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AESTHETIC PLASTIC SURGERY
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At last, this book makes available a single volume text of aesthetic surgery that is truly of the 21st century that not only presents each subject in an organized and very readable format, but also provides for continuous, ongoing updating through the electronic miracles of the internet and the computer so that the reader does not have to wait for a period of years for another edition to keep current on any given topic by which time the first edition may be well out of date and behind the curve on new techniques and information.

The availability of DVDs made in real time of actual surgical procedures, and videos add enormously to the appeal of this book. In the past, the best we could do to make the contents, both verbal and visual of the symposia that Dr. Aston and I put together was to result in a monograph of the proceedings and to make available tapes and DVDs of the operations performed in conjunction with the meetings; however, these were separate issues and not always coordinated to represent the efforts of the faculties drawn from experts from all over the world. Monographs evolving from meetings and symposia are difficult to bring to fruition. Faculty members are usually very busy professionals who resent giving the time to prepare their presentations in monograph form, and it is difficult and often presumptuous for the editors to rework the manuscripts to arrive at a common format. The contributing authors to this book were challenged by the continuous updating features as well as the accompanying DVDs and videos which really made their writing efforts live almost in real time, and avoided the often odious and unpopular task of having to rewrite their chapters in a few years time for yet another edition.

I found the uniform format of each chapter in this volume to be most appealing and reader friendly, especially the absence of redundancy, i.e. history and personal philosophy. Aesthetic surgery expertise only comes with hands on experience. “Aesthetic Plastic Surgery” comes as close to reproducing an actual operating room environment as one can expect. At the very least the book is a practical companion to the real thing.

Thomas D. Rees MD, FACS
For the past twenty-nine years Dr. Thomas D. Rees and I co-chaired the Manhattan Eye, Ear & Throat Hospital Aesthetic Surgery Symposium, which brought together a multidisciplinary faculty of experts in just about every facet of aesthetic surgery. Attendees and patients from around the world have benefited from the carefully prepared presentations of the latest advances and tried and true aesthetic surgery techniques. The highly organized program format and, for the most part, rigidly controlled presentation times forced the faculty members to present ‘just the meat’ of their topic. There was no time for exhaustive historical reviews or philosophical discussions. The audience over the years has overwhelmingly given high reviews to this format. Dr. Rees and I discussed on numerous occasions various ways to harness the tremendous amount of material presented during these four- or five-day symposia (i.e. a monograph of the yearly meeting, videos, CDs or audio tapes). It was not done for various reasons. However, Dr. Rees did publish three textbooks that achieved worldwide success: (1) Cosmetic Facial Surgery by Dr. Thomas D. Rees and Dr. Donald Wood-Smith 1973 (2) Aesthetic Plastic Surgery 1980 to which I was a contributor and (3) Aesthetic Plastic Surgery, 1994 co-edited by Dr. Thomas D. Rees and Dr. Gregory S. Latrenta.

Shortly after the 2005 MEETH symposium, one of my co-authors/editors Dr. Douglas S. Steinbrech proposed to me the idea of putting together a textbook based on the subject matter of the recently concluded meeting. After all, we had covered just about the entire field of aesthetic surgery. At first I was tepid to the idea; however, two weeks later Dr. Steinbrech showed up at my office with an outline for the book and ideas about how it could be produced efficiently. My associate Dr. Jennifer L. Walden was enthusiastic about the project and agreed to be one of the co-authors/editors. After several meetings we agreed on the book content (which was significantly different from the 2005 symposium), book format, style, authors and ‘nuts and bolts’. That product is what we have here.

Drs. Steinbrech and Walden are wise and capable beyond their years. They are publishing, lecturing and operating. Most of the good ideas associated with this project should be credited to them. Dr. Douglas S. Steinbrech is a product of the New York University general surgery and plastic surgery residency programs. He is a busy member of the plastic surgery staff at MEETH and Lenox Hill Hospitals and is a favorite of our plastic surgery residents and fellows in teaching and demonstrating surgical techniques. Dr. Jennifer L. Walden, a native Texan, trained in the integrated plastic surgery program at the University of Texas Medical Branch and came to MEETH as an aesthetic surgery fellow in 2003. In addition to her busy private practice, she is the Program Director of our resident and fellows’ teaching program at MEETH and anyone who has ever met her knows she is a natural leader.

This book is a multi-authored single volume text covering most areas of aesthetic surgery. It is not intended to be an encyclopedia of aesthetic surgery techniques but a select accumulation of contemporary procedures that are in frequent use by the authors. The authors are for the most part well known and/or with considerable experience in their topic. We are indebted to all of the authors as they gave of their time and work to make this book a reality. I hope that they will feel a sense of pride in contributing to this book and sharing their experience and knowledge.

The chapters in this book were submitted online through a software program we had designed for this project. The authors configured their chapters to the template so as to provide to the reader the core material. The template provided to the authors stated the need for:

1) Two concise paragraphs about the history surrounding this procedure.
2) Physical evaluation.
3) Three to five concise paragraphs about the anatomy relevant to this procedure.
4) Seven to twelve paragraphs describing the technical steps for this procedure.
5) One paragraph describing the post-operative care associated with this procedure.
6) One paragraph describing the complications associated with this procedure and how you treat them.
7) In bullet form list five Pearls and five Pitfalls.
8) Summarize your procedure in ten to twenty precise steps.
9) List no more than 10 of the most important references.

With the leap forward in internet and computer technology, we have some exciting new additions to this textbook which include: an on-line virtual companion textbook with monthly updates of new material, hypertext links that allow jumping from one topic to another with just a click of the mouse, and a full complement of DVD and downloadable videos for viewing on a laptop.

We also wanted this book to be analogous to Cameron’s Current Surgical Therapy for surgery residents, a useful book of pertinent and relevant topics that could easily be carried in one hand and taken on call or on rounds.

The intended reader is any plastic surgeon interested in aesthetic surgery. We hope that young surgeons find it...
organized so as to provide concise details of the procedures and techniques contained and to add to their knowledge base. For some who are in the midst of their training this book may be their first exposure to some of the specific topics; however, we are confident that more experienced surgeons will also find it useful. All surgeons must constantly update their knowledge of contemporary procedures and strive for improved results. We hope this book helps with that process.

Sherrell J. Aston MD, FACS
2009
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For Edward and Narge, Steinbrech and Jeffrey Sharp for all their support.

Douglas S. Steinbrech, MD, FACS

I dedicate this book to my parents, Dr. Richard and Shirley Walden, who have never once questioned my aspirations and dreams.

Jennifer L. Walden, MD, FACS
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