

# Postgraduate Certificate

## Aesthetic Breast Surgery





## Postgraduate Certificate Aesthetic Breast Surgery

- » Modality: Online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Accreditation: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/medicine/postgraduate-certificate/breast-aesthetic-surgery](http://www.techtute.com/us/medicine/postgraduate-certificate/breast-aesthetic-surgery)

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01

# Introduction

The breast is one of the most important signs of femininity, so it is not surprising that when a woman is not physically comfortable, she decides to intervene to improve this part of her body. Moreover, more and more men are joining this demand for an athletic looking chest. Each patient's anatomical characteristics and the aesthetic desire expressed in consultation oblige the surgeon to interpret all the options in order to choose the correct surgical technique and achieve an optimal and satisfactory result. For this reason, we offer you this complete academic program, with which you will be able to get up to date in the latest breast surgical techniques.



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*Today's society's focus on image is leading to an increasing number of breast surgeries being performed on both men and women."*

Cosmetic surgery of the breast region has long ranked first among all procedures performed by plastic surgeons worldwide, according to the American Association of Plastic Surgeons (ASAPS), with a total of 299,715 cases recorded for 2019. The importance of specialized knowledge on behalf of the plastic surgeon is evident, since it will be one of the most frequent reasons for consultation in the daily clinic.

Knowing the anatomy of the breast region is the first step in understanding what we can achieve based on the patient's expectations. This allows us to choose, among all the options of surgical techniques we have at hand, the breast implant and the use or not of complementary treatments, such as fat transfer to the breasts to improve the result that a given surgical technique alone cannot give.

Men, on the other hand, are a new and growing market of clients who come to the office for some type of aesthetic procedure, and the breast region is one of the main ones. The goal for them is to obtain an athletic look. In order to deliver these results we have multiple techniques such as liposuction, male mammary gland surgery and fat transfer to the pectoral muscle.

This Postgraduate Certificate is an intensive program designed to learn about the technologies, materials and treatments of this discipline and to include a complete perspective of aesthetic plastic surgery that will allow you to specialize in an ethical and responsible way. In this way, this postgraduate course provides high level training that seeks excellence. In addition, its 100% online format will allow you to continue your studies from the place of your choice, without the need to travel or schedule obligations.

This **Postgraduate Certificate in Aesthetic Breast Surgery** includes the most complete and up-to-date scientific program on the market. The most important features of the Postgraduate Certificate are:

- ♦ Case studies presented by experts in Aesthetic Breast Surgery
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice.
- ♦ Updates on Breast Surgery Aesthetics
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Special emphasis on innovative methodologies in Breast Surgery Aesthetics
- ♦ 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.



*Expand your knowledge through this Postgraduate Certificate, thanks to which you will be able to achieve excellence in the field of Aesthetic Breast Surgery"*

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*This Postgraduate Certificate is the best investment you can make in selecting a refresher program for two reasons: in addition to updating your knowledge in Aesthetic Breast Surgery, you will obtain a qualification from the leading online university in Spanish: TECH Global University”*

Its teaching staff includes professionals belonging to the field of aesthetic plastic surgery, who share their work experience in this program, as well as renowned specialists from prestigious societies and universities.

The multimedia content, developed with the latest educational technology, will provide professionals with situated and contextual learning, i.e., a simulated environment that will provide immersive specialization, designed for specializing oneself in real situations.

This program is designed around Problem-Based Learning, whereby the surgeon must try to solve the different professional practice situations that arise throughout the program. For this purpose, the professional will be assisted by an innovative interactive video system created by renowned and experienced experts in aesthetic surgery of the breast region.

*Do not hesitate to take this educational program with us. You will find the best teaching material with virtual lessons.*

*This 100% online Postgraduate Certificate will allow you to combine your studies with your professional work while expanding your knowledge in this field.*





# 02 Objectives

The Postgraduate Certificate in Aesthetic Breast Surgery is designed to facilitate the performance of the professional with the latest advances and newest treatments in the sector, achieving a high-level education that allows them to act with total confidence in the cases that arise in their practice.





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*At TECH we have set ourselves the goal of offering you the most complete qualification in the market in breast surgery so that you can acquire a superior level of specialization that will elevate you to the professional elite".*



## General Objectives

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- Present the anatomy of the breast region from a surgical perspective
- Define breast aesthetics and the current aesthetic ideal
- Describe the characteristics of the most frequently used breast implants
- Present the innovations in breast implants currently available to the plastic surgeon
- Establish the basis for mammoplasty surgery, augmentation, breast lift, or mastopexy and breast reduction surgery
- Describe the techniques for the treatment of tuberous breasts and the male breast region



*Learn about the new tools that can be applied in aesthetic plastic surgery and offer a plus of quality to your patients".*





## Specific Objectives

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- ♦ 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 to be operated on, the different scars used depending on 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 tuberous 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

03

# Course Management

This program includes in its teaching staff leading experts in aesthetic plastic surgery, who bring to this specialization the experience of their work. Additionally, other recognized experts participate in its design and preparation, completing the program in an interdisciplinary manner.





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*The main experts in aesthetic plastic surgery  
have joined forces to show you all their  
knowledge in this field"*

## Management



### Dr. Delgado Caldera, Carlos

- Plastic and Aesthetic Surgeon specialized in Aesthetic Breast Surgery, Body, and Facial Aesthetic Procedures
- Postgraduate in Aesthetic and Maxillofacial Reconstructive Plastic Surgery, General Hospital Dr. Jesus Yerena, Caracas (Venezuela) 2012-2014 Endorsed by the Ministry of People's Power for Health (MPPS) and the Venezuelan Society of Plastic, Reconstructive, Esthetic, and Maxillofacial surgery (SVCPREM)
- Internship, Centro Médico Docente La Trinidad, Caracas (Venezuela) 2013-2015 Internship in Breast, Body, and Facial Aesthetic surgery. Microsurgical Reconstruction. Plastic and Reconstructive Surgery Service.
- Internship, University Foundation of Health Sciences (FUCS), Bogotá (Colombia) 2014. Intern in Craniofacial Surgery and Post Bariatric Surgery. Plastic and Reconstructive Surgery Service
- Postgraduate of General Surgery, City Hospital Dr. Enrique Tejera, Valencia (Venezuela). 2010-2012. Endorsed by the Ministry of People's Power for Health (MPPS)
- Surgeon, Carabobo University. 2001-2006 School of Medicine
- Head of the Department of Plastic and Reconstructive Surgery, Instituto Docente de Urología (IDU) (Private Practice), Valencia (Venezuela). 2018-2020
- Esthetic Plastic Surgeon, Servicios Mediplan C.A, Caracas - Margarita (Venezuela). 2015-2017
- Esthetic Plastic Surgeon, Grupo Cil Venezuela 2015 2015– 2016





# 04

## Structure and Content

The contents structure has been designed by the best professionals in the cosmetic surgery sector, with extensive experience and recognized prestige in the profession, backed by the volume of cases reviewed, studied and intervened, and with extensive mastery of new technologies applied to teaching.





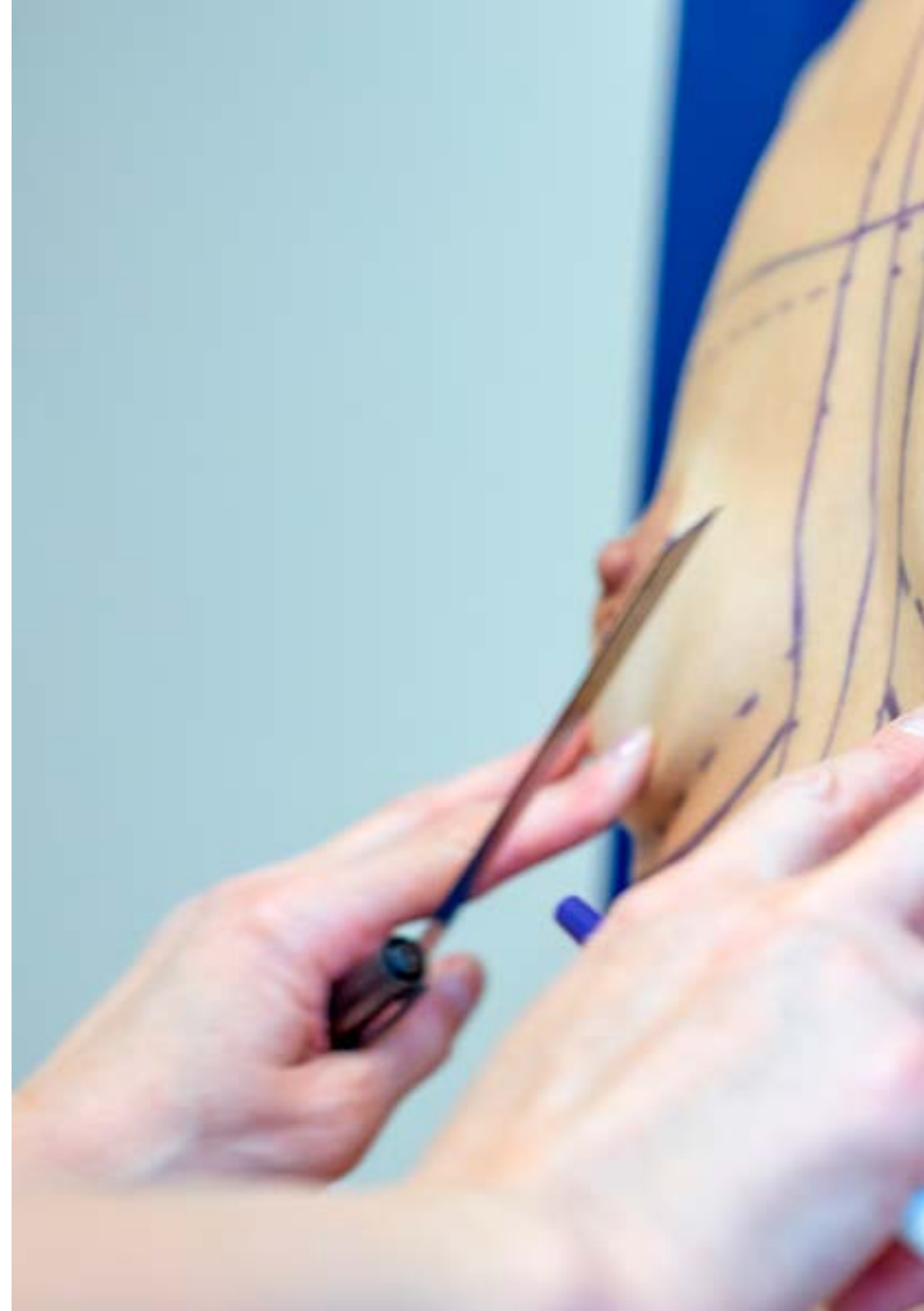


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*This Postgraduate Certificate contains the most complete and up-to-date program on the market"*

## 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 Prosthesis
- 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 Meters
  - 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. Benelli 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



*This will provide key education  
to advance in your career."*

# 05 Methodology

This 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.



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*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. Gérvas, 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.



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*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 assess 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 Harvard 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).

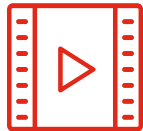
With this methodology, more than 250,000 physicians have been prepared with unprecedented success in all clinical specialties regardless of surgical load. Our educational methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and 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.

In this program you will have access to the best educational material, prepared with you 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.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



#### Latest Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, to the forefront of current medical techniques. All of this, first hand, and explained and detailed with precision to contribute to assimilation and a better understanding. And best of all, students can watch them as many times as they want.



#### Interactive Summaries

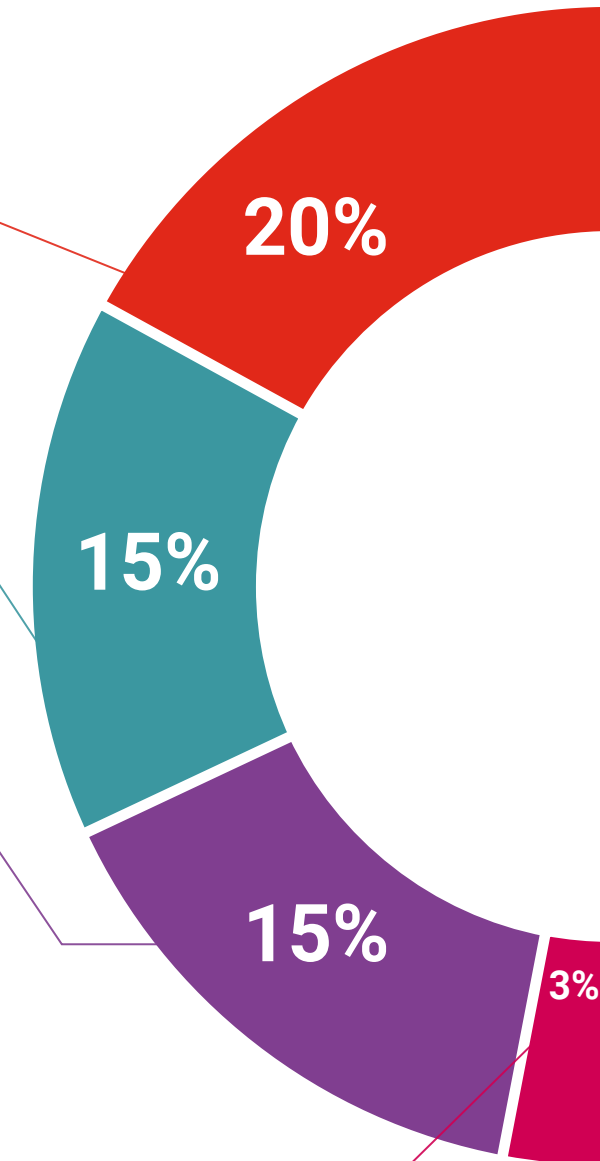
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

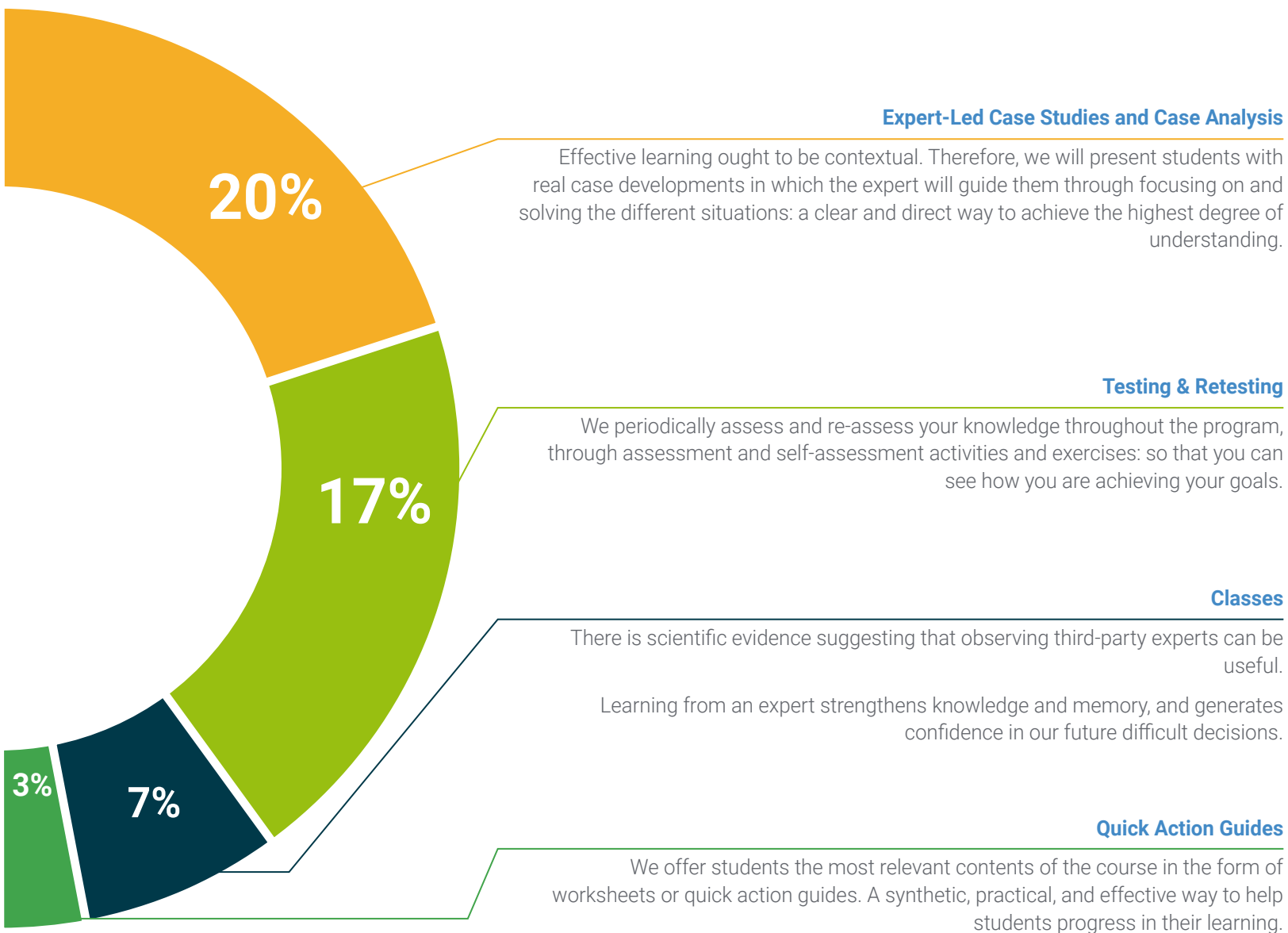
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents, international guides... in our virtual library, students will have access to everything they need to complete their course.





# 06 Certificate

This Postgraduate Certificate in Aesthetic Breast Surgery guarantees students, in addition to the most rigorous and up-to-date education, access to a qualification issued by TECH Global University.





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*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 a **Postgraduate Certificate in Aesthetic Breast 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: **Postgraduate Certificate in Aesthetic Breast Surgery**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**





future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present training  
development languages  
virtual classroom



## Postgraduate Certificate Aesthetic Breast Surgery

- » Modality: Online
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- » Schedule: at your own pace
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# Postgraduate Certificate Aesthetic Breast Surgery