

INTEGRATING COSMETIC-PLASTIC GYNECOLOGY

into

CLINICAL PRACTICE: A SURGICAL WORKSHOP

(New and Old Procedures, Videos, Dry & Wet Laboratories, and Didactic Lectures)

Workshop Description

WORKSHOP OVERVIEW

Integrating Cosmetic-Plastic Gynecology into Clinical Practice:

This three-day clinical workshop offers excellent clinical teaching supported by didactic PowerPoint lectures and actual surgery videos as well as clinical hands-on training arranged in the form of dry and wet laboratories exercise. Practitioners who are looking for a modern state-of-the-art practical approach how to weave cosmetic-plastic gynecology into an integrative medical practice with personal care for women, this workshop will meet your expectations.

Today, in response to ever-growing public-in-large demands for cosmetic-plastic gynecologic services around the globe, Congress Med., LTD together with a leading expert in the cosmetic-plastic gynecologic field, Professor Adam Ostrzenski from U.S.A. developed this unique workshop encompasses sensible didactics and hands-on laboratories training for doctors who would like to integrate this new field into their practices.

A cosmetic-plastic gynecologic course with a hands-on workshop offers an opportunity for practitioners (*gynecologists, urogynecologists, gynecologic oncologists, urologists, cosmetic-plastic surgeons, and general surgeons*) to learn new surgical procedures developed for aesthetic and functional purposes. No traditional gynecologic operations are included in this educational event. PowerPoint didactic lectures are supported by live surgery videos and videos of surgical dissection on fresh cadavers. A dry laboratory exercise is included. In the wet laboratory setting, hands-on training is provided. The designated time per a lecture and a Q – A sessions or dry/wet laboratory is 45 minutes.

Learning Objectives

The course/workshop is designed to improve efficiency in patient/procedure selection and to refine dexterities needed to perform the most commonly requested cosmetic-plastic surgical interventions for aesthetic motives and medical indications. Participants will be taught aesthetic and reconstructive procedures to improve vaginal function without the use of mesh. Cutting edge procedures in cosmetic-plastic gynecology will be taught during these educational events.

Upon Completion of this Course/Workshop, Active Participants should be able to:

- Fundamental principles of cosmetic surgery:
 - Cosmetic incisions

- “Hidden incisions and scars”
- Cosmetic excisions
- Types of surgical scalpels
- Sutures
- Cosmetic types of skin closure
- Cosmetic types of surgical knots
- Creating fine-line scar
- How to avoid scars “dog-ear”, “railroad tracks”, “trapdoor”
- Skin flap advancements
- Learn aesthetic and functional definitions used in cosmetic-plastic gynecology;
- Familiarize with recommendations related to cosmetic-plastic gynecology offered by gynecologic societies;
- Identify embryology relevant to cosmetic-plastic gynecology;
- Learn new anatomic discoveries applicable for cosmetic-plastic gynecology;
- Qualify a patient for an appropriate cosmetic-plastic gynecologic surgical intervention;
- Learn new and old cosmetic-plastic surgical interventions applicable today in both dry and wet laboratory settings supported with didactic lectures and videos;
- Discuss the various surgical therapeutic options for specific aesthetic/medical conditions;
- Discuss expected outcomes;
- Recognize the risk of potential complications;
- Recognize limitations to execute various cosmetic-plastic gynecologic operations;
- Learn about natural and artificial fillers applicable in cosmetic-plastic gynecology;
- Integrate cosmetic-plastic gynecology into clinical practice.

Accreditation

The Accredited International Institution will provide Continuing Medical Education (CME) for a maximum of 36 Category I credits. Physicians should only claim credit for their active participation in the educational activities. CME certificates will be presented at the end of each day of the workshop.

Day 1. COSMETIC GYNECOLOGY

Morning Sessions

OLD & NEW PROCEDURES

FOR

LABIA MINORA LABIOPLASTY

- 8⁰⁰ – 8⁴⁵:
 1. Fundamental principles of cosmetic surgery:
 - Cosmetic incisions
 - “Hidden incisions and scars”
 - Cosmetic excisions
 - Types of surgical scalpels
 - Sutures
 - Cosmetic types of skin closure
 - Cosmetic types of surgical knots
 - Creating fine-line scar
 - How to avoid scars “dog-ear”, “railroad tracks”, “trapdoor”
 - Skin flap advancements

This educational program incorporates fundamental principles of the female genital cosmetic-plastic surgery:

- Recognizing unfavorable anatomic areas prone to produce postoperative wrinkle, widening scar, keloids, or hypertrophic scars
- Recognizing relaxed skin tension line
- Recognizing the fact that female genital organs are prone to severe edema (swelling)
- Recognizing many factors that affecting the final appearance of a fine-line scar
- Recognizing the following:
 - Differences in skin types and textures in different body locations
 - Tension on skin closure
 - Direction of the wound Surgical technique and skill
 - Patient’s systemic condition
- Selecting and executing appropriate cosmetic incisions
- How to hide the scar
- Method of cosmetic excisions
- Rotating skin flaps
- Advancement skin flaps
 - Directly forward advancement
 - Single-pedicle advancement
 - V-Y advancement
 - Y-V advancement
 - Bi-pedicle advancement
- Z-plasty and W-plasty for scar size reduction

- Adipose tissues:
 - Transposition
 - Transplant
- How to avoid disfiguring fine-line:
 - Trapdoor scar
 - Railroad tracks scar
- Selecting the type of skin closure technique for the different incision and location
- Selecting suturing materials
- Selecting the type of knot technique
- Skin adhesives
- Skin staples

Wound healing

- Cytokines
 - Growth factors
 - Introduction to cosmetic-plastic gynecology:
 - Definitions
 - Multiple Gynecologic Societies clinical recommendations
 - Informed consent
2. The Advanced Cosmetic-Plastic Gynecologic Course Hands-on-Workshop teaches the fundamental principles of general cosmetic skills for surgeons who represent specialties other than plastic surgery such as gynecologic surgeons, urologic surgeons, general surgeons, and dermatologic surgeons. Doctors who didn't have the formal training in the cosmetic-plastic field will greatly benefit from this part of our educational curriculum.
 3. Micro surgical technique application in cosmetic-plastic gynecology.
 4. Surgical instruments and surgical materials used in cosmetic-plastic gynecology.
 5. Pre- and post-operative cares in cosmetic-plastic gynecology

8⁴⁵-9³⁰: Harmful Surgical Techniques for labia minora labioplasty (Didactics and Dry Laboratory)

1. Central V-Plasty,
2. Over-resected V-Plasty,
3. W-Plasty,
4. 90⁰ Nymphectomy with Z-Plasty,

9³⁰-10¹⁵: Relevant techniques for labia minora labioplasty (Didactics and Dry Laboratory):

1. Ostrzenski's Fenestration Labioreduction with Nerves and Vessels Preservation
2. De-epithelialization Labioplasty
3. Partial Amputation (Abrupt Labioplasty) or Straightforward Amputation
4. Inferior V-plasty

10¹⁵ AM to 10³⁰ AM: Break

10³⁰–11¹⁵ Potential complications and Labia Minora Labioplasty:

- Preventions
- Treatment
 - “Ostrzenski’s Labia Minora Transplantations”
 - Labia Minora Tissues Used for Flap Rotation
 - Prepuccial Flap Tissues Used for Labial Transplantation

**OLD & NEW PROCEDURES
FOR
LABIA MAJORA LABIOPLASTY**

11¹⁵-12⁰⁰ AM/PM:

- *Gross and Functional Anatomy of Labia Majora (the new discovery)*
- *Controversial Surgical Techniques for labia Majora labioplasty* (Didactics and Dry Laboratory):
 1. Longitudinal labia majora reduction with skin and adipose sac excision
 2. Transverse majora reduction with skin and fat excision

12⁰⁰-1⁰⁰ PM: Lunch Break

Afternoon Sessions

“LABIA MAJORA Labioplasty Techniques”

1⁰⁰-1⁴⁵PM: *Relevant techniques for labia MAJORA labioplasty* (Didactics and Dry Laboratory)

1. Ostrzenski’s adipose sac restoration for labia majora
2. Ostrzenski’s labioplexy (the Calles’ fascia reconstruction)
3. Mons pubis lift
4. Autologous fat transfer for labia majora labioplasty and using other fillers

1⁴⁵–2³⁰PM: Selections of relevant procedures for labia minora and labia majora labioplasty
(PowerPoint Presentations of Various Clinical Cases)

2³⁰ PM to 2⁴⁵ PM: Break

2⁴⁵-3³⁰PM: Avoiding Labia Majora Potential Surgical Complications (PowerPoint Demonstrations of Cases):

- Improving surgical skill, understanding surgical concepts
- No one-procedure-fits-all,
- Appropriate selection of patients, surgical instruments, materials, incisions, suturing and tying techniques,
- Utilizing microsurgical technique principles,
- Pre-operative selection and care,
- Post-operative care,

**FROM 3³⁰ PM TO 6³⁰ PM (Total 4 academic hours)
(Hands-on Training (Dry-Wet Laboratory))**

Videos of Selected Live OR Surgery & Fresh Cadaver Dissections

1. Ostrzenski's Fenestration Labioplasty (OFL) with Transposition (wet laboratory and videos)
2. Inferior Wedge Resection with Superior Pedicle Reconstruction (wet laboratory)
3. De-epithelialization (wet laboratory)
4. Partial Amputation (wet laboratory)
5. Labia majora labiopexy by Calles' fascia and site-specific fat sac reconstruction (video)

Day 2: COSMETIC GYNECOLOGY

Morning Session

OLD & NEW PROCEDURES

FOR

CLITORAL HOODOPLASTY

(Didactic lectures, Dry, and Wet Laboratories)

CLITORAL HOODOPLASTY PROCEDURES

8⁰⁰– 8⁴⁵AM: Gross and Functional Anatomy of the CLITORAL HOOD.

8⁴⁵-9³⁰AM: Ostrzenski's clitoral hoodoplasty classifications (Didactic lecture):

- a. Clitoral hood clinical identification of aesthetic deformities
- b. Application of surgical intervention for different forms of clitoral hood aberrations

9³⁰-10¹⁵AM: *Controversial Surgical Procedures for Clitoral Hoodoplasty:*

1. Central V-Plasty of the Labia Minora with Extension (Didactics and dry laboratory),
2. Central Reduction of the Clitoral Hood,

10¹⁵ AM to 10³⁰AM: Break

10³⁰–11¹⁵AM: *Relevant Surgical Procedures for Clitoral Hoodoplasty:*

- A. *Restorative* Clitoral Hoodoplasty:
Ostrzenski's Hydrodissection with Reverse V-Plasty
- B. *Reductive* Clitoral Hoodoplasty:
 1. Ostrzenski's Modified Hydrodissection with Reverse V-Plasty
 2. Subepithelial Clitoral Hoodoplasty

PREPUCIOPLASTY

11¹⁵-12⁰⁰AM/PM: *Gross and Functional Anatomy of the CLITORAL PREPUCE*

*Relevant Surgical Procedures for Clitoral Redundant Prepuce Reconstruction
(Ostrzenski's Technique)*

12⁰⁰-1⁰⁰ PM: Lunch

Afternoon Session

CLITORAL FRENULOPLASTY

1⁰⁰ – 1⁴⁵ PM: *The Gross and Functional Anatomy of the Clitoral Frenulum (the new discovery)*

Controversial Surgical Procedures for Clitoral Frenuloplasty:

1. The Clitoral Frenulum Resection
2. The Clitoral Frenulum Partial or Total Separation from the Clitoris

Relevant Surgical Procedures for Clitoral Frenuloplasty

3. “Ostrzenski’s Clitoral Frenuloplasty (Didactics and dry laboratory)
4. “Ostrzenski’s Clitoral Frenuloplasty with Transposition (Didactics and dry laboratory)

G-SPOT & G-SPOTPLASTY

1⁴⁵ – 2³⁰ PM: *The Gross and Functional Anatomy of the G-spot (the new discovery)*

Controversial Procedure: G-Spot Amplification[®] (G-shot[®])

Relevant Surgical Procedures for G-spotplasty: Ostrzenski’s G-Spotplasty

2³⁰ to 2⁴⁵ PM: **Break**

2⁴⁵-3³⁰ PM: **Potential Surgical Complications and How to Avoid Them:**

(PowerPoint Demonstrations of Cases)

Clitoral Hoodoplasty, Clitoral Frenuloplasty, and G-Spotplasty Surgical Complications

FROM 3³⁰ TO 6³⁰ PM

Hands-on Training (Wet Laboratory)

Videos of Selected Live OR Surgery & Fresh Cadaver Dissections

1. Clitoral Hoodoplasty:
 - a. Ostrzenski's Hydrodissection with Reverse V-Plasty (Wet laboratory)
 - b. Ostrzenski's Modified Hydrodissection with Reverse V-Plasty (Wet laboratory)
 - c. Ostrzenski's Subepithelial Clitoral Hoodoplasty (Wet laboratory)
2. Ostrzenski's Clitoral Redundant Prepuce Reconstruction (Video)
 1. Ostrzenski's Clitoral Frenuloplasty (Wet laboratory and Video)
 2. G-Spot Plasty (Wet laboratory)

Day 3: PLASTIC GYNECOLOGY

1. **VAGINAL REJUVENATION** (NEW 7 TECHNIQUES)
2. **HYMENOPLASTY** (2 NEW TECHNIQUES)
3. **DEFIBULATION** (AESTHETIC TECHNIQUE)

(VIDEOS, DRY-WET LABORATORIES, and DIDACTIC LECTURES)

Morning Session

“VAGINAL REJUVENATION”

8⁰⁰ – 8⁴⁵AM: Gross and Functional Anatomy of the vagina, the vaginal introitus, hymeneal ring, hymeneal plate, and hymeneal membrane

8⁴⁵-9³⁰AM: Ostrzenski’s vaginal rejuvenation classifications (Didactic lecture):

9³⁰-10¹⁵AM:

1. Wide/Smooth Vagina

- Causes of an acquired sensation of wide and/or smooth vagina
- Application of surgical interventions for different forms of vaginal rejuvenation

2. Ostrzenski’s vaginal introital classification

1. The role of the vaginal introitus in vaginal rejuvenation
2. Application of surgical interventions for different types of vaginal introital defects repair

10¹⁵ AM to 10³⁰AM: Break

10³⁰-11¹⁵AM: *Controversial Surgical Procedures for Vaginal Rejuvenation*

- Laser Vaginal Rejuvenation®
- Designer Laser Vaginoplasty®
- Vaginal tightening by posterior vaginal reduction

10³⁰–11¹⁵AM: *Relevant Surgical Procedures for Vaginal Rejuvenation:*

1. Ostrzenski’s vaginal rugation rejuvenation (VRR)
2. Ostrzenski’s modified perineoplasty

11¹⁵ – 12⁰⁰AM/PM: *Relevant Surgical Procedures for Vaginal Rejuvenation:*

1. Ostrzenski’s anterior vaginal introitoplasty (Didactic lecture)
2. Ostrzenski’s lateral vaginal introitoplasty (Didactic lecture)
3. Ostrzenski’s posterior vaginal reconstruction with the proximal perineal body preservation

12⁰⁰-1⁰⁰ PM: Lunch

DAY 3: PLASTIC GYNECOLOGY

Afternoon Session

VAGINAL REJUVENATION (cont.)

1⁰⁰-1⁴⁵ PM: *Relevant Surgical Procedures for Vaginal Rejuvenation:*

1. Ostrzenski's urethra-vaginal sphincter reconstruction for vaginal rejuvenation (Didactic lecture)
2. Ostrzenski's dorsal perineal membrane reconstruction for vaginal rejuvenation (Didactic lecture)
3. Ostrzenski's proximal perineal body preservation during posterior vaginal wall reconstruction

1⁴⁵-2³⁰ PM: *Relevant Surgical Procedures for Vaginal Rejuvenation:*

1. Ostrzenski's CO₂ laser partial cervical gland reduction for smooth vagina (mucorrhea)
2. Site-specific pelvic reconstruction as an adjunct for vaginal rejuvenation

2³⁰ to 2⁴⁵ PM: **Break**

2⁴⁵-3³⁰ PM: *Potential Surgical Complications of Vaginal Rejuvenation and How to Avoid Them:* (PowerPoint Demonstrations of Cases)

Avoidable potential complications related to general cosmetic principles:

- a. Learning surgical skill
- b. Understanding the principle that one-procedure-doesn't-fit -all
- c. Utilizing appropriate surgical instruments, sutures, selection of incisions, suturing and tying techniques
- d. Adapting microsurgical technique principles
- e. Pre-operative patient selection and care
- f. Post-operative care

HYMENOPLASTY

3³⁰-4¹⁵ PM: *Relevant Surgical Procedures for Hymenoplasty* (Didactic lecture)

DEFIBULATION

***Relevant Surgical Procedures for Defibulation* (Didactic lecture)**

FROM 4¹⁵ TO 6³⁰ PM (Total 3 academic hours incl. above)

Hands-on Training (Wet Laboratory and Videos):

Hymenoplasty

ASK THE PROFESSOR Session

Closing Remarks

PROGRAM PREPARED FOR THE FOLLOWING SPECIALTIES:

1. Gynecologic Surgeons
2. Cosmetic-Plastic Surgeons
3. Urologists
4. General Surgeons
5. Micro Cosmetic Surgeons (Dermatologists)

