

PROGRAM FORMAT & LEARNING OBJECTIVES

Prof. Adam Ostrzenski, M.D., Ph.D., Dr. Hab. U.S.A.

OFFERS:

ADVANCED COSMETIC-PLASTIC GYNECOLOGIC HANDS-ON WORKSHOPS

Practical Approach with Hands-On **24 NEW AND 6 OLD SURGICAL** Techniques;
Approved for 40 CME Credits by The Credentialing Committee in the U.S.A.
(Times of Session: 45 minute/per lecture or dry/wet laboratory session);

The course with hands-on workshop is designed to teach how to perform ***practically*** the most commonly requested cosmetic gynecologic procedures in the dry and wet laboratory settings; therefore, neither live surgical demonstration nor video presentation is included.

LEARNING OBJECTIVES:

- To learn aesthetic and functional definitions of cosmetic-plastic gynecology
- To familiarize with recommendations for practicing cosmetic gynecology of the American College of Obstetricians-Gynecologists and other gynecologic societies
- To identify deceptive and unethical cosmetic-plastic procedures
- Medical-legal aspects of cosmetic-plastic gynecology
- To refresh embryology and gross-functional female genitalia
- To learn new anatomic discoveries which are applicable for cosmetic-plastic gynecology
- To learn and ***to exercise practically*** in dry and web laboratory settings of new and old non-deceptive and honest cosmetic-plastic surgical interventions
- To learn about natural and artificial fillers which can be applied in cosmetic gynecology
- To recognize potential complications related to cosmetic-plastic gynecology
- To learn how to avoid potential complications in the cosmetic-plastic field.

WORKSHOP TEACHES THE FOLLOWING COSMETIC GYN PROCEDURES

VAGINAL REJUVENATION TECHNIQUES

<i>NEW Techniques</i>		<i>OLD Techniques</i>	
Procedure	Author	Procedure	Author
“Original, New Classification” (see table below)	Ostrzenski	“Laser Vaginal Rejuvenation”	Anecdotal, unpublished technique
“Vaginal Regation Rejuvenation”	Ostrzenski	“Colpoperineoplasty” with or without paravaginal repair	Pardo JS et al.
“Introitoplasty”	Ostrzenski		
“Dorsal Perineal Membrane Reconstruction”	Ostrzenski		
“Ventral Perineal Membrane Reconstruction”	Ostrzenski		
“Perineal Body Reconstruction	Ostrzenski		
“Pubocervical Fascia Reconstruction”	Ostrzenski		
“Middle Vagina Size Reduction”	Ostrzenski		
Hymeneal Ring (plate) Reconstruction”	Ostrzenski		
“Partial Distal Vaginal Resection”	Ostrzenski		
“Partial Reduction of Cervical Glands”	Ostrzenski		
“G-Spot Surgical Augmentation”	Ostrzenski		

WORKSHOP TEACHES THE FOLLOWING COSMETIC GYN PROCEDURES

OSTRZENSKI' VAGINAL REJUVENATION CLASSIFICATION

Vaginal Rejuvenation	Clinical Characteristics	Clinical Management
Category A	<i>The absence of columnar rugae and the absence of site-specific defects</i>	<p style="text-align: center;">2-step therapy:</p> <p>Step I. Vaginal estrogen Step II. Vaginal columnar rugae restoration</p>
Category B	<i>The absence of columnar rugae and the presence of site-specific defects</i>	<p style="text-align: center;"><i>Estrogen deficiency 3-step therapies:</i></p> <p>Step I. Vaginal estrogen Step II. Reconstruction of site-specific defects Step III. Vaginal columnar rugae restorations</p> <p style="text-align: center;"><i>Estrogenized woman (2-step):</i></p> <p>Step I. Reconstruction of site-specific defects Step II. Vaginal columnar rugae restorations</p>
Category C	<i>The presence of columnar rugae and the presence of site-specific defects</i>	<p>Paravaginal defect(s) Reconstruction</p> <p><i>Other conditions can be included into this category such as isolated defects of:</i></p> <ol style="list-style-type: none"> 1. Dorsal perineal membrane 2. Perineal body 3. Vaginal orifice <p>Management will require separate reconstruction of each entity.</p>
Category D	<i>The presence of columnar rugae and the absence of site-specific defects</i>	<p><i>For hypermucorrhea:</i> Partial reduction of cervical glands with CO₂ laser</p> <p><i>For wide middle vagina:</i> Size reduction of the middle part of the vagina with G-Spot surgical augmentation</p> <p><i>For vaginal migration onto fossa navicularis</i> Partial distal vaginal resection with vaginal hymeneal ring reconstruction</p>

WORKSHOP TEACHES THE FOLLOWING COSMETIC GYN PROCEDURES

LABIA MINORA LABIOPLASTY

<i>NEW Techniques</i>		<i>OLD Techniques</i>	
Procedure	Author	Procedure	Author
“Fenestration Labioplasty with Transposition”	Ostrzenski	“Straightforward or Partial Labia Minora Resection (Amputation or Trimming)”	Radman HM., 1976 (for medical indication). Hodginson DJ, Hait G, 1984 (for esthetic indication).
“Fenestration Laioplasty with Anterior Laminectomy and Trasnsposition”	Ostrzenski	“Central V-Plasty”	Alter GJ., 1998
		“Inferior V-Plasty”	Rouzier R., 2000
		“De-epithelialized Reduction Labioplasty”	Youn CH, Tai KK, 2000
		“Central Wedge Nymphectomy with a 90-Degree Z-Plasaty for Esthetic Reduction of the Labia Minora”	Giraldo F, et al., 2004
		“Laser Labioplasty of Labia Minora”	Pardo J, et al., 2006

WORKSHOP TEACHES THE FOLLOWING COSMETIC GYN PROCEDURES

CLITORAL HOODOPLASTY

<i>NEW Techniques</i>		<i>OLD Techniques</i>	
Procedure	Author	Procedure	Author
Restorative Hoodoplasty “Hydrodissection with Reverse V-Plasty”	Ostrzenski Pulished in 2010	“Clitoral Hood Reduction Using Extended Central Wedge Resection”	Alter GJ, Published in 2008
Reductive Hoodoplasty 1. “Modified Hydrodissection with Reverse V-Plasty” 2. “Subepidermal Clitoral Prepuce Reduction”	Ostrzenski		
“Clitoral Frenuloplasty	Ostrzenski		
“Clitoral Frenulum Transposition”	Ostrzenski		

LABIA MAJORA LABIOPLASTY

<i>NEW Techniques</i>		<i>OLD Techniques</i>	
Procedure	Author	Procedure	Author
“Labia Majora Labiopexy”	Ostrzenski	“Labia Majora Reduction”	Di Saia JP, 2008
		“Autologous Fat Transfer”	Anecdotal

G-SPOT AUGMENTATION

<i>NEW Techniques</i>		<i>OLD Techniques</i>	
Procedure	Author	Procedure	Author
“G-Spot Surgical Augmentation	Ostrzenski (Anecdotal)	“G-Spot Amplification by Collagen Injection”	Anecdotal
“G-Spot Augmentation by Autologous Fat Transfer”	Ostrzenski (Anecdotal)		

WORKSHOP TEACHES THE FOLLOWING COSMETIC GYN PROCEDURES

HYMENOPLASTY

<i>NEW Techniques</i>		<i>OLD Techniques</i>	
Procedure	Author	Procedure	Author
“Hymenoplasty without Suturing”	Ostrzenski	“Hymenoplasty”	Anecdotal
“Hymen Ring Reconstruction”	Ostrzenski		

CLITOROPLASTY

<i>NEW Techniques</i>		<i>OLD Techniques</i>	
Procedure	Author	Procedure	Author
		“Clitoroplasty”	Numerous Publications

DE-NOVO VAGINOPLASTY

<i>NEW Techniques</i>		<i>OLD Techniques</i>	
Procedure	Author	Procedure	Author
		“De-Novo Vaginoplasty”	Publications are Available

WORKSHOP TEACHES THE FOLLOWING COSMETIC GYN PROCEDURES

Reconstructive Gynecology (Ostrzenski's New Techniques: Videos
Presentation

- Laparoscopic Paravaginal Reconstruction
- Laparoscopic Deep Posterior Culdoplasty
- Laparoscopic Colpopexy
- Laparoscopic Hysteropexy

Proctorship is available at your location.

For more information please call:

(727) 458-6060

e-mail: ao@baymedical.com

WORKSHOP TEACHES THE FOLLOWING COSMETIC GYN PROCEDURES

SCHEDULE

Cosmetic Gynecology 4- Day Course & Hands-on Workshop

Day 1: DIDACTICS ONLY

Morning Sessions

7³⁰ – 8⁰⁰

Registration and Welcome

8⁰⁰ – 8⁴⁵

“Guidelines for Honest and Non-Deceptive Practice, Teaching, and Marketing”. The American College of Obstetricians-Gynecologists (ACOG) and Other Professional Gynecologic Societies around the Globe Recommendations for Cosmetic-Plastic Gynecology:

- a) Identifying Deceptive and Unethical Procedures
- b) Indication: Aesthetic and Medical Indications
- c) Patient Autonomous Right to Refuse & to Choose Offered Therapy (Procedure)
- d) Informed Consent (office, surgical center or hospital procedure)

8⁴⁵ – 9³⁰:

“Patient Safety in Cosmetic-Plastic Gynecology”

Patient Safety in the Office Procedure Room:

- a) Establishing the Procedure Room
- b) Office Procedure Room Equipment
- c) Office Procedure Room Instruments and Sterilization
- d) Office Laser Certification
- e) Office Procedure Proctorship

9³⁰ -10¹⁵:

“Anesthesia in the Office Procedure”

Different Modes of Anesthesia in the Office Procedures:

- a) Topical
- b) Local Infiltration
- c) Pudendal Nerve Block
- d) Paracervical Block
- e) Conscious Sedation

WORKSHOP TEACHES THE FOLLOWING COSMETIC GYN PROCEDURES

10¹⁵ - 10³⁰ : Break

10³⁰–11¹⁵: “Female Genital Gross and Functional Anatomy:

Fresh Cadaver Photos, Pertinent Surgical Dissection Photos, and Atlas Diagrams”:

- a) Applicable Embryology to Cosmetic Surgical Anatomy
- b) Urogenital Sinus in Cosmetic Surgery
- c) Müllerian Duct in Cosmetic Surgery
- d) Mesonephrotic Duct in Cosmetic Surgery
- e) Compressor Urethral Muscle and Its Role in Cosmetic-Plastic Gynecology
- f) Urethrovaginal Sphincter Muscle and Its Role in Cosmetic-Plastic Gynecology
- g) Gross and Functional Differences between Vaginal Introitus and Vaginal Anatomy
- h) Dorsal and Ventral Perineal Membranes: Anatomy and Function
- i) Anatomy of External and Internal Female Reproductive Organs

11¹⁵-12⁰⁰: “Preoperative Care”

Preoperative Preparation – ACOG Recommendations:

- a) Informed Consent
- b) Perineal Preparation
- c) Rectal Preparation
- d) Topical Anesthetic Application
- e) Indication for Antibiotic Prophylaxis

12⁰⁰-1⁰⁰ PM: Lunch Break

WORKSHOP TEACHES THE FOLLOWING COSMETIC GYN PROCEDURES

Afternoon/Evening Sessions

1⁰⁰-1⁴⁵: “Potential Surgical Complications in Cosmetic-Plastic Gynecology”

Documentation of Actual Complications:

- a) Clitoral Prepuce
- b) Clitoral Glans
- c) Labia Majora
- d) Perineum
- e) Vaginal
- f) Wound Separations
- g) Intraoperative; Short-, Long-term Postoperative Complications
- h) How to Avoid Complications

1⁴⁵-2³⁰: “Postoperative Care”

Postoperative Care ACOG Recommendations:

- a) Fluid and Electrolytes
- b) Minerals & Vitamins
- c) Urine Output
- d) Initiation of Feeding
- e) Pulmonary Care
- f) Pain Control

2³⁰-3¹⁵: “Medical Cosmetic & Gynecologic Cosmetic”

- a) Start-up of Medical Cosmetic Practice
- b) Training & Certification
- c) Medical Remedies
- d) Necessary Equipment
- e) Medical Cosmetics as a Tool for Marketing of Gyn Cosmetics

3¹⁵ - 3³⁰ : Break

WORKSHOP TEACHES THE FOLLOWING COSMETIC GYN PROCEDURES

3³⁰-4¹⁵: “Weight Reduction & Medical Cosmetics within Cosmetic-Plastic Gynecology Setting”

- a) Eating Habits
- b) Diet Selection
- c) Exercise Forms within Your Practice
- d) Plastic Surgeons & Gastric Reduction Surgeons

4¹⁵-5⁰⁰: Ask the Professor

WORKSHOP TEACHES THE FOLLOWING COSMETIC GYN PROCEDURES

Day 2: DIDACTIC & DRY LABORATORY

Morning Sessions

“Labia Minora Labioplasty Techniques”

8⁰⁰ – 8⁴⁵:

1. History of Labioplasty (Didactics)
2. ACOG Recommendations (Didactics)
3. Labia Minora and Erectile Tissue (Didactics)

8⁴⁵-9³⁰:

1. Central V-Plasty (Didactics and dry laboratory)
2. Inferior V-Plasty (Didactics)
3. W-Plasty (Didactics)
4. 900 Nymphectomy with Z-Plasty (Didactics)
5. Straightforward Amputation

9³⁰-10¹⁵: “Labia Minora Reduction with Inferior Wedge Resection and Superior Pedicle Reconstruction” (Didactics and dry laboratory)

10¹⁵ - 10³⁰ : Break

WORKSHOP TEACHES THE FOLLOWING COSMETIC GYN PROCEDURES

10³⁰-11¹⁵: De-epithelialization labioplasty (Didactics and dry laboratory)

11¹⁵-12⁰⁰: Ostrzenski's Fenestration Labioplasty – OFL (Didactics and dry laboratory)

12⁰⁰-1⁰⁰ PM: Lunch Break

Afternoon/Evening Sessions

“Labia Minora Labioplasty Techniques” (Cont.)

1⁰⁰-1⁴⁵:

- A. Partial Amputation (Didactics and dry laboratory)
- B. Ostrzenski's Labia Minora Transplantations
 - a) Labia Minora Tissues Used for Transplantation with Rotation (Didactics)
 - b) Prepuccial Flap Tissues Used for Labial Transplantation (Didactics)

1⁴⁵-2³⁰:

“Potential Surgical Complications of Labia Minora in Cosmetic-Plastic Gynecology

- A. Causes of Potential Labia Minora Labioplasty Complications:
 - a) Insufficient Surgical skill and Learning Curve
 - b) Inappropriate Selection of Surgical Technique (one-fits-all procedure)
 - c) Inadequate Surgical Instruments, Incisions, Surgical Materials, and Suturing and Tying Technique
 - d) Neglecting to Apply of Microsurgical Techniques
 - e) Inadequate Pre-Operative and Post-Operative Care
 - i. Documented Actual Complications
 - ii. Intraoperative; Short-Term Postoperative, and Long-Term Postoperative Complications
 - iii. How to Avoid Labia Minora Labioplasty Complications

WORKSHOP TEACHES THE FOLLOWING COSMETIC GYN PROCEDURES

“LABIA MAJORA LABIOPLASTY”

2³⁰-3¹⁵:

1. Traditional Labia Majora Labioplasty (Didactics)
2. Labia Majora Labioplasty with Natural and Artificial Fillers (Didactics)

3¹⁵ - 3³⁰ : Break

3³⁰-4¹⁵:

1. Ostrzenski's Fat Sac Tissue Restoration (Didactics and dry laboratory)
2. Ostrzenski's Labiopexy (Didactics and dry laboratory)

4¹⁵-5⁰⁰: Ask the Professor

WORKSHOP TEACHES THE FOLLOWING COSMETIC GYN PROCEDURES

Day 3: Didactics & Dry Laboratory

Morning Sessions

“CLITORAL HOODOPLASTY”

8⁰⁰-8⁴⁵:

1. Clitoral Hoodoplasty by Central V-Plasty Extension (Didactics)
2. Central Clitoral Hoodoplasty (Didactics)

8⁴⁵-9³⁰:

Traditional Clitoral Hoodoplasty (Didactics and dry laboratory)

9³⁰-10¹⁵:

Ostrzenski's Clitoroplasty Classifications (Didactics)

10¹⁵ - 10³⁰ : Break

10³⁰-11¹⁵:

Ostrzenski's Hydrodissection with Reverse V-Plasty for Restorative Clitoral Hoodoplasty (Didactics and dry laboratory)

11¹⁵-12⁰⁰:

Ostrzenski's Modified Hydrodissection with Reverse V-Plasty for Reductive Clitoral Hoodoplasty (Didactics and dry laboratory)

10³⁰-11¹⁵:

Ostrzenski's Subepithelial Resection for Reductive Clitoral Hoodoplasty (Didactics and dry laboratory)

WORKSHOP TEACHES THE FOLLOWING COSMETIC GYN PROCEDURES

G-SPOT & G-SPOTPLASTY

11¹⁵-12⁰⁰:

1. G-Spot Anatomy: Ostrzenski's New Discovery (Didactics)
2. Ostrzenski's G-Spotplasty New Technique (Didactics and dry laboratory)

12⁰⁰-1⁰⁰ PM: Lunch Break

Afternoon/Evening Sessions

“VAGINAL REJUVENATION: NEW TECHNIQUES”

1⁰⁰-1⁴⁵:

1. Ostrzenski's Vaginal Rejuvenation Classification (Didactics),
2. Ostrzenski's Vaginal Rugation Rejuvenation (Didactics and dry laboratory)

1⁴⁵-2³⁰:

1. Ostrzenski's Vaginal Introital Defects Classification: A New Medical Entity
(Didactics)
2. Ostrzenski's Anterior Vaginal Introital Reconstruction for an Acquired Sensation of
Wide/Smooth Vagina

WORKSHOP TEACHES THE FOLLOWING COSMETIC GYN PROCEDURES

2³⁰-3¹⁵:

1. Ostrzenski's Lateral Vaginal Introital Reconstruction for an Acquired Sensation of Wide/Smooth Vagina
2. Ostrzenski's Posterior Vaginal Introital Reconstruction for an Acquired Sensation of Wide/Smooth Vagina

3¹⁵ - 3³⁰ : Break

3³⁰-4¹⁵:

1. Ostrzenski's Urethrovaginal Sphincter Reconstruction technique for an Acquired Sensation of Wide/Smooth Vagina
2. Ostrzenski's Dorsal Perineal Membrane Reconstruction for an Acquired Sensation of Wide/Smooth Vagina

4¹⁵-5⁰⁰:

Ostrzenski's Distal Vaginal Wall resection with Hymeneal Plate and Pubocervical Fascia Reconstruction for an Acquired Sensation of Wide/Smooth Vagina

5⁰⁰-5⁴⁵: Ask the Professor

WORKSHOP TEACHES THE FOLLOWING COSMETIC GYN PROCEDURES

Day 4: WORKSHOP

(From 8⁰⁰ AM to 5⁴⁵ PM)

WET LABORATORY WITH HANDS-ON

of

SELECTED and MOST COMMONLY REQUESTED COSMETIC GYNECOLOGIC PROCEDURES

10¹⁵ AM to 10³⁰ AM: Break

12⁰⁰-1⁰⁰ PM: Lunch Break

3¹⁵ PM to 3³⁰ PM: Break

- Live Demonstration of “Vaginal Rugation Rejuvenation” with CO₂ or KTP, or YAG Laser
- Demonstration of Necessary Surgical Instruments for Cosmetic-Plastic Gynecology
- Demonstrations and Practice of Cosmetic Surgical Incisions, Suturing Material and Suturing Techniques
- **“REDUCTIVE CLITORAL HOODOPLASTY** (Hands-on Training)
 - a. Modified Hydrodissection with Reverse V-Plasty for Clitoral Prepuce Reduction (Hands-on Training)
 - b. Subepithelial Resection for Clitoral Prepuce Reduction (Hands-on Training)
- **OSTRZENSKI’S FRENULOPLASTY** (Hands-on Training)

WORKSHOP TEACHES THE FOLLOWING COSMETIC GYN PROCEDURES

- **LABIA MINORA LABIOPLASTY:**
 - a) Ostrzenski's Fenestration Labioplasty (OFL): (Hands-on Training)
 - b) Inferior Wedge Resection with Superior Pedicle Reconstruction (Hands-on Training)
 - c) De-epithelialization (Hands-on Training)
 - d) Partial Amputation (Hands-on Training)
- **LABIA MAJORA LABIOPLASTY:**
 - a) Ostrzenski Labioplasty (Hands-on Training)
 - b) Skin Reduction (Hands-on Training)
- **HYMENOPLASTY:**
 - a) Hymeneal Membrane Restoration (Hands-on Training)
 - b) Hymeneal Plate Reconstruction
 - c) Hymeneal Plate Reconstruction
- **FINAL REMARKS:**
- **How to Practice, Teach, and Market Honest and Non-deceptive Cosmetic-Plastic Gynecology**
- Ask the Professor (Final Session)

**WORKSHOP TEACHES THE FOLLOWING
COSMETIC GYN PROCEDURES
38 HOURS OF CME CREDITS (45-MINUTE SESSION DURATION)**

TARGET AUDIENCE:

1. Gynecologists
2. Cosmetic Surgeons
3. Plastic Surgeons
4. Urologists
5. General Surgeons

POTENTIAL SPONSORS:

1. CO₂ LASER COMPANIES
2. CONTACT LASER COMPANIES:
 - a. KTP LASER
 - b. YAG LASER
3. ARTIFICIAL FILLERS COMPANY
4. MACRODERM EQUIPMENT COMPANY
5. COSMETIC-PLASTIC INSTRUMENTS COMPANY
6. VAGINAL ESTROGEN TABLET OR CREAM PHARMACEUTICAL COMPANY