

Mendelson Deep Plane Face Lift and Mayo Clinic Aesthetic Facial Contouring Hands-on Surgical Skills August 3-5, 2023

Day 1: Thursday, August 3	
7:00-7:45 a.m.	Registration and Continental Breakfast – Leighton Auditorium – and Livestream
Recent Advances in Facial Anatomy Understanding	
7:45-8:00 a.m.	Welcome and Course Overview Dr. Basel Sharaf and Dr. Samir Mardini
8:00-8:30 a.m.	Philosophy of Understanding and Principles of Facial Anatomy Dr. Bryan Mendelson
8:30-8:50 a.m.	Face and Neck Anatomy: An Evolutionary Perspective Dr. Ann Burrows
8:50-9:20 a.m.	Update on SMAS/Jowl/Platysma Anatomy Dr. Lennert Minelli
9:20-9:40 a.m.	The Deep Plane Face Lift: A paradigm Shift in Facial Rejuvenation Dr. Andres Freschi
9:40-10:00 a.m.	Refreshment Break
A Deep Dive into the Deep Plane Face Lift Anatomy	
10:00-10:20 a.m.	Back to Basics: Surgical Anatomy of the Facial Nerve Dr. Maria Peris-Celda
10:20-10:40 a.m.	Applied Facial Nerve Anatomy: Personal Experience from Facial Reanimation Dr. Samir Mardini
10:40-11:00 a.m.	Deep Plane Face Lift Dissection: Incorporating the Mendelson Facial Spaces to Improve Safety Dr. Artur Diaz Carandell
11:00-11:20 a.m.	Personal Experience with the Deep Plane Face Lift Dr. Ruth Graf
11:20-11:40 a.m.	Deep Plane facelift in Asian Patients Dr. Min-Hee Ryu
11:40 a.m.-12:00 p.m.	Panel Discussion: Deep Plane Face and Neck Lift Anatomy & Techniques Drs. Mendelson, Freschi, Graf, Minelli (Livestream Questions) Moderator: Basel Sharaf, MD
12:00-1:00 p.m.	Lunch
Eyelid and Brow Rejuvenation	
1:00-1:20 p.m.	Lower Blepharoplasty: Optimizing Outcomes and Avoiding Complications Dr. Andrea Tooley
1:20-1:40 p.m.	Ptosis Correction with Upper Blepharoplasty Dr. Lilly Wagner
1:40-2:00 p.m.	Transconjunctival Blepharoplasty in Adolescents and Young Adults Dr. Njde Hambarchian
2:00-2:20 p.m.	Endoscopic Brow Rejuvenation Dr. Howard Webster

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2:20-2:40 p.m.	Short Scar Gliding Brow Lift with Nerve Preservation Basel Sharaf, MD
2:40-3:00 p.m.	Brow and Eyelid Rejuvenation Panel Drs. Tooley, Sharaf, Wagner, Hambarchian Moderator: Dr. Howard Webster
3:00-3:20 p.m.	Refreshment Break
What's New in Facial Rejuvenation?	
3:20-3:40 p.m.	Anatomic-based Approach in Facial Fillers Dr. Tim Papadopoulos
3:40-4:00 p.m.	Optimizing Safety and Outcomes in Facial Fillers Dr. Ali Pirayesh
4:00-4:20 p.m.	Optimizing Fat Grafting Outcomes in Facial Rejuvenation Dr. Rodrigo Teixeira
4:20-4:40 p.m.	Incorporating Skin Peels in Facial Rejuvenation: Practice Pearls Dr. Richard Bensimon
4:40-5:00 p.m.	Facial Rejuvenation Panel Drs. Teixeira, Pirayesh, Bensimon Moderator: Dr. Tim Papadopoulos
First Day Adjourned	Reception at DAHLC 5:30 PM to 7:30 PM

Day 2: Friday, August 4	
7:00-7:45 a.m.	Continental Breakfast – Anatomy Lab
Deep Plane Facelift: Hands on Dissection	
7:45-8:00 a.m.	Overview of Lab Day 1 Dr. Bryan Mendelson <i>Anatomy Lab Classroom</i>
8:00-8:45 a.m.	Concept of Layered Anatomy Dr. Basel Sharaf
FRESH CADAVER DISSECTION – RIGHT SIDE OF THE FACE (1st participant)	
9:00-11:00 a.m.	<p>A. <u>PREPARING FOR THE DEEP PLANE (DR. FRESCHI & DR. MENDELSON)</u></p> <ul style="list-style-type: none"> • MARKINGS for safe and effective deep-plane surgery • INFILTRATION for hydro-dissection, anesthesia, and hemostasis • INCISIONS for inconspicuous scars • SUBCUTANEOUS UNDERMINING up to anterior border of parotid: “deep plane entry point” • Learning to identify the platysma-auricular fascia and the orbicularis oculi and platysma muscles

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	<p>B. <u>DEEP PLANE DISSECTION (DR. FRESCHI & DR. MENDELSON)</u></p> <ul style="list-style-type: none"> • Entering the deep plane safely using the premasseeter & prezygomatic spaces • Identifying the zygomatic ligaments & nerve branches, and zygomaticus major ("red carpet") • Connecting the two spaces safely to release the composite flap • Accessing the buccal fat pad
	<p>C. <u>DEEP PLANE LATERAL NECK (DR. FRESCHI & DR. MENDELSON)</u></p> <ul style="list-style-type: none"> • Cervical retaining ligaments • Platysma myotomy vs. complete platysma transection <p>D. <u>SUTURE PLACEMENT (DR. FRESCHI & DR. MENDELSON)</u></p> <ul style="list-style-type: none"> • Placement of key sutures to re-create the retaining ligaments. • Closing the SMAS & closing the skin without tension. <p>E. <u>DEEP PLANE TEMPORAL BROW LIFT (DR. FRESCHI & DR. MENDELSON)</u></p> <ul style="list-style-type: none"> • Temporal dissection to efface facelift soft tissue redundancy, lateral hooding and tail of the brow.
11:00-12:00 p.m.	<p>FACIAL NERVE DISSECTION</p> <p>F. <u>DEMONSTRATION OF FACIAL NERVES (DR. MINELLI & DR. SHARAF)</u></p> <ul style="list-style-type: none"> • Frontal branches between the zygomatic arch and Inferior Temporal Septum • Zygomatic branches in relation to Zygomaticus Major Muscle • Buccal branches in relation to Buccal Fat Pad • Marginal Mandibular branches in relation to the Mandibular Ligament • Cervical branches in relation to the Submandibular Gland
12:00-1:00 p.m.	Lunch Break – Leighton Auditorium
FRESH CADAVER DISSECTION – LEFT SIDE OF THE FACE (2nd participant)	
1:00-3:00 p.m.	<p><u>DEEP PLANE (DR. FRESCHI & DR. MENDELSON)</u></p> <p>LEFT SIDE OF FACE (2nd participant)</p> <ul style="list-style-type: none"> • Repetition makes perfection!

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3:00-4:30 p.m.	<u>Facial Nerve Dissection & Other Ancillary Procedures (DR. FRESCHI & DR. SHARAF & DR. Minelli)</u> <ul style="list-style-type: none"> Dissection of Facial Nerve Branches Upper Lip Lift <u>(DR. FRESCHI & DR. SHARAF)</u>
4:30 p.m.	Closing Remarks
4:40 p.m.	Leave Anatomy Lab
Second Day Adjourned	Dinner Foundation House 5:30-8-00 PM Certificates Presentation

Day 3: Saturday, August 5	
7:00-7:45 a.m.	Continental Breakfast – Anatomy Lab
Deep Neck Lift & Aesthetic Facial Contouring	
7:45-8:00 a.m.	Overview of Lab Day 3 Dr. Basel Sharaf <i>Anatomy Lab Classroom</i>
8:00-8:30 a.m.	Deep Neck Anatomy and Neck Contouring Dr. Gerald O'Daniel
8:30-10:00 a.m.	A. <u>DEEP NECK ANATOMY AND DEBULKING (DR. GERALD O'DANIEL)</u> <ul style="list-style-type: none"> Submental incision placement Subcutaneous undermining with release of adhesions to the Mandibular Ligament Undermining of platysma Undermining of subplatysmal fat ("deep fat") to reflect it inferiorly pedicled on strap muscles Release of Peri-Hyoid Fascia & Identification of Digastric Tendon Plication of Digastric Tendons to lift the Hyoid bone and sharpen the Cervicomental Angle Tangential shaving of ADM and completing ADM plication – "Digastric Corset" Incision of Capsule of Submandibular Glands (SMG) Complete release of SMG within capsule Reduction of superficial lobe of SMG – Identify & Ligate Central Perforating Artery! Midline platysmaplasty and closing of the neck.

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10:00-10:20 a.m.	Refreshment Break
10:20 a.m.-12:00 p.m.	<p>B. <u>FOREHEAD, BROW CONTOURING, & HAIR LINE ADVANCEMENT</u> (DR. BRADLEY & DR. BITE)</p> <p>SETTING UP AND PRELIMINARY DISSECTION</p> <ul style="list-style-type: none"> • Markings for Forehead contouring • Planning of Incisions • Dissection to the supra-orbital rims • Frontal sinus det back using 3D printing guides • Forehead contouring <p>Browlifting /Brow contouring</p> <ul style="list-style-type: none"> • Superior lateral orbital rim osteotomy/contouring using surgical guides • Brow Lifting <p>Hairline advancement brow lifting</p> <ul style="list-style-type: none"> • Hairline advancement • Brow fixation and closure of incisions
12:00-1:00 p.m.	Lunch Break – Leighton Auditorium
1:00-1:15 p.m.	<p>Review of Neck & Larynx Anatomy Dr. BAYAN <i>Anatomy Lab Classroom</i></p>
1:15-2:00 p.m.	<p>C. <u>NECK FEMINIZATION (DR. BAYAN & DR. SHARAF)</u></p> <ul style="list-style-type: none"> • Surgical dissection to expose the thyroid cartilage • Contouring of the thyroid cartilage notch (Laryngo-chondroplasty)
2:00-2:20 p.m.	Refreshment Break
2:20-3:45 p.m.	<p>D. <u>CHEEK CONTOURING & AUGMENTATION (DR. BRADLEY, DR. SHARAF, DR. MENDELSON, & DR. BENSIMON)</u></p> <ul style="list-style-type: none"> • Pocket dissection and approaches for a variety of cheek implant materials • Cheek augmentation with Medpor implants/Hydroxyapatite/ePTFE • Zygoma osteotomy to narrow cheek width

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3:45-5:00 p.m.	E. <u>MANDIBLE CONTOURING & GENIOPLASTY (DR. BRADLEY & DR. SHARAF)</u> <ul style="list-style-type: none">• Surgical dissection for osseous genioplasty and Chin implants• Preservation of mental nerves• Mandible body and angle contouring• Osseous Genioplasty• Chin augmentation with implants
5:00 p.m.	Closing Remarks
Third Day Adjourned	