
Preface

Aesthetic medicine is a rapidly growing specialty that is largely procedure-oriented. Non-surgical and minimally invasive techniques for enhancing the face and body are now possible without the need even for sedation. These include facial rejuvenation with lasers, lights, and tissue tightening technologies, augmentation with fillers and autologous fat, chemodenervation, and thread lift techniques. Breast augmentation with fat or fillers is performed under local anesthesia, as is body contouring using the tumescent technique. Although procedures in aesthetic medicine certainly do not replace those in cosmetic surgery, patients frequently request rejuvenation that is minimally invasive and requires little or no downtime. This demand has steadily increased over the last decade and has been the driving force in the evolution of aesthetic medicine into a discipline practiced by surgeons and physicians alike. Indeed, many of the techniques described in this book, such as facial volumizing and skin resurfacing, are ideal adjuncts to a plan of surgical facial rejuvenation.

The pace of growth in aesthetic medicine, coupled with the explosion in the number of new devices and treatment modalities for rejuvenation, precludes any exhaustive text on the subject. However, we have endeavored to include topics of interest for the beginning and advanced practitioner in aesthetic medicine, including advanced applications of the most common procedures such as botulinum toxins and fillers. Separate chapters detail the latest techniques in suture face lifts, stem cell-enriched fat transfer, mesotherapy, carboxytherapy, thermolysis, Vaser lipoplasty, and treatments for cellulite, varicose veins, and telangiectasias.

This book is intended as a manual. The emphasis is on protocols, parameters, instruments, materials, and descriptions of techniques. Our aim is not only to facilitate an understanding of the principles of aesthetic medicine, but also to allow the reader to incorporate the various techniques described into their practice. The book will also serve as a valuable resource for physicians and surgeons of any specialty undergoing formal instructional courses or workshops in aesthetic medicine. The contributors, all international authorities in their fields, share their advice, tips, and experience using clear explanations, illustrations, and step-by-step photographs. We hope that, by describing and showing the techniques in detail, the reader will both appreciate the artistic element of aesthetic medicine and gain a practical knowledge for immediate application.

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