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**

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Anecdotal, unpublished technique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

<table>
<thead>
<tr>
<th>Vaginal Rejuvenation</th>
<th>Clinical Characteristics</th>
<th>Clinical Management</th>
</tr>
</thead>
</table>
| **Category A**       | *The absence of columnar rugae and the absence of site-specific defects* | 2-step therapy:  
Step I: Vaginal estrogen  
Step II: Vaginal columnar rugae restoration |
| **Category B**       | *The absence of columnar rugae and the presence of site-specific defects* | Estrogen deficiency  
3-step therapies:  
Step I: Vaginal estrogen  
Step II: Reconstruction of site-specific defects  
Step III: Vaginal columnar rugae restorations  
*Estrogenized woman (2-step):* Step I: Reconstruction of site-specific defects  
Step II: Vaginal columnar rugae restorations |
| **Category C**       | *The presence of columnar rugae and the presence of site-specific defects* | Paravaginal defect(s)  
Reconstruction  
*Other conditions can be included into this category such as isolated defects of:*  
1. Dorsal perineal membrane  
2. Perineal body  
3. Vaginal orifice  
Management will require separate reconstruction of each entity. |
| **Category D**       | *The presence of columnar rugae and the absence of site-specific defects* | For hypermucorrhea:  
Partial reduction of cervical glands with CO₂ laser  
*For wide middle vagina:*  
Size reduction of the middle part of the vagina with G-Spot surgical augmentation  
*For vaginal migration onto fossa navicularis:*  
Partial distal vaginal resection with vaginal hymeneal ring reconstruction |
**WORKSHOP TEACHES THE FOLLOWING COSMETIC GYN PROCEDURES**

**LABIA MINORA LABIoplasty**

<table>
<thead>
<tr>
<th><strong>NEW Techniques Procedure</strong></th>
<th><strong>Author</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>“Fenestration Labioplasty with Transposition”</td>
<td>Ostrzenski</td>
</tr>
<tr>
<td>“Fenestration Labioplasty with Anterior Laminectomy and Transposition”</td>
<td>Ostrzenski</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>OLD Techniques Procedure</strong></th>
<th><strong>Author</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>“Central V-Plasty”</td>
<td>Alter GJ., 1998</td>
</tr>
<tr>
<td>“Inferior V-Plasty”</td>
<td>Rouzier R., 2000</td>
</tr>
<tr>
<td>“De-epithelialized Reduction Labioplasty”</td>
<td>Youn CH, Tai KK, 2000</td>
</tr>
<tr>
<td>“Central Wedge Nymphectomy with a 90-Degree Z-Plasty for Esthetic Reduction of the Labia Minora”</td>
<td>Giraldo F, et al., 2004</td>
</tr>
<tr>
<td>“Laser Labioplasty of Labia Minora”</td>
<td>Pardo J, et al., 2006</td>
</tr>
</tbody>
</table>
# WORKSHOP TEACHES THE FOLLOWING COSMETIC GYN PROCEDURES

## CLITORAL HOODOPLASTY

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

## LABIA MAJORA LABIOPLASTY

<table>
<thead>
<tr>
<th>NEW Techniques Procedure</th>
<th>Author</th>
<th>OLD Techniques Procedure</th>
<th>Author</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>“Autologous Fat Transfer”</td>
<td>Anecdotal</td>
</tr>
</tbody>
</table>

## G-SPOT AUGMENTATION

<table>
<thead>
<tr>
<th>NEW Techniques Procedure</th>
<th>Author</th>
<th>OLD Techniques Procedure</th>
<th>Author</th>
</tr>
</thead>
<tbody>
<tr>
<td>“G-Spot Surgical Augmentation”</td>
<td>Ostrzenski</td>
<td>“G-Spot Amplification by Collagen Injection”</td>
<td>Anecdotal</td>
</tr>
<tr>
<td></td>
<td>(Anecdotal)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>“G-Spot Augmentation by Autologous Fat Transfer”</td>
<td>Ostrzenski</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(Anecdotal)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Workshop Teaches the Following Cosmetic Gyn Procedures**

## Hymenoplasty

<table>
<thead>
<tr>
<th>NEW Techniques Procedure</th>
<th>Author</th>
<th>OLD Techniques Procedure</th>
<th>Author</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Hymenoplasty without Suturing”</td>
<td>Ostrzenski</td>
<td>“Hymenoplasty”</td>
<td>Anecdotal</td>
</tr>
<tr>
<td>“Hymen Ring Reconstruction”</td>
<td>Ostrzenski</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Clitoroplasty

<table>
<thead>
<tr>
<th>NEW Techniques Procedure</th>
<th>Author</th>
<th>OLD Techniques Procedure</th>
<th>Author</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>“Clitoroplasty”</td>
<td>Numerous Publications</td>
</tr>
</tbody>
</table>

## De-Novo Vaginoplasty

<table>
<thead>
<tr>
<th>NEW Techniques Procedure</th>
<th>Author</th>
<th>OLD Techniques Procedure</th>
<th>Author</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>“De-Novo Vaginoplasty”</td>
<td>Publications are Available</td>
</tr>
</tbody>
</table>
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

7:30 – 8:00 Registration and Welcome

8:00 – 8:45 “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)

8:45 – 9:30: “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


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

10:15 - 10:30: Break

10:30–11:15: “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

11:15–12:00: “Preoperative Care”

Preoperative Preparation – ACOG Recommendations:

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

12:00-1:00 PM: Lunch Break
WORKSHOP TEACHES THE FOLLOWING
COSMETIC GYN PROCEDURES

Afternoon/Evening Sessions

1^{00} – 1^{45}: “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

1^{45} – 2^{30}: “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

2^{30} – 3^{15}: “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

3^{15} – 3^{30}: Break
WORKSHOP TEACHES THE FOLLOWING COSMETIC GYN PROCEDURES

3\textsuperscript{30}-4\textsuperscript{15}: “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

4\textsuperscript{15}-5\textsuperscript{00}: Ask the Professor
WORKSHOP TEACHES THE FOLLOWING COSMETIC GYN PROCEDURES

Day 2: DIDACTIC & DRY LABORATORY

Morning Sessions

“Labia Minora Labioplasty Techniques”

8:00 – 8:45:

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

8:45 – 9:30:

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

9:30 – 10:15: “Labia Minora Reduction with Inferior Wedge Resection and Superior Pedicle Reconstruction” (Didactics and dry laboratory)

10:15 – 10:30: 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)

1200–1:00 PM: Lunch Break

Afternoon/Evening Sessions

“Labia Minora Labioplasty Techniques” (Cont.)

1:00–1:45:

A. Partial Amputation (Didactics and dry laboratory)

B. Ostrzenski’s Labia Minora Transplantations
   a) Labia Minora Tissues Used for Transplantation with Rotation (Didactics)
   b) Prepucial Flap Tissues Used for Labial Transplantation (Didactics)

1:45–2:30: “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

11:15-12:00:
1. G-Spot Anatomy: Ostrzenski’s New Discovery (Didactics)
2. Ostrzenski’s G-Spotplasty New Technique (Didactics and dry laboratory)

12:00-1:00 PM: Lunch Break

Afternoon/Evening Sessions

“VAGINAL REJUVENATION: NEW TECHNIQUES”

1:00-1:45:
1. Ostrzenski’s Vaginal Rejuvenation Classification (Didactics),
2. Ostrzenski’s Vaginal Rugation Rejuvenation (Didactics and dry laboratory)

1:45-2:30:
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

2^{30} - 3^{15}:

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

3^{15} - 3^{30}: Break

3^{30} - 4^{15}:

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

4^{15} - 5^{00}: Ostrzenski’s Distal Vaginal Wall resection with Hymeneal Plate and Pubocervical Fascia Reconstruction for an Acquired Sensation of Wide/Smooth Vagina

5^{00} - 5^{45}: Ask the Professor
WORKSHOP TEACHES THE FOLLOWING COSMETIC GYN PROCEDURES

Day 4: WORKSHOP
(From 8:00 AM to 5:45 PM)

WET LABORATORY WITH HANDS-ON

of

SELECTED and MOST COMMONLY REQUESTED COSMETIC GYNECOLOGIC PROCEDURES

10:15 AM to 10:30 AM: Break

12:00-1:00 PM: Lunch Break

3:15 PM to 3:30 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 Prepucial Reduction (Hands-on Training)
  b. Subepithelial Resection for Clitoral Prepucial 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 Labiopexy (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