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## Preface

Cosmetic (or aesthetic) surgery is a specialty of medical practice that has attracted physicians from most countries around the world interested in improving the “beauty” of the patient. Patients are flocking to cosmetic surgeons to improve their appearance to meet the expectations of their own body image. Although cosmetic surgery is an elective procedure, the medical indication for these procedures is to improve the patient’s psychological needs. Since health care has improved and life span has been prolonged, individuals are trying to preserve or return to their youthful appearance. Technology and techniques have improved to make cosmetic surgery safer for the patient and less invasive in some aspects so that patients can return to their normal activities sooner and with shorter periods of discomfort.

This book on Cosmetic Surgery contains step-by-step descriptions of the procedures (old, new, and modifications) with illustrations and/or color photos. The contents include a history of cosmetic surgery, anatomy, anesthesia, head and neck surgery, breast surgery, abdominal and thoracic surgery, and extremities and buttocks procedures. Also described are labioplasty, total body lift following massive weight loss, and penile enhancement. Dermatologic procedures are described including laser rejuvenation, radiofrequency rejuvenation, and chemical peeling.

The international contributors are experts in their fields and have published extensively in the medical literature. Some contributors are professors and many lecture at international meetings and workshops on a regular basis. This book is comprehensive and is an attempt to expose the student training in cosmetic surgery, the physician starting in cosmetic surgery, and the experienced practitioner in cosmetic surgery to the many aspects of aesthetic procedures that may improve their results and improve patient safety.

The editors, in this book, are interested in producing a means of exposing all surgeons to procedures commonly used to improve a patient’s appearance and satisfaction. The learning mechanism used is step-by-step descriptions with illustrations and color photos of the procedures. We hope that cosmetic surgeons will thus be able to better understand a variety of the techniques.

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<http://www.springer.com/978-3-642-21836-1>

Cosmetic Surgery

Art and Techniques

Shiffman, M.A.; Di Giuseppe, A. (Eds.)

2013, XV, 1192 p. 86 illus., 75 illus. in color., Hardcover

ISBN: 978-3-642-21836-1