MODULE I

- THE LABIA MINORA
- THE CLITORAL PREPUCE
- THE CLITORAL FRENULUM

PROGRAM online COURSE/WORKSHOP

The labia minora:

- LABIOREDUCTION
- LABIoplasty

The prepuce of the clitoris

- HOODOREDUCTION
- HOODOPLASTY

The frenulum of the clitoris

- FRENULOREDUCTION
- FRENULOPLASTY

The Cosmetic-Plastic Gynecologic Course/Hands-on-Workshop teaches the principles of general cosmetic surgery and safe step-by-step gynecologic cosmetic-plastic techniques to improve participant surgical skills. The following specialty will benefit from this medical, educational event:

- Gynecologic surgeons
- Plastic surgeons
- Urologic surgeons
- General surgeons
- Dermatologic surgeons.

Part I presents cosmetic surgery’s general principles, the main branch’s anatomy of the labium minus, the prepuce and the frenulum of the clitoris, and Ostrzenski’s new structure discoveries within the frenulum of the clitoris. The course/workshop teaches how to apply safe surgical techniques and help recognize safe v/s harmful surgical procedures.

Part II teaches practical hands-on gynecologic surgical techniques on commercially available animal flesh. The course/workshop is designed and presented by Prof. Ostrzenski to teach cosmetic surgery of the labia minora, the prepuce, and the clitoris frenulum.
In this section, a participant will learn:

- Local anesthesia
- Cosmetic incision and different excisions
- Cosmetic surgical dissections
- Cosmetic suture selections and closing techniques
- Ostrzenski’s delamination of the labia minora
- Ostrzenski’s new clitoral hoodoreduction and hoodoplasty
- Ostrzenski’s new fenestration labioreduction
- Ostrzenski’s modified arch labioreduction
- Abrupt and straightforward labioreduction
- Prepucioplasty
- Frenuloreduction and frenuloplasty
- Anterior and posterior commissuroplasty

**LEARNING OBJECTIVES:**
- Definitions of Cosmetic and Plastic Gynecology
- Informed Consent
- Gross, Functional, Topographic, and Surgical Anatomy of the labia minora, the prepuce, and the frenulum

**Cosmetic Surgery Principles:**
- Cosmetic incisions
- Hidden incisions
- Cosmetic excisions
• CPG surgical instruments

• Sutures and suturing

• Cosmetic types of skin closure
• Cosmetic types of surgical knots
• Skin adhesives
• Creating fine-line scar
• How to avoid “dog-ear”, “railroad tracks”, and “trapdoor” complications

• Skin flap advancements
• Recognizing unfavorable anatomic areas prone to post-operative wrinkle, widening scar, keloids, or hypertrophic scars
• Identifying a relaxed skin tension line
• Acknowledging the fact that female genital organs are prone to severe edema
• Recognizing factors affecting the final appearance of a fine-line scar
• Recognizing:
  * Differences skin types and textures
  * Tension on closure
  * Patient’s systemic condition

**Rotating flaps**

• Rotating flaps
• Advancement skin flaps:
  o Directly forward advancement
  o Single-pedicle advancement
  o V-Y advancement
  o Bipedicle advancement
• Z-plasty and W-plasty for scar size reduction

**Adipose tissue as natural filler:**

• Transposition
• Transplant

**Wound healing:**

• Cytokines
• Growth factors

**Labioreduction of the Labium Minus: Main Structure, the Prepuce, and Frenulum**

• Microsurgical technique application in cosmetic-plastic gynecology
• Pre- and post-operative cares in cosmetic-plastic gynecology

**Safe Surgical Techniques for labioreduction of the Labia Minora:**

• Arch Labioreduction (Ostrzenski’s Modification)
• Posterior Wedge Resection (Martincik & Malinowski)
• Central Partial Delamination (A-P-D-epithelialization [Choi & Kim])
• Fenestration Labioreduction (Ostrzenski) – ranking 2\textsuperscript{nd} in the world scientific-clinical article

**Harmful Surgical Techniques for labioreduction of the Labia Minora:**

• Abrupt Labioreduction
• Straightforward Amputation
• Central V-Plasty
• W-Plasty
• Nymphectomy with 90\textdegree Z-Plasty
• Inferior V-plasty

**Ostrzenski’s Corrective Labioplasty for a Labium Minus Botched Surgery**

• Ostrzenski’s Labiolysis Surgical Technique

• Prepuciplasty
• Frenuloplasty
• Ostrzenski’s Hydrodissection with Reverse V-plasty for the Phimotic or Buried Clitoris

• Commissuroplasty
• Corrective Surgery for Labial Over-resections
• Labium Minus Expansion Technic for Corrective Surgery
Avoidable Surgical Complications

• Corrective Surgery for Iatrogenic Neuropathy
• Corrective Surgery for Iatrogenic Pudenda Neuralgia
• Decompression of the Clitoral Glans and Body

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PAYMENT