

4th Norwegian-American Aesthetic Hybrid Meeting and ISAPS Symposium

Friday, October 29, 2021

Faculty List (alphabetical order)



William Adams
USA



Kjersti Ausen
NORWAY



Francisco G. Bravo
SPAIN



Nazim Cerkes
TURKEY



Ruth Graf
BRAZIL



Gudjon
Gunnarsson
NORWAY



Elizabeth Hall-
Findlay
CANADA



Kent K. Higdon
USA



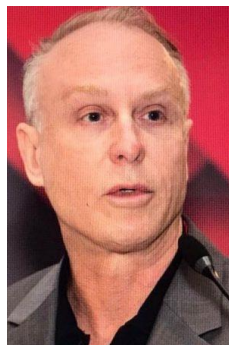
Mark Jewell
USA



Mary Jewell
USA



Amin Kalaaji
NORWAY



Timothy Marten
USA



Bjørn Tvedt
NORWAY

4th Norwegian-American Aesthetic Hybrid Meeting and ISAPS Symposium, Friday, October 29, 2021

Final Program

Meeting Chair

Amin Kalaaji, MD, PhD, Norway

To register go to: www.naam.no. Scroll down to Registration.

For special inquiries, please email oslomeeting@naam.no

Time Zone

All times are given in Central European Summer Time (CEST) (Oslo-Rome-Paris time).

Equivalent Time Zones for Other Countries

San Francisco: Pacific Daylight Time (PDT): UTC/GMT -7 hours

New York: Eastern Daylight Time (EDT): UTC/GMT -4 hours

London: British Summer Time (BST): UTC/GMT +1 hour

Cairo: Eastern European Time (EET): UTC/GMT +2 hours

Dubai: Gulf Standard Time (GST): UTC/GMT +4 hours

New Delhi: India Standard Time (IST): UTC/GMT +5:30 hours

Cape Town: South Africa Standard Time (SAST): UTC/GMT +2 hours

Rio De Janeiro: Brasilia Time (BT): UTC/GMT -3 hours

Taipei: China Standard Time (CST): UTC/GMT +8 hours

Sydney: Australian Eastern Daylight (AEDT): UTC/GMT +10 hours

[Time Zone Converter](#)

Total Time

The major talks within the Nose, Breast, and Face sessions are organized so that faculty discussing several topics within a session are given a **total time** of up to 60 minutes to cover his/her different topics. This condenses the course-like material, leaving ample time for questions and answers. Please pay attention to the **total time listed after a person's name**.

Sessions

08:30

Session 1: Rhinoplasty (6 lectures) 90 minutes

Session 2: Breast 1 (5 lectures) 70 minutes

Session 3: Patient Safety and Practice Management (5 lectures) 65 minutes

13:00-14:00 Lunch

Session 4: Breast 2 (11 lectures) 120 minutes

Session 5: Regenerative Surgery and Fat Grafting in Body Contouring (2 lectures) 40 minutes

Session 6: Face Lift, Neck Lift, Fat Grafting, and Ancillary Procedures (Upper Lip Lift)
(8 lectures) 100 minutes

Session 7: Intimate Surgery (2 lectures) 40 minutes

08:30-08:50

Opening Remarks

Introduction: Amin Kalaaji, Chair

International Society of Aesthetic Plastic Surgery (ISAPS): Francisco Gomez Bravo, ISAPS
Education Council Co-Chair

The American Society of Aesthetic Plastic Surgery: William P. Adams, Jr, ASAPS President

08:50-10:20

Session 1

Rhinoplasty (90 minutes)

Moderators: Bjørn Rosenberg, Tormod Westvik

Nazim Cerkes, Turkey: (lectures 1-5): 60 minutes

1. Dorsum Management and Osteotomies: My Current Techniques
2. Adjusting Tip Projection and Position
3. Correction of Crooked Nose and Septum Reconstruction
4. Secondary Rhinoplasty: Structural Reconstruction
5. Alar Base Surgery

Francisco Gomez Bravo, Spain: 15 minutes

6. Key Maneuvers in Preservation Rhinoplasty

Discussion: 15 minutes

10:20-11:30

Session 2

Breast 1 (70 minutes)

Moderators: Anadi Begic, Francisco Gomez Bravo

Mark Jewell, USA, (lectures 1-3): 25 minutes

1. My Approach to Using Gel Cohesivity Options to Produce Great Outcomes in Breast Augmentation
2. Isn't It Time to Abandon Triple-Antibiotic Breast Pocket Irrigation, Based on Latest Research?
3. Breast Implant Illness: A Process to Evaluate Patient Complaints

Francisco Gomez Bravo, Spain: 15 minutes

4. Triple-Component Natural Breast Augmentation: Achieving Anatomic Breast Shape and Movement With Round Implants

Amin Kalaaji, Norway: 15 minutes

5. New Trends in Breast Augmentation: Simultaneous Implant Conversion With Fat and Hybrid (Composite) Implant-Fat Breast Augmentation/Revision

Discussion: 15 minutes

11:30-12:00

Refreshment Break: 30 minutes

12:00-13:05

Session 3

Patient Safety and Practice Management (65 minutes)

Moderators: Alexander Vigen, Kent K. Higdon

Mary Jewell, USA: 15 minutes

1. One More Time, How Do You Motivate Employees?

Kjersti Ausen, Norway: 15 minutes

2. Reducing Bleeding in Plastic and Aesthetic Surgery Procedures: The Role of Tranexamic Acid, Administration Form, and Dosage

Kent K. Higdon, USA, (lectures 3-5): 25 minutes

3. The Safety of Capsulectomy in Breast Surgery
4. The Safety of Face Lift Surgery
5. Safety of Aesthetic Breast Surgery and Safety of Combined Procedures in Aesthetic Surgery

Discussion: 10 minutes

13:05-14:05

Lunch Break: 1 hour

14:05-16:05

Session 4

Breast 2 (120 minutes)

Moderators: Amin Kalaaji, Elisabeth Hall-Findlay, Mark Jewell

Ruth Graf, Brazil, (lectures 1-2): 25 minutes

1. Breast Augmentation: How to Avoid Complications With Smooth Implants
2. Primary and Secondary Mastopexy Augmentation

Elisabeth Hall-Findlay, Canada, (lectures 3-7): 40 minutes

3. Superomedial Pedicle Breast Reduction
4. Aesthetic Breast Surgery: What Do the Measurements Show?
5. Mastopexy: Achieving Long-Lasting Results
6. Mastopexy-Augmentation: Avoiding Complications
7. Aesthetic Breast Surgery: Presenting Options to Patients

William P. Adams, Jr, USA, (lectures 8-11): 40 minutes

8. Breast Implant Pocket Preparation: The 14-Point Plan for Success in Breast Augmentation
9. BIA-ALCL Real-World Evidence and What It Means
10. Technical Pearls in Augmentation Mastopexy
11. Fast-Track 24-Hour Breast Augmentation

Discussion: 15 minutes

16:05-16:35

Refreshment Break: 30 minutes

16:35-17:15

Session 5

Regenerative Surgery and Fat Grafting in Body Contouring
(40 minutes)

Moderator: Thomas Berg

Gudjon Gunnarsson, Norway: 15 minutes

1. Body Contouring in MWL and Postbariatric Surgery Patients: The Role of Fat Grafting and Regenerative Surgery

Amin Kalaaji, Norway: 15 minutes

2. Gluteal Augmentation With Fat (BBL): Patient Assessment, Surgical Techniques, and Safety Guidelines

Discussion: 10 minutes

17:15-18:55

Session 6

Face: Face Lift, Neck Lift, Fat Grafting, and Ancillary Procedures
(Upper Lip Lift) (100 minutes)

Moderators: Frode Amland, Charles Filip

Timothy Marten, USA, (lectures 1-7): 75 minutes

1. Periorbital Fat Grafting: A New Paradigm for Rejuvenation of the Eyelids
2. Face Lift and Fat Grafting: How Fat Grafting Can Make your Face Lifts Better
3. High SMAS Face and Mid-Face Lift: Combined Lifting of the Mid-Face, Cheek, and Jowl
4. Neck Lift: Defining Anatomical Problems and Applying Logical Solutions
5. Management of the Platysma in Neck Lift

6. The Short Scar Neck Lift: When and How
7. Upper Lip Lift: Why and How

Francisco Gomez Bravo, Spain: 15 minutes

8. Dual-Plane Reduction Neck Lift: The Importance of the Deep Structures of the Neck to the Successful Neck Lift

Discussion: 10 minutes

18:55-19:35

Session 7

Intimate Surgery (40 minutes)

Moderator: Ine Mørk

Bjørn Tvedt, Norway: 15 minutes

1. Penile Lengthening Procedures and Girth Enhancement With Fat Grafting

Amin Kalaaji, Norway: 15 minutes

2. Quality of Life in Anonymous Study With 125 Intimate Female Genital Rejuvenation Surgery Patients

Discussion: 10 minutes

19:35-19:40

Closing Remarks

19:40

Meeting Adjourns