



AMERICAN ACADEMY  
OF COSMETIC SURGERY

LIVE SURGERY

WORKSHOPS

## LIPOSUCTION, FAT GRAFTING AND ABDOMINOPLASTY UNDER LOCAL ANESTHESIA

SEPTEMBER 18-19, 2009 (FRIDAY – SATURDAY)

Pelosi Medical Center  
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### COURSE DIRECTOR

Marco A. Pelosi II, MD

### FACULTY

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Todd Malan, MD  
Marco A. Pelosi III, MD  
Jose Luis Salas, MD

The purpose of this didactic, live surgical workshop is to provide cosmetic surgeons with an understanding of the current techniques of liposuction including traditional suction assisted liposuction, power liposuction, ultrasonic liposuction (Vaser), low level laser liposuction, laser lipolysis, Airbrush Liposculpturing and the recently introduced Body-Jet liposuction. The workshop also includes current techniques of autologous fat grafting, the introduction of the minimally invasive office lipoabdominoplasty procedure under local tumescent anesthesia and strategies to perform safe combined abdominoplasty and breast cosmetic surgery.

Topics will include: time-saving strategies for softening fat deposits prior to aspiration, high definition liposculpturing, management of large scars during liposuction, correction of unfavorable results using liposhifting/lipofilling, and the use of mesotherapy without needles. Autologous fat grafting technology and site specific fat transfer techniques will be covered. Attendees will learn about patient selection, pre- and post-operative care, skin tightening technologies, potential complications associated with the surgeries, and how to avoid them. Several live surgeries will be performed to demonstrate the procedures covered during the didactic portion of the course.

FRIDAY,  
SEPTEMBER 18, 2009

7:30 A.M.	Continental Breakfast
8:00 A.M.	Introduction to Safe Office Liposuction, Fat Grafting and Abdominoplasty <i>Marco A. Pelosi III, MD</i>
8:10 A.M.	Patient Selection, Pre-op Workup and Markings for Liposuction <i>Marco A. Pelosi III, MD</i>
8:25 A.M.	Anesthesia Modalities for Office Liposuction, Fat Grafting and Abdominoplasty: General Considerations- Office Liposuction Totally Under Tumescant Anesthesia <i>Marco A. Pelosi III, MD</i>
8:55 A.M.	Guidelines for Safe Liposuction, Aesthetic Goals and Endpoints in Liposuction and Strategies to Avoid Complications and Poor Results <i>Marco A. Pelosi III, MD</i>
9:15 A.M.	An Objective Intra-Operative Evaluation of the Effectiveness and Safety of Current Liposuction Techniques: Standard Suction, Manual and Power Assisted Disruption, Power Assisted Liposuction, VASER, Low Level Laser Liposuction, Laser Lipolysis, Airbrush Liposculpturing System and the Body-Jet Liposuction. <i>Marco A. Pelosi II, MD</i>
9:45 A.M.	Strategies for the Management of Large Scars during Liposuction <i>Marco A. Pelosi II, MD</i>
10:00 A.M.	Coffee Break
10:30 A.M.	Improving Unfavorable Post Liposuction Results: Liposhifting and Lipofilling Techniques - Mesotherapy Without Needles <i>Marco A. Pelosi II, MD</i>
11:00 A.M.	The Pelosi-Avellanet Minimally Invasive Office Lipoabdominoplasty System <i>Marco A. Pelosi II, MD</i>
11:30 A.M.	The Safety and Effectiveness of Combined Abdominoplasty and Cosmetic Breast Augmentation <i>Jose Luis Salas, MD</i>
12:00 P.M.	Abdominoplasty and Umbilical Reconstructions: How I Perform It <i>Anthony N. Dardano Jr, DO</i>
12:30 P.M.	Lunch
2:00 - 6:00 P.M.	<b>Live Surgery Case #1</b> <ul style="list-style-type: none"> <li>• Pelosi-Avellanet Combined Liposuction and Abdominoplasty Procedure Under Local Anesthesia</li> <li>• Liposuction of the Torso, Back, and Abdomen</li> <li>• Liposuction of the Extremities</li> <li>• Laser Lipolysis of Chin, Neck, and Jowls</li> <li>• Breast Liposuction</li> <li>• Standard Suction Liposuction, Power Assisted Liposuction, VASER, LLLL, Laser Lipolysis and Airbrush Liposculpturing</li> </ul> <i>Marco A. Pelosi II, MD, Marco A. Pelosi III, MD, Carlos Avellanet, MD, &amp; Antonio Garcia, MD</i>
6:30 P.M.	Round Table Discussion
7:00 P.M.	Cocktail Hour

SATURDAY,  
SEPTEMBER 19, 2009

- 7:30 A.M. Continental Breakfast
- 8:00 A.M. The Art of the Informed Consent for Liposuction, Fat Transfer and Abdominoplasty  
*Robert V. Cattani, MD*
- 8:30 A.M. Autologous Fat Transfer: The Basics of Autologous Fat Grafting - A Clinical and Financial Comparison of Autologous Fat and Other Fillers  
*Marco A. Pelosi III, MD*
- 8:50 A.M. Demonstration of Current Autologous Fat Harvest Techniques  
*Marco A. Pelosi II, MD*
- 9:20 A.M. Buttock Enhancement: Combined Fat Grafting and Liposculpturing for Buttock Enhancement  
*Marco A. Pelosi II, MD*
- 9:35 A.M. Breast Augmentation with Fat Grafting: Standard and Brava Vacuum Assisted Techniques  
*Marco A. Pelosi II, MD*
- 10:00 A.M. Coffee Break
- 10:15 A.M. Indications for Fat Grafting and Liposculpturing in Cosmetic Vaginal Surgery  
*Marco A. Pelosi II, MD*
- 10:45 A.M. Site-specific Fat Transfer Considerations:
  - Face - periorbital, lips, mid face, chin, and jowls
  - Hands
  - Legs and ankles
  - Skin depressions, scars. Use of wire scalpel and scar scissors
  - Phalloplasty*Marco A. Pelosi II, MD*
- 11:15 A.M. High Definition Vaser Liposculpturing  
*TBA*
- 11:30 A.M. Use of the 980 NM Diode Laser Blepharoplasty Technique  
*Todd Malan, MD*
- 12:00 P.M. Liposculpturing and Other Cosmetic Procedures in Transsexuals  
*Antonio Garcia, MD*
- 12:30 P.M. Lunch
- 1:00 - 5:00 P.M. **Live Surgery Case #2**
  - Liposculpturing and Fat Grafting for Buttock Enhancement
  - Fat grafting of face: lips, mid face, jowls, chin, nasolabial folds, periorbital area
  - Labiaplasty with Fat Grafting
  - Breast augmentation with Fat Grafting
  - Hands Rejuvenation with Fat Grafting
  - Correction of post lipo defects*Marco A. Pelosi II, MD, Marco A. Pelosi III, MD, Carlos Avellanet, MD, & Antonio Garcia, MD*
- 5:30 P.M. Round Table Discussion
- 6:00 P.M. Adjourn

The AACS believes that it is important to incorporate several different learning methods to complete the educational process. Certainly, didactic lectures with questions and answers, such as those found during general sessions, are important. The sharing of experiences from colleagues is invaluable, but this is not sufficient for a total learning experience. Concentrated learning sessions provided in our instruction courses are another very important facet of the process, allowing individuals quality time with one or more experts.

No surgical learning process however, is complete without a workshop setting, incorporating focused lectures with demonstrations, and if possible either simulated or actual hands-on experience.

Whether it is an established technique or one that is still unfolding, the learning process must be thorough and multifaceted. The Academy urges each surgeon to be responsible for seeking out a complete pathway to training, prior to incorporating any technique into his or her practice.

Patient safety and satisfaction can only be achieved through a commitment to comprehensive physician education and learning.

## AIR TRAVEL & HOTEL INFORMATION

Hobson Travel, AACS's travel coordinator, can assist you with your air travel arrangements. You may contact Hobson Travel at 800.538.7464 or direct at 630.983.8000.

The Pelosi Medical Center is located 15 minutes from the Newark International Airport. Free shuttle transportation will be provided to those who stay at the Hyatt Regency Jersey City on the Hudson River.

The hotel is located at 2 Exchange Place, Jersey City, New Jersey USA 07302. We have made arrangements for a discounted rate for the meeting of \$160/night. You must register by web: [www.jerseycity.hyatt.com](http://www.jerseycity.hyatt.com) Group/Corporate # 45411 or contact the hotel directly at 201.469.1234 or fax: 201.432.4991.

For those who are interested in visiting New York City, the hotel which is located on the Hudson River offers inexpensive transportation services to New York City.

## MISSION STATEMENT

The mission of the American Academy of Cosmetic Surgery is to foster, promote, support, augment, develop and encourage the science, art and practice of cosmetic surgery.

## LEARNING OBJECTIVE

The American Academy of Cosmetic Surgery strives to assist cosmetic surgeons and patients in maximizing the efficacy and safety of liposuction surgery. At the completion of this workshop, participants should gain a greater understanding of time-saving strategies for softening fat deposits prior to aspiration, high definition liposculpturing, management of large scars during liposuction, correction of unfavorable results using liposhifting/lipofilling, and the use of mesotherapy without needles. Autologous fat grafting technology and site specific fat transfer techniques will be covered. At every step of the workshop, emphasis will be placed on maximizing aesthetic results and minimizing untoward outcomes.

## PARTICIPANT PROFILE

This course is appropriate for cosmetic surgeons of all skill levels. The ideal meeting participant will have an active interest in liposuction surgery, fat grafting and abdominoplasty and a personal commitment to patient safety and satisfaction.

## NEEDS ASSESSMENT

Liposuction and fat grafting are two of the most frequently requested cosmetic procedures. Perhaps more than any other cosmetic procedure, liposuction has advanced rapidly and techniques are still evolving and undergoing refinement. Safety concerns about techniques of liposuction and fat grafting make it imperative that the cosmetic surgeon be well informed on the latest scientific developments and advances in the field.

## CME STATEMENT

The American Academy of Cosmetic Surgery is accredited by the Accreditation Council for Continuing Medical Education to provide Continuing Medical Education (CME) for physicians.

The American Academy of Cosmetic Surgery designates this educational activity for a maximum of nineteen (19) AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

A certificate of attendance will be distributed after completion of the program; however, this does not imply that the participant has achieved proficiency with the procedures.

# MEETING POLICIES

## AMERICANS WITH DISABILITIES ACT

It is important to AACCS that you enjoy this meeting. If you have any special needs due to a disability, please let us know in advance so that we may try to accommodate your needs.

## PHOTOGRAPHY/AUDIO/VISUAL TAPING RESTRICTIONS

There is strictly no photography, audio or visual taping allowed in session rooms or the exhibit area, without express prior written permission of the Academy and the speaker. Anyone found photographing or taping without authorization will be required to immediately surrender the film or tape, with no reimbursement or further recourse.

## DISCLAIMER

As an educational organization, the AACCS does not specifically approve, promote or accept the opinions, ideas, procedures, medications or devices presented in any paper, discussion, forum or panel, or any formal or informal meeting. This material is presented for educational purposes only, and is not intended to represent the only, nor necessarily the best, methods or procedures appropriate for the medical situations discussed, but rather is intended to present an approach, view, statement or opinion of the faculty which may be helpful to others who face similar situations.

The AACCS disclaims any and all liability for injury or other damages resulting to any individuals attending a session for all claims which may arise out of the use of the techniques demonstrated or discussed therein by such individuals, whether these claims shall be asserted by a physician or any other person.

Some drugs or medical devices demonstrated in AACCS courses or described in print or electronic publications have not been cleared by the FDA or have been cleared by the FDA for specific uses only. The FDA has stated that it is the responsibility of the physician to determine the FDA clearance status of each drug or device he or she wishes to use in clinical practice.

All speakers, topics and schedules and methods of presentation are subject to change without prior notification, and will not be considered reason for refund requests. For further information you may request a copy of the formal Academy Disclaimer of Liability policy from the AACCS headquarter office.

## CANCELLATION POLICY

Cancellation notification/refund requests must be received in writing by AACCS headquarters, 737 North Michigan Avenue, Suite 2100, Chicago, IL 60611, or by facsimile at 312.981.6787. After August 18, 2009 refunds will not be issued unless the course is completely filled and the spot of the individual requesting the refund has been replaced, over and above the filled course. A \$250 administrative processing fee will be subtracted from each approved refund.

LIPOSUCTION, FAT GRAFTING AND ABDOMINOPLASTY UNDER  
LOCAL ANESTHESIA (LIMITED ENROLLMENT)

AACS MEMBER \$2250     NON-MEMBER \$2600

Physician Name: \_\_\_\_\_

Original Field of Training: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

E-mail: \_\_\_\_\_

Payment:  Visa     MasterCard     American Express

Name on Card: \_\_\_\_\_

Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Signature: \_\_\_\_\_

**Send Payment To:**

American Academy of Cosmetic Surgery

PO Box 95169

Palatine, IL, 60095-0169, or fax to 312.981.6787.



**Questions?** Call 312.981.6760. Deadline for refunds is August 18, 2009.

Payment must be made in U.S. dollars, drawn upon a U.S. bank.

By remitting the registration fee, registrant will be admitted on condition, and by said attendance at this meeting agrees, that he/she will not photograph, audio tape, transmit or aid in transmitting any description, account, picture or other reproduction of any part of the meeting. Breach of the foregoing will automatically terminate your registration and the registrant shall be liable for all consequential and other applicable damages.

By remitting payment for this meeting, you also agree to abide by all AACS policies and procedures and by the policies included in this registration package.

Signature: \_\_\_\_\_



AMERICAN ACADEMY  
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