

# LIVE MAKEOVER 5

## AESTHETIC SURGERY SYMPOSIUM

AUGUST 31, SEPTEMBER 1 & 2, 2018, ATHENS, GREECE  
EUGENIDES FOUNDATION • AUDITORIUM

**EC** European College  
**AMS** of Aesthetic Medicine & Surgery



COURSE CHAIRMEN: **ATHANASIOS SKOURAS, M.D., ENT SURGEON &  
GEORGE SKOURAS, M.D., PLASTIC SURGEON**

# PROGRAM

[livemakeoversymposium.com](http://livemakeoversymposium.com)





Dear colleagues,

Welcome to the **LIVE MAKEOVER 5 AESTHETIC SURGERY SYMPOSIUM**, organised by ECAMS.

The **LIVE MAKEOVER SYMPOSIUM** is a Plastic Surgery congress with **LIVE SURGICAL TRAINING**, as well as excellent didactic lectures.

This annual conference provides an opportunity for the sharing of surgical knowledge and innovative ideologies in an incredibly interactive environment.

Audience members are encouraged to ask questions during presentations and live surgery to clarify nuances.

This “Socratic-style” setup encourages experts from around the world to discuss, debate and learn from each other.

Aristotle had once said:

“The one exclusive sign of thorough knowledge is the power of teaching”.

Let’s all teach and learn from each other in this celebration of knowledge.

**Athanasios Skouras**

ENT Surgeon

President of the Hellenic Association of Functional Rhinoplasty

A handwritten signature in black ink, appearing to read 'A. Skouras', written in a cursive style.

## FRIDAY, AUGUST 31, 2018

- 7.00 - 7.45 Registration & Coffee
- 7.45 - 8.00 Welcome & Introductory Remarks  
| A. Skouras, M.D., President, Greek Association of Functional Rhinoplasty &  
K. Mitsakos-Barbagiannis, M.D., President, REA Maternity Hospital

**8.00 - 9.30** **LIVE SURGERY**  
**FACE & NECK LIFT**  
| **GEORGE SKOURAS, M.D.**

Moderator: S. Theodorou, M.D.

### FOREHEAD AND BROW REJUVENATION LECTURES

- 9.30 - 9.40 Brow - Upper Eyelid Interface Sculpting: A New Concept in Upper Blepharoplasty and Brow Lift. | N. Celik, M.D.
- 9.40 - 9.50 The eyebrows are essential in facial beauty. Learn how to shape them  
| M. Pelle Ceravolo, M.D.
- 9.50 - 10.00 Endoscopic Browlift - My experience. | P. Papaioannou, M.D.
- 10.00 - 10.10 Upper Blepharoplasty with Subperiosteal Brow and Midface Lift.  
(Video) | N. Celik, M.D.
- 10.10-10.20 Discussion | Open forum

Moderator: F. Nahai, M.D.

### UPPER & LOWER EYELIDS LECTURES

- 10.20-10.30 Has Lower Blepharoplasty Become Too Complicated? | D. Baker, M.D.
- 10.30-10.40 Lateral Canthoplasty and Periorbital Repositioning. | N. Celik, M.D.
- 10.40-10.50 Are you sure you know how to carry out properly a canthopexy?  
| M. Pelle Ceravolo, M.D.
- 10.50-11.00 Management of lower eyelid retraction. | F. Nahai, M.D.
- 11.00-11.10 Early Reconstruction of Lower Blepharoplasty Complications.  
| N. Celik, M.D.
- 11.10 - 11.20 If you are afraid of grafting fat into the lower eyelid...Try my PDF.  
| M. Pelle Ceravolo, M.D.
- 11.20 - 11.30 Midface lift and canthopexy to solve scleral show and ectropion  
| C. Botti, M.D.
- 11.30 - 11.40 Discussion | Open forum
- 11.40-12.00 Coffee Break

Moderator: M. Pelle Ceravolo, M.D.

## **RHINOPLASTY LECTURES**

- 12.00 - 12.10 Changing trends of tip aesthetics. Time for changing surgeon's paradigms?  
| P. Palma, M.D.
- 12.10 - 12.20 Evidence Based Medicine in a Rhinoplasty Practice: The Experience with the AAO-HNSF Guidelines. | A. Georgolios, M.D.
- 12.20 - 12.30 Preservation Rhinoplasty: A new Rhinoplasty Revolution  
| V.Mihalopoulos, M.D.
- 12.30 - 12.40 Deviated nose treatment according to a modern classification system.  
| L.Asimakopoulou, M.D.
- 12.40 - 12.50 Making beautiful profiles. 4 points to consider. | P. Palma, M.D.
- 12.50-13.00 Long term rhinoplasty results, the benefits of analysis and planning rhinoplasty. | F. Nahai, M.D.
- Moderator: A. Georgolios, M.D.

**13.00 - 14.30** **LIVE SURGERY**  
**RHINOPLASTY - CLOSED APPROACH, GOLDMAN TECHNIQUE**  
| **ATHANASIOS SKOURAS, M.D.**

Moderators: A. Georgolios, M.D. & L. Asimakopoulou, M.D.

14.30-14.50 **Lunch**

## **FACELIFT LECTURES**

- 14.50 - 15.00 Advantages and Limitations of Lipofilling in Facial Rejuvenation.  
| D. Baker, M.D.
- 15.00 - 15.10 Vertical Vector Face Lift and Fat Injection(Video) | N. Celik, M.D.
- 15.10 - 15.20 Short Scar Rhytidectomy: Indications, Limitations, Complications.  
| D. Baker, M.D.
- 15.20 - 15.30 Midface rejuvenation: let's make it easier and safer | M. Pelle Ceravolo, M.D.
- 15.30 - 15.40 Vector Choice and Variations in SMAS Plication –SMASectomy  
| G.Skouras, M.D.
- 15.40 - 15.50 Facial Nerve Injuries in Facelifting. Avoidance and Treatment.  
| D.Baker, M.D.
- 15.50 - 16.00 Cervical Facial lift: our personal approach | C. Botti, M.D.
- 16.00 - 16.10 Minimally invasive and surgical procedures for facial rejuvenation, what has come and gone for me | F. Nahai, M.D.
- 16.10 - 16.20 Revision Facelift : Problems I Frequently Encounter | G. Skouras, M.D.
- 16.20 - 16.30 Soft Facial Surgery, the Smart Choice. | L. Barnouti, M.D.

## Live Makeover 5

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- 16.30 - 16.40 Facelifting in Males. Is It Different from Females? | D. Baker, M.D.
- 16.40 - 16.50 Face Transplants- Latest Updates. | K. Benetatos, M.D.
- 16.50 - 17.00 Discussion | Open forum
- Moderator: G. Skouras, M.D.
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### 17.00 - 18.30 **LIVE SURGERY** **2 BREAST AUGMENTATIONS** | CHARLES RANDQUIST, M.D.

Moderator: M. Pelle Ceravolo, M.D.

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## FAT& FILLERS - LECTURES

- 18.30 - 18.40 Complications of Permanent Filler and how to address: Face.  
| B. Aithan, M.D.
- 18.40 - 18.50 Complications of Permanent Filler and how to address: Body.  
| B. Aithan, M.D.
- 18.50 - 19.00 Fillers for the nose, safety and technique. | F. Nahai, M.D.
- 19.00 - 19.10 Handling complications of injections to the lower eyelid.  
| F. Nahai, M.D.
- 19.10 - 19.20 Microfat, Nanofat grafting and SNIF: Powerful Adjuncts to Facial Rejuvenation. | D.Drakotos, M.D.
- 19.20 - 19.30 Discussion | Open forum
- Moderator: S. Giotakis, M.D.
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### 19.30 - 20.00 **LIVE DEMONSTRATION** of **INJECTABLE FILLERS** | FARZAD NAHAI, M.D.

## Adjournment

20.00 - 20.45 **Special Event for all participants:**

Projection at the New Digital Planetarium

## SATURDAY, SEPTEMBER 1, 2018

7.30 - 9.30

### LIVE SURGERY

#### SHORT SCAR FACELIFT

| DANIEL BAKER, M.D.

Moderator: S. Theodorou, M.D.

9.30 - 11.00

### LIVE SURGERY

#### BRAZILIAN BUTT LIFT

| DAN DEL VECCHIO, M.D.

Moderator: S. Theodorou, M.D.

11.00 - 12.15

### LIVE SURGERY

#### FACELIFT, Sculpting the fat Neck

| DANIEL BAKER, M.D.

Moderator: S. Theodorou, M.D.

12.15-12.30

### Coffee Break

## RHINOPLASTY LECTURES

12.30 - 12.40 The Goldman technique and its Variations. | A. Skouras, M.D.

12.40 - 12.50 If you think that endonasal approach is unfit for revision rhinoplasty, you should listen to this presentation. | P. Palma, M.D.

12.50 - 13.00 Long - Term Surgical Control of the Healing Process after Rhinoplasty. | I. Chrisaitis, M.D.

13.00 - 13.10 The Aging Nose. | E. Mantzari, M.D.

13.10 - 13.20 Management of Nasal Obstruction in the Posttraumatic Nose. | A. Georgolios, M.D.

13.20 - 13.30 Management of the Deviated Nose. | A. Skouras, M.D.

13.30 - 13.40 Potpourri of endonasal rhinoplasty techniques (several short clips on specific techniques for tip, dorsum and radix) | P. Palma, M.D.

13.40 - 13.50 Revision Rhinoplasty- When you have to rebuild the nose from the beginning | A. Skouras, M.D.

13.50 - 14.00 Discussion | Open forum

Moderator: N. Celik, M.D.

14.00 - 15.30

**LIVE SURGERY**

**ARM SCULPTING WITH RADIO FREQUENCY**

| SPERO THEODOROU, M.D.

Moderator: D. Del Vecchio, M.D.

15.30-15.50 Lunch

**NECK LECTURES**

15.50 - 16.00 Radio-frequency tightening of the neck. | F. Nahai, M.D.

16.00 - 16.10 Contouring with RFAL the lower third of the face: a new approach of rejuvenation. | P. Rovatti, M.D.

16.10 - 16.20 Original Liposuction of Neck: Still Superior to Non - Invasive and Minimally Invasive Devices. | D. Baker, M.D.

16.20 - 16.30 My conclusions after 35-years of cogitations on neck rejuvenation | M. Pelle Ceravolo, M.D.

16.30 - 16.40 Facial Beauty: It's in the Eyes and the Neck. | N. Celik, M.D.

16.40 - 16.50 Why I Adore Opening the Neck. | G. Skouras, M.D.

16.50 - 17.00 Discussion | Open forum

Moderator: G. Skouras, M.D.

**BREAST AUGMENTATION LECTURES**

17.00 - 17.10 The 5P's in Breast Augmentation.  
| C. Randquist, M.D.

17.10 - 17.20 BALA-Breast Augmentation under Local Anesthesia-a new fat to implement ratio in composite breast augmentation. | D. Del Vecchio, M.D.

17.20 - 17.30 Concepts for proportional implant selection. | C. Randquist, M.D.

17.30 - 17.40 HMS (Horizontal Muscle Splitting) to avoid the dynamic deformity after submuscular breast augmentation. | M. Pelle Ceravolo, M.D.

17.40 - 17.50 Double bubble and bottoming out | C. Botti, M.D.

17.50 - 18.00 How to solve severe asymmetry, lower constricted poles and aplasia.  
| C. Randquist, M.D.

18.00 - 18.10 The periprosthetic capsule: is it always an enemy or it could also be a friend? | M. Pelle Ceravolo, M.D.

18.10 - 18.20 How to select the right patient for you practice. Do's and don'ts.  
| C. Randquist, M.D.

18.20 - 18.30 Discussion | Open forum

Moderator: G. Skouras, M.D.

18.30 - 18.40 Follow-up on Previously Operated Live Makeover Patients  
| G. Skouras, M.D.



## **BODY CONTOUR LECTURES**

- 18.40-18.50 High Lateral Tension Abdominoplasty | S. Theodorou, M.D.
- 18.50-19.00 High Def Lipo in my practice. | D. Del Vecchio, M.D.
- 19.00-19.10 Arms Sculpting with RFAL. | S. Theodorou, M.D.
- 19.10-19.20 Abdominoplasty & Abdominal Liposuction. Is it safe? | S.Giotakis, M.D.
- 19.20-19.30 Body Contouring in the Middle East: My Personal Experience. MG  
| S. Al Shlash, M.D.
- 19.30-19.40 Flank Sculpting with VASER. | S. Theodorou, M.D.
- 19.40-19.50 Abdominal wall reconstruction. | Ch. Spyropoulos, M.D.

Moderator: S. Theodorou, M.D.

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## **BUTTOCKS LECTURES**

- 19.50 - 20.00 Avoiding complications in large volume fat transfer. | D. Del Vecchio, M.D.
- 20.00 - 20.10 Brazilian Butt Lift under Local Anesthesia. | S. Theodorou, M.D.
- 20.10 - 20.20 Brazilian Butt Lift: Efficiency and Safety | D. Drakotos, M.D.
- 20.20 - 20.30 Brazilian Butt Lift. How I do it. Aesthetics, instrumentation, markings  
technique. | D. Del Vecchio, M.D.

Moderator: S. Theodorou, M.D.

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## **Adjournment**

## SUNDAY, SEPTEMBER 2, 2018

08.00-09.30 **LIVE SURGERY**  
**BLEPHAROPLASTY**  
| NURI CELIK, M.D.

Moderator: F. Nahai, M.D.

09.30-11.00 **LIVE SURGERY**  
**AUGMENTATION MASTOPEXY**  
MARIO PELLE CERAVOLO, M.D.

Moderator: C. Randquist, M.D.

### BREAST REDUCTION - MASTOPEXY LECTURES

11.00 - 11.10 Mastopexy with implants | C. Botti, M.D.  
11.10 - 11.20 Superior Pedicle Breast Reduction. | K. Papaioannou, M.D.  
11.20 - 11.30 Revision Breast Surgery | P. Papaioannou, M.D.  
11.30 - 11.40 Vertical Mastopexy - The LIFT technique for upper pole fullness.  
| K.Benetatos, M.D.  
11.40 - 11.50 Augmentation- Mastopexy: To stage or not to stage . | C. Randquist, M.D.  
11.50 - 12.00 Liposuction Assisted Breast Reduction. Efficiency and Safety. MG  
| S. Al Shlash, M.D.  
12.00 - 12.10 Discussion | Open forum

Moderator: K. Papaioannou, M.D.

12.10 - 12.30 Coffee Break

12.30 - 14.00 **LIVE SURGERY**  
**MASTOPEXY | AUTO-AUGMENTATION TECHNIQUE**  
| CHIARA BOTTI, M.D.

Moderator: G. Skouras, M.D.

### VAGINAL REJUVENATION LECTURES

14.00 - 14.10 Latest trend in labiaplasty and importance of vascular and nerve supply when performing a labiaplasty. | P. Gonzalez, M.D.  
14.10 - 14.20 Labiaplasty, My technique. | D. Mathiopoulos, M.D.  
14.20 - 14.30 Post pregnancy body restorative surgery | L. Barnouti, M.D.

Moderator: D. Mathiopoulos, M.D.

14.30 - 15.00 Lunch

13.30 - 15.00

## **LIVE SURGERY**

**LABIAPLASTY** | Latest trend in labiaplasty and importance of vascular and nerve supply when performing a labiaplasty

| **PABLO GONZALEZ, M.D.**

Moderator: D. Mathiopoulos, M.D.

## **LECTURES**

16.00-16.10 Tips on How to Better Run your Practice. | J. Garcia, M.B.A.

16.10-16.20 Essential marketing 101 for your practice | P. Lim Prendergast, CEO ECAMS

16.20-16.30 Plastic Surgeon: An artist? | A. Mallouris, M.D.

16.30-16.40 Psychologic Approach of the Plastic Surgery Patient. | A. Kokkinidis, M.D.

16.40 - 16.50 Regenerative Medicine - The A-Z of Growth factor: From Restoration to Rejuvenation | How it can help in your practice. | Ahmed Al Qahtani, M.D.

16.50 - 18.20

## **LIVE SURGERY**

**RHINOPLASTY - PRESERVATION TECHNIQUE**

| **VASSILIS MICHALOPOULOS, M.D.**

Moderator: A. Skouras, M.D. & E. Mantzari

## **HAIR TRANSPLANTATION LECTURES**

18.20 - 18.30 Manual & Motorized FUE Tehnique - mega session | K. Kalogiani, M.D.

18.30 - 18.40 The evolution of surgical hair restoration. | G.Gounaris, M.D.

18.40 - 18.50 Safety and regulations in hair restoration. | K. Giotis, M.D.

## **ELEGANT OUTCOMES IN COSMETIC MEDICINE**

18.50 - 19.00 Platelet Rich Plasma- Fine tuning of the preparation process. A comparative study. | M. Hatzipieras, M.D.

19.00 - 19.10 Non-invasive techniques in younger patients. | P. Saroglou, M.D.

19.10 - 19.20 A holistic approach to facial rejuvenation with injectables | M.Skolarikou, M.D.

## **Adjournment**



General Moderator

**Elena Skoura**

Marketing & Communications Specialist

MSc Health Care Management, Economics & Policies  
(Università Bocconi)

## GENERAL INFORMATION

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**Venue**      Eugenides Foundation  
387 Syngrou Avenue  
175 64, Palaio Faliro

All surgeries will take place at REA Maternity Hospital and will be projected live at the Auditorium of the Eugenides Foundation.

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**Date**            August 31, September 1 & 2, 2018

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**Organiser**    ECAMS - European College of Aesthetic Medicine & Surgery

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### **Official language**

English (all presentations will be given in English, or in Greek with simultaneous English interpretation)

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### **Event application**

You are welcome to join event's application at [www.lmo5.com](http://www.lmo5.com). By joining, you can review the agenda, submit the evaluation form and ask your questions in real time. Alternatively, you can join the app by scanning the following QR code:



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## **Accreditation**

The 5th Live Makeover Aesthetic Surgery Symposium has been granted 24 European CME credits (ECMEC®s) by the European Accreditation Council for Continuing Medical Education (EACCME®).

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## **Certificates**

Certificates of attendance will be sent by email after the meeting.

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## **Photography / filming**

Based on the national law on patient information confidentiality and disclosure, attendants are not allowed to record the live surgeries, or take pictures/videos of the presentations.

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## **Conference management**



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## HYALURONIC ACID BREAKTHROUGH HISTORY

1934  
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Discovery

Columbia  
University NY  
Research

### Discovered in a Cow's Eye

1960's:  
Dermatology

1970's:  
Ophthalmology

1980's:  
Orthopedics

2016:  
Otolaryngology<sup>12</sup>

1990's:  
Plastic Surgery



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LÖST DIE ENTZÜNDUNG AUS  
Befreiung des Nasens von Entzündungen, Verstopfung und verhärteten  
PRÄVENTION DANK SEINER  
KALTI-IONEN-ALGEBENDE WIRKUNG  
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**HYALURONIC ACID** = **Hyalos** (Greek word for glass) + **Uronic** (sugar found in the substance)

**References:** 1. M. Girard, A. V. Nguyen, K. F. Chu, L. A. Pheasant, P. H. Wood, M. S. Duncan. Effect of adjuvant chemotherapy on mortality outcome after laparoscopic endoscopic assisted surgery for distal colorectal cancer. *Ann Surg Oncol* 45: 8, 1-10, 2011. 2. T. J. Fong, C. G. H. Wood, C. M. Gelf, M. S. Duncan. Adjuvant chemotherapy after laparoscopic endoscopic assisted surgery for distal colorectal cancer. *J Am Coll Surg* 2017 Aug 15(15):52-61. doi: 10.1016/j.jamcollsurg.2017.06.009

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**60%** of the population has at least 1 episode of epistaxis in their lifetime<sup>3</sup>



Reference: 1. McGarry GW. Nosebleeds in children. BMJ Clinical Evidence. 2006;2006:e311. 2. J Craniofac Surg. 2017 Mar;28(2):e178-e182. 3. Vohwray TJ, Robertson JB, Hudson JW. Epistaxis: diagnosis and treatment. J Oral Maxillofac Surg. 2006;64:511-8



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## Notes

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