paris, 83 (08029) Barcelona (Hospital Sagrado Corazón, consultas externas, planta 6, consulta 6.9)

Center specialized in Aesthetic Medicine and promotion of health and beauty.

**Related internship programs:**

- Aesthetic Plastic Surgery



Medicine.

### Estetic Grup

Country: Spain  
City: Barcelona

Address: Rambla de Catalunya, 61, 1ª, 1a, 08007 Barcelona

Aesthetic Medicine and Surgery Clinic in Barcelona

**Related internship programs:**

- Aesthetic Plastic Surgery



Medicine.

### CBC Surgery Institute Torremolinos

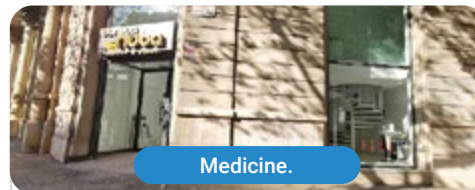
Country: Spain  
City: Malaga

Address: Avda Palma Mallorca, 37, 29620 Torremolinos

Clinical assistance center specialized in the surgical field

**Related internship programs:**

- Aesthetic Medicine
- Aesthetic Nursing



Medicine.

### Clínica Nuba

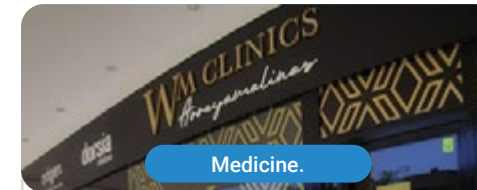
Country: Spain  
City: Barcelona

Address: C/ de Provença, 291, 08037 Barcelona

Aesthetic Medicine and Surgery Clinic in Barcelona

**Related internship programs:**

- Aesthetic Nursing
- Aesthetic Plastic Surgery



Medicine.

### Dorsia Arroyomolinos

Country: Spain  
City: Madrid

Address: Av. de la Unión Europea, 49, Local 2, 28939 Arroyomolinos, Madrid

Medical centers specializing in surgery and medical-aesthetic treatments

**Related internship programs:**

- Aesthetic Plastic Surgery
- Aesthetic Medicine



Medicine.

### Clínica Integria

Country: Spain City: Granada

Address: Calle Torre de Comares, 2, 18007 Granada

INTÉGRIA, clinic with more than 20 years of experience of experience in Aesthetic Medicine, General Medicine, Capillary Surgery and Aesthetic Surgery.

**Related internship programs:**  
-Clinical Analysis  
-Aesthetic Plastic Surgery



Medicine.

### Mediben

Country: Spain City: Baleares

Address: c/ Federico García Lorca 2, 1ºB, 07014 Palma

Mediben offers treatments in Aesthetic Medicine, Aesthetic Surgery, Nutrition, Regenerative and Capillary Medicine.

**Related internship programs:**  
-Aesthetic Plastic Surgery  
- Aesthetic Medicine



Medicine.

### Dr. Sebastián Ríos

Country: Spain City: Las Palmas

Address: C. Senador Castillo Olivares, 15, 35003 - Las Palmas de Gran Canaria

Clinic specializing in Facial Plastic Surgery and Aesthetic Medicine

**Related internship programs:**  
-Aesthetic Plastic Surgery  
-Reconstructive Plastic Surgery



Medicine.

### Clínica Londres Rosselló

Country: Spain City: Barcelona

Address: C/ del Rosselló, 231, 08008 Barcelona

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**  
-Aesthetic Nursing  
-Antiaging



Medicine.

### Clínica Londres Lagasca

Country: Spain City: Madrid

Address: Calle de Lagasca, 95, 28006 Madrid

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**  
-Aesthetic Plastic Surgery  
-Gynecoesthetics



Medicine.

### Clínica Londres d'Entença

Country: Spain City: Barcelona

Address: C/ d'Entença, 321, 08029 Barcelona

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**  
-Aesthetic Plastic Surgery  
- Aesthetic Medicine



Medicine.

### Clínica Londres Murcia

Country: Spain City: Murcia

Address: Av. Juan Carlos I, 21, 30008 Murcia

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**  
-Aesthetic Plastic Surgery  
-Aesthetic Nursing



Medicine.

### Clínica Londres Plaza Francesc Macià

Country: Spain City: Barcelona

Address: Plaza de Francesc Macià, 3, 1r porta 1, 08021 Barcelona

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**  
-Aesthetic Plastic Surgery  
- Aesthetic Medicine



Medicine.

### Clínica Londres A Coruña

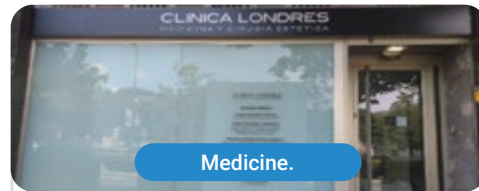
Country: Spain City: A Coruña

Address: Avenida Finisterre, 30, 15004 A Coruña

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Plastic Surgery
- Reconstructive Plastic Surgery



Medicine.

### Clínica Londres Bilbao-Guggenheim

Country: Spain City: Vizcaya

Address: Mazarredo Zumarkalea, 67, 48009 Bilbao, Vizcaya

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Plastic Surgery
- Aesthetic Medicine



Medicine.

### Clínica Londres Palma de Mallorca

Country: Spain City: Baleares

Address: C/ Barón de Pinopar 9, 07012 Palma, Baleares

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Plastic Surgery
- Aesthetic Medicine



Medicine.

### Clínica Londres Tarragona

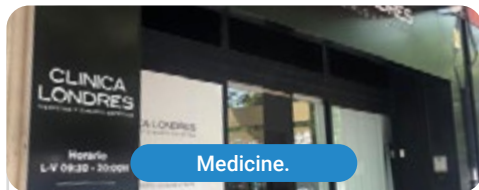
Country: Spain City: Tarragona

Address: Calle Enric d'Ossó, 2, 43005 Tarragona

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Plastic Surgery
- Aesthetic Medicine



Medicine.

### Clínica Londres Valencia

Country: Spain City: Valence

Address: Gran Vía de Ramón y Cajal, 41, 46007 Valencia

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Plastic Surgery
- Aesthetic Medicine



Medicine.

### Clínica Londres Zaragoza

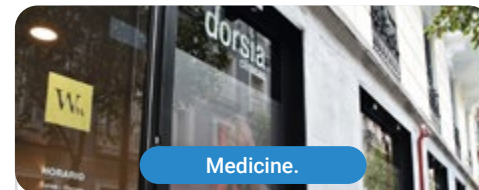
Country: Spain City: Zaragoza

Address: P.º de Sagasta, 4, 2º Izquierda, 50006 Zaragoza

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Plastic Surgery
- Aesthetic Medicine



Medicine.

### Dorsia Chueca

Country: Spain City: Madrid

Address: C. de Serrano Anguita, 12, 28004, Madrid

The Dorsia Chueca clinic has the best team of specialists in the industry.

**Related internship programs:**

- Aesthetic Plastic Surgery
- Aesthetic Medicine



Medicine.

### Dorsia Alicante San Vicente

Country: Spain City: Alicante

Address: C. San Vicente, 8, 03004 Alicante

The Dorsia clinic in Alicante offers you the best surgery, aesthetic medicine and beauty treatments.

**Related internship programs:**

- Aesthetic Plastic Surgery
- Reconstructive Plastic Surgery



### Vila Moreschi Clinic

Country	City
Argentina	Autonomous City of Buenos Aires

Address: Aime Paine 1665 piso 4 Departamento 5, Puerto Madero, Ciudad de Buenos Aires

Clinic specializing in Plastic Surgery and Aesthetic Medicine

**Related internship programs:**

- Aesthetic Medicine
- Aesthetic Plastic Surgery



*You will combine theory and professional practice through a demanding and rewarding educational approach"*

09

# Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.



“

*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gervas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the physician's professional practice.



“

*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

*Professionals will learn through real cases and by resolving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



#### Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



#### Classes

There is scientific evidence on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



# 10 Certificate

This Hybrid Master's Degree in Aesthetics Plastic Surgery guarantees students, in addition to the most rigorous and up-to-date education, access to a Hybrid Master's Degree diploma issued by TECH Global University.



“

*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork"*

This program will allow you to obtain your **Hybrid Master's Degree diploma in Aesthetic Plastic Surgery** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra (**official bulletin**). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

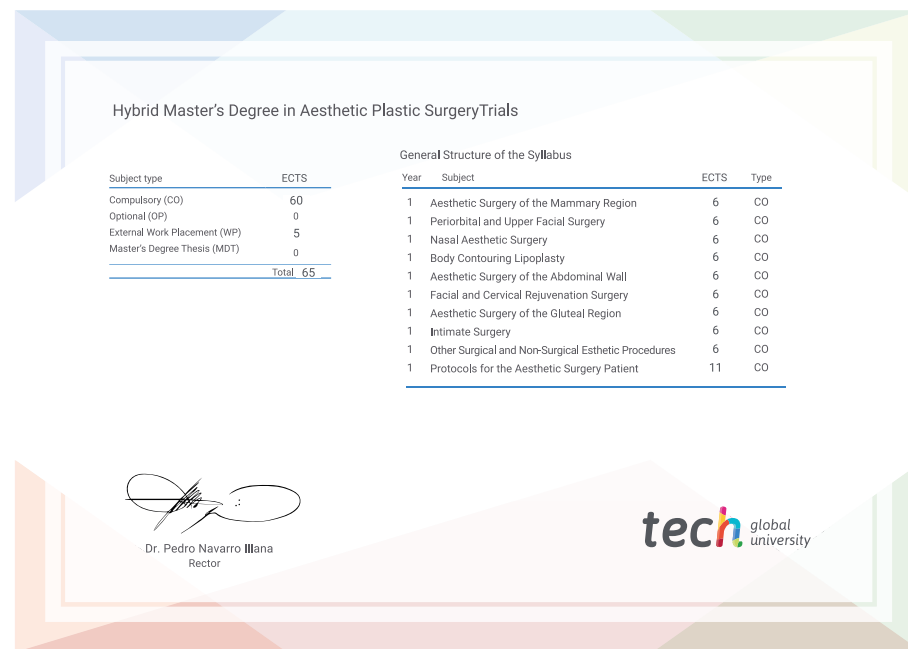
Title: **Hybrid Master's Degree in Aesthetic Plastic SurgeryTrials**

Course Modality: **Hybrid (Online + Clinical Internship)**

Duration: **12 months**

Certificate: **TECH Global University**

Recognition: **60 + 5 ECTS Credits**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.



future

health confidence people

education information tutors

guarantee accreditation teaching

institutions technology learning

community commitment

personalized service innovation

knowledge present quality

online training

development languages

virtual classroom

**tech** global  
university

**Hybrid Master's Degree**

**Aesthetic Plastic Surgery**

Modality: Hybrid (Online + Clinical Internship)

Duration: 12 months

Certificate: TECH Global University

60 + 5 créditos ECTS

# Hybrid Master's Degree Aesthetic Plastic Surgery

