

## ***BASIC and ADVANCED COURSE/WORKSHOP: COSMETIC-PLASTIC GYNECOLOGY***

For new dates of the course/workshop, please get in touch with Prof. Ostrzenski by personal e-mail: [ao@baymedical.com](mailto:ao@baymedical.com) or university e-mail: [aostrzen@fiu.com](mailto:aostrzen@fiu.com)

Phones: Office: +(727) 343 6606 or Cell: +(727) 458 6060

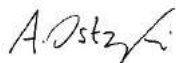
Also, visit websites at: [www.cosmetic-gyn.com](http://www.cosmetic-gyn.com) or [www.f-sui.com](http://www.f-sui.com)

**TREE-DAY COURSE/WORKSHOP** with hands-on LABORATORY TRAINING of new and old procedures in cosmetic-plastic gynecology is enhanced by live surgery videos, dry (drawing procedure pictures), and wet laboratory – hands-on training of surgical dissections, surgical flaps, cosmetic suturing-tying techniques, and cosmetic surgical operations by using commercial animal flesh. Didactic lectures are supported by PowerPoint and live surgical videos to demonstrate actual procedures. This educational event is developed for entry-level surgeons who need to adopt general cosmetic-plastic principles and also how to incorporate them into cosmetic-plastic gynecology (CPG). For advanced entry-level surgeons, it is also beneficial to understand the fundamental differences between traditional gynecologic surgery and cosmetic-plastic operations. Such groupings of basic and advanced courses/workshops in one will assist both groups of surgeons, improve their surgical skills, and significantly reduce severe surgical complications. CPG educators will also benefit by having guidelines and educational material for CPG-appropriate and effective teaching. **WORKSHOP OVERVIEW:** This basic-advanced course/workshop will meet expectations for surgeons looking for a state-of-the-art practical approach to teaching surgery and teach how to weave into practice new cosmetic-plastic gynecology (CPG) services. Today, in response to ever-growing demands by women for cosmetic-plastic gynecologic operations around the globe, many surgeons are trying to enter this field without adequate preparation *FOR SURGICAL CHALLENGES ahead*. This situation leads to severe surgical complications that produce “female sexual invalids” when not adequately prepared surgeons to take chances on CPG. A residency in Ob/Gyn or other programs doesn’t offer teaching and training for future CPG surgeons.

Prof. Ostrzenski has designed and developed a new course/workshop based on anatomical discoveries and traditional anatomy. Combining a basic and advanced course, Prof. Ostrzenski signals that both groups, beginners and currently practicing surgeons, need to improve their fundamental knowledge not only about surgical techniques but also applications of the general principles of cosmetic and plastic surgery and to understand the concept of surgical operations. This course/workshop will benefit gynecologists and other specialty surgeons who did not have formal education and training in cosmetic-plastic surgery. Cosmetic-plastic surgeons will learn the gynecologic surgery principles of the external female genitalia and the vagina.

This course/workshop would **NOT** include traditional gynecologic operations that the procedure nomenclatures were changed to use as female genital cosmetic surgery. All course/workshop sessions will be conducted by Prof. Ostrzenski himself in English and by a special request in Polish language.

With regards,



Prof. Adam Ostrzenski, M. D., Ph. D., Dr. Habil., Dr. Med. Hon. Causa  
Course Director

# **BASIC COURSE/WORKSHOP on COSMETIC-PLASTIC GYNECOLOGY**

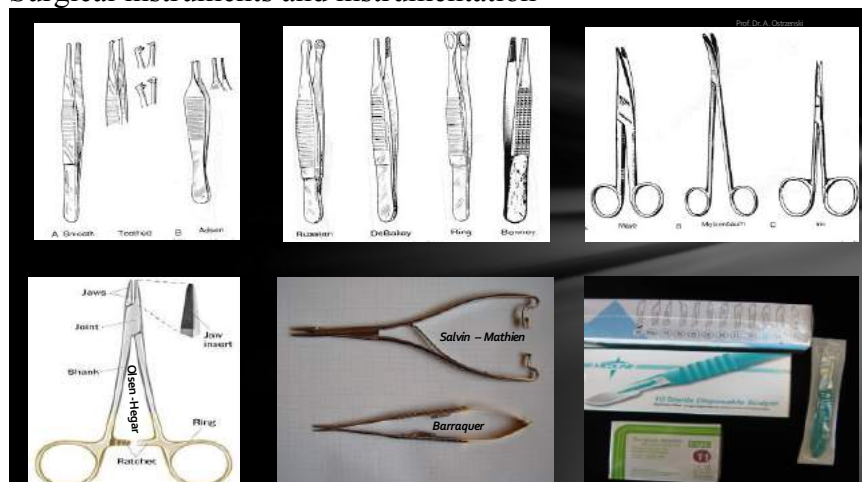
Presented by:

***Prof. Adam Ostrzenski, M.D., Ph. D., Dr. Habil. Dr. Honoris Causa, USA***  
***A Cosmetic-Plastic Gynecologic Surgeon***

The Institute of Gynecology (IOG) offers a Basic Cosmetic-Plastic Gynecology (CPG) Course-Workshop with hands-on dry and wet laboratory training. The course provides a new learning opportunity in the CPG field *for starting surgeons, practicing surgeons, and teachers*. The learning from this educational event will improve the competence of female genital cosmetic-plastic surgeries. The course -workshop program was developed and would be conducted exclusively by Prof. Dr. Adam Ostrzenski from the USA in English.

## **COURSE LEARNING OBJECTIVES:**

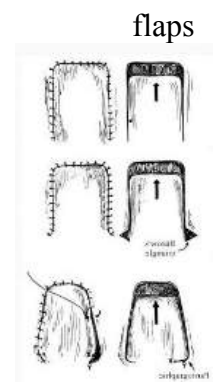
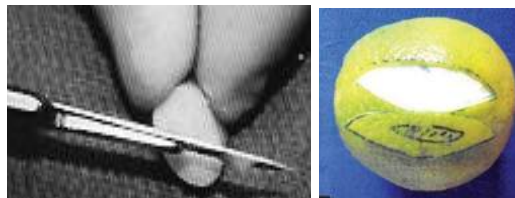
- Definitions:
  - Cosmetic Surgery
  - Plastic (Reconstructive Surgery)
- Surgical Principles of Cosmetic-Plastic Surgery:
  - Surgical instruments and instrumentation



- o Cosmetic surgical dissection



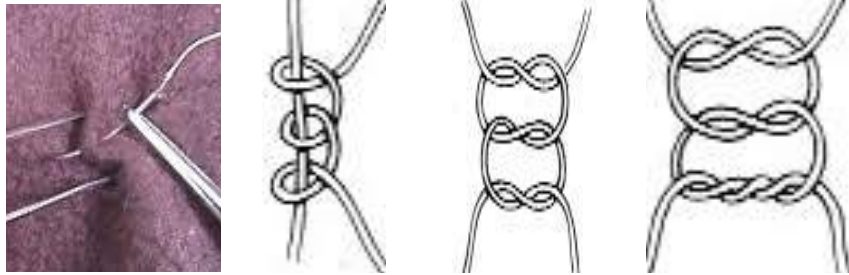
- o Cosmetic incision, excision,



- o Tissue transfer, transposition, and tissue transplantation



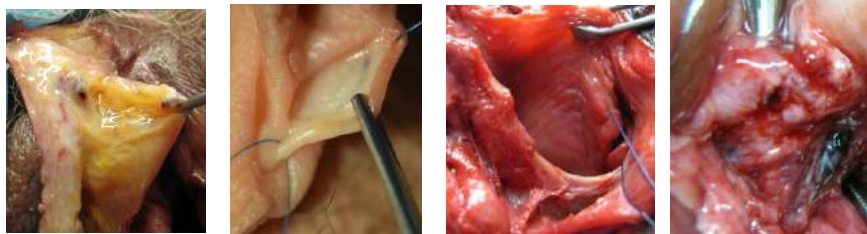
- Cosmetic suturing, and tying techniques



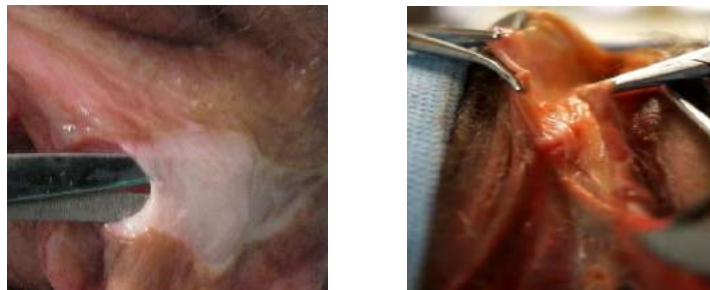
- Patient selection – based on medical evidence data
- Pre-, and post-operative care
- Identifying harmful CPG surgical techniques concepts

- Anatomy:

- Ostrzenski's genital tract anatomical discoveries



- Clinical implementation of new and old anatomy in CPG surgery
- Gross, topographic, functional, and surgical anatomy in CPG



- Anatomically wrong-designed surgical concept(s)
- Changing the natural anatomy look by amputation is against cosmetic surgery principles.

- Training

- Lectures supported by PowerPoint

- Dry laboratory



- Wet laboratory-hands-on training



- A participant executes procedures under Prof. Ostrzenski's direct supervision
- Reducing and avoiding CPG severe complications by proper application of surgical and anatomical principles
- Using local anesthesia in CPG

*How the Basic Course-Workshop improves participants' surgical skills in CPG surgery*

- **Starting** surgeons will be prepared for Advanced Hands-on Course-Workshop
- **Experienced** CPG surgeons will
  - comprehend the cosmetic-plastic and anatomical—surgical principles
  - understand the concept of applicable surgical techniques
  - select patient for appropriate surgical procedure(s)
  - perform surgery competently

- avoid or reduce severe complications
- improve the esthetic surgical outcomes
- **Teachers of CPG will**
  - familiarize with a new and traditional gross, topographic, functional, and surgical anatomy
  - implement new and traditional anatomy to surgical techniques
  - improve the teaching of surgical skills
  - learn how to apply cosmetic surgical principles to esthetic gynecology
  - acquire knowledge on how to select appropriate surgical procedure(s)
  - know-how to interpret the concept of surgical intervention(s) and avoid using harmful surgical techniques
  - improve the process of teaching and evaluating the progress of students

## **Day 1. COSMETIC GYNECOLOGY**

### **Morning Sessions**

OLD & NEW PROCEDURES

FOR

### **LABIA MINORA RECONSTRUCTION AND VULVA PLASTY**

- 8<sup>00</sup> – 8<sup>45</sup>:
  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

#### **8<sup>45</sup>-9<sup>30</sup>: Harmful Surgical Techniques for labia minora labioplasty** (Didactics and Dry Laboratory)

1. Central V-Plasty,
2. Over-resected V-Plasty,
3. W-Plasty,
4. 90<sup>0</sup> Nymphectomy with Z-Plasty,

#### **9<sup>30</sup>-10<sup>15</sup>: 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



**10<sup>15</sup> AM to 10<sup>30</sup> AM: Break**

**10<sup>30</sup>–11<sup>15</sup>** 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 Techniques**

**11<sup>15</sup>-12<sup>00</sup> 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

**12<sup>00</sup>-1<sup>00</sup> PM: Lunch Break**

**Afternoon Sessions**

**“LABIA MAJORA Labioplasty Techniques”**

**1<sup>00</sup>-1<sup>45</sup>PM:** *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

**1<sup>45</sup>–2<sup>30</sup>PM:** Selections of relevant procedures for labia minora and labia majora labioplasty  
(PowerPoint Presentations of Various Clinical Cases)

**2<sup>30</sup> PM to 2<sup>45</sup> PM: Break**

**2<sup>45</sup>-3<sup>30</sup>PM: 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 3<sup>30</sup> PM TO 6<sup>30</sup> 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 HOODOREDUCTION and HOODOPLASTY**

(Didactic lectures, Dry, and Wet Laboratories)

**CLITORAL HOODOREDUCTION and HOODOPLASTY PROCEDURES**

**8<sup>00</sup>– 8<sup>45</sup>AM:** Gross and Functional Anatomy of the CLITORAL HOOD.

**8<sup>45</sup>-9<sup>30</sup>AM:** 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

**9<sup>30</sup>-10<sup>15</sup>AM:** *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,

**10<sup>15</sup> AM to 10<sup>30</sup>AM: Break**

**10<sup>30</sup>–11<sup>15</sup>AM:** *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**

**11<sup>15</sup>-12<sup>00</sup>AM/PM:** *Gross and Functional Anatomy of the CLITORAL PREPUCE*

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

**12<sup>00</sup>-1<sup>00</sup> PM: Lunch**

## Afternoon Session

### CLITORAL FRENULOPLASTY

1<sup>00</sup> – 1<sup>45</sup> 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

1<sup>45</sup> – 2<sup>30</sup> PM: *The Gross and Functional Anatomy of the G-spot (the new discovery)*

*Controversial Procedure: G-Spot Amplification<sup>®</sup> (G-shot<sup>®</sup>)*

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

2<sup>30</sup> to 2<sup>45</sup> PM: **Break**

2<sup>45</sup>-3<sup>30</sup> PM: **Potential Surgical Complications and How to Avoid Them:**

(PowerPoint Demonstrations of Cases)

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

**FROM 3<sup>30</sup> TO 6<sup>30</sup> 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 (RECONSTRUCTIVE) 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”**

**8<sup>00</sup> – 8<sup>45</sup>AM:** Gross and Functional Anatomy of the vagina, the vaginal introitus, hymeneal ring, hymeneal plate, and hymeneal membrane

**8<sup>45</sup>-9<sup>30</sup>AM:** Ostrzenski’s vaginal rejuvenation classifications (Didactic lecture):

**9<sup>30</sup>-10<sup>15</sup>AM:**

**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

**10<sup>15</sup> AM to 10<sup>30</sup>AM: Break**

**10<sup>30</sup>-11<sup>15</sup>AM: *Controversial Surgical Procedures for Vaginal Rejuvenation***

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

**10<sup>30</sup>–11<sup>15</sup>AM: *Relevant Surgical Procedures for Vaginal Rejuvenation:***

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

**11<sup>15</sup> – 12<sup>00</sup>AM/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

**12<sup>00</sup>-1<sup>00</sup> PM: Lunch**

# ***DAY 3: PLASTIC GYNECOLOGY***

## **Afternoon Session**

### **VAGINAL REJUVENATION (cont.)**

#### **1<sup>00</sup>-1<sup>45</sup> 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

#### **1<sup>45</sup>-2<sup>30</sup> PM: *Relevant Surgical Procedures for Vaginal Rejuvenation:***

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

#### **2<sup>30</sup> to 2<sup>45</sup> PM: **Break****

#### **2<sup>45</sup>-3<sup>30</sup> 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**

**3<sup>30</sup>-4<sup>15</sup> PM: *Relevant Surgical Procedures for Hymenoplasty* (Didactic lecture)**

## **DEFIBULATION**

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

**FROM 4<sup>15</sup> TO 6<sup>30</sup> 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)

