

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

Day 1: Thursday, August 3	
7:30 a.m.	Livestream Opens
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.	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.	Break
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

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

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.	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

Day 2: Friday, August 4	
7:30 a.m.	Livestream Opens
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

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

	<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.	Break
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 style="text-align: center;">LEFT SIDE OF FACE (2nd participant)</p> <ul style="list-style-type: none"> • Repetition makes perfection!

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

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 (DR. FRESCHI & DR. SHARAF)
4:30 p.m.	Closing Remarks
4:40 p.m.	Adjourn

Day 3: Saturday, August 5	
7:30 a.m.	Livestream Opens
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.
10:00-10:20 a.m.	Break

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

10:20 a.m.-12:00 p.m.	<p>B. <u>FOREHEAD, BROW CONTOURING, & HAIR LINE ADVANCEMENT (DR. BRADLEY & DR. BITE)</u></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 ostectomy/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.	Break
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.	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
3:45-5:00 p.m.	<p>E. <u>MANDIBLE CONTOURING & GENIOPLASTY (DR. BRADLEY & DR. SHARAF)</u></p> <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

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

5:00 p.m.	Closing Remarks
Third Day Adjourned	