

Contents

Part I Before the Treatment

1	Is it even allowed?	3
	History, Church, Prejudices, and when Beauty came into Play	4
	Old Stories	4
	Recent History	5
	<i>Your views might be traditional if...</i>	6
	Reference	7
2	For whom do we do this? Beauty and our Brain	9
	<i>You probably know that you...</i>	11
	Reference	11
3	Expectations	13
	Fitting Rooms in February	13
	Realistic Expectations... <i>or: The unhappy Patient</i>	14
	Mirror, Mirror... <i>can I be who I want to be?</i>	16
	Body Schema... <i>do I really know who I am?</i>	17
	Apple, Pear, and Co... <i>A, H, V, X</i>	18
	<i>Now You know that your Expectations are realistic if...</i>	19
	References	20
4	Fears	21
	Fear of Surgery	21
	Time for Consideration	22
	<i>Now You know that You...</i>	23

Choosing a Doctor	23
How to gain Trust in Practitioners?	23
The Auto Repair Shop and the Air Conditioning	23
Qualification of the Doctor	24
Experience Values—"In my hands"— <i>some Things remain a Myth</i>	24
A Man or a Woman? Confirmation	25
How much does Money matter?	25
Do You know now whom to choose?	26
What gives You Confidence?	26
<i>Now You know that...</i>	27
References	27
5 Who pays?	29
Self-payers/Optional Services/IGeL	29
Health Insurance Companies	30
MD	31
Second Requirement	31
And what if something goes wrong?	32
Follow-up Costs and follow-up Cost Insurance	32
Vacation or Sick Leave	33
6 The Right Time	35
Weddings, Birthdays & Co	35
Recovery Time and having Time	36
Can it be hidden?	36
Reference	37
7 Numbers and Facts—who supposedly does what in this World and where do these Numbers come from?	39
Information Sources	40
Studies	40
Good Study—Bad Study	40
Forums and Self-Help Groups	41
<i>Now You know that...</i>	41
 Part II Treatment	
8 Botox and Fillers... <i>good against Wrinkles</i>	45
The Career of the Sausage Poison	45
The Mode of Action of the Special Poison	46

	Friend or Foe?	46
	Squinting opened the Door	47
	Possible Applications	47
	Fillers—the second Lead role in the Fight against Wrinkles	52
	Structure of the Skin	52
	Back to Wrinkles and Fillers	54
	Hyaluronic Acid Fillers	54
	Long-lasting to Permanent Fillers	57
	Filler Faces, Frozen Faces, and Duck Lips— <i>don't have to be</i>	58
	<i>Now You know that...</i>	58
	References	58
9	Chemical Peels, Dermabrasion, and Laser Resurfacing	61
	Light and Shadow: Wrinkles and Scars	61
	Skin Types	62
	Dermabrasion	63
	Chemical Peels	64
	Laser Skin Resurfacing	65
	Radiofrequency, Ultrasound, or Light-Based	66
	<i>Now You know that...</i>	67
	References	67
10	Thread Lift	69
	What is a Thread Lift?	69
	For whom is it suitable?	70
	<i>Now You know that...</i>	71
	References	71
11	Tightening Surgeries on the Face	73
	Aging around the Eyes	74
	Upper Eyelid Blepharoplasty—the Classic	75
	What can be useful after the Procedure	76
	Eyelid Fold	76
	Length of the Scar	76
	Upper Eyelid Levator Ptosis	77
	Fat Herniation	77
	Possible Extensions in an Upper Eyelid Lift	78
	Downtime after Upper Eyclid Surgery	78
	Possible Complications	78
	<i>Now You know that...</i>	79

Forehead Wrinkles, Eyebrows, and Upper Eyelids	80
Eyebrow Position	80
Brow Lifts	81
<i>Now You know that ...</i>	83
Lower Eyelid Aging	84
The Transition to the Cheek and Treatment Options	84
Superficial Skin and Muscle Excess	84
Fat Tissue Loss—Fat Tissue Prolapse	85
Lower Eyelid Laxity/Lower Eyelid Ectropion and Lateral Canthus	85
Operations on the Lower Eyelid—Lower Eyelid Blepharoplasty	86
Skin Removal—Blepharoplasty	86
Transcutaneous Blepharoplasty	86
Transconjunctival Fat Removal	87
Combination of Transconjunctival Fat Removal and Skin Removal	87
Canthopexy and Horizontal Eyelid Shortening	87
Downtime Eyes	87
Pre-existing Problems and previous Procedures	88
Complications	88
<i>Now You know that...</i>	88
The Facelift	89
The Classic Facelift	90
The MACS Lift	91
The Short-Scar Facelift	92
High SMAS	92
Supplementation with Autologous Fat	93
Downtime	93
Durability	93
Complications	93
<i>Now You know that...</i>	94
The Neck	94
Liposuction	95
Neck Lift	95
Post-Treatment	96
Botox and Fillers	96
<i>Now You know that...</i>	97
Healing and Suture Material in the Face—and Elsewhere	97
So what now?	98
Reference	98

12 The Breast	99
Structure of the Breast	99
Development	100
Blood Circulation, Sensation, and Lymphatic Drainage	102
Breast Augmentation	102
C Cup Size— <i>or a good Handful</i>	102
Breast Implants	103
Breast Augmentation or Reconstruction with Autologous Fat— <i>essentially a win-win Situation</i>	114
Breast Lift (Mastopexy)	118
The Surgical Technique	118
Downtime	120
Breast Reduction	121
Surgical Methods	121
Downtime and Aftercare	123
In the further Course	123
Men also have breasts	124
Just usually smaller	124
Gynecomastia/Pseudogynecomastia	125
Causes	125
Surgical Options—and possible Scar Patterns	126
After the Surgery	127
Further Reading	128
The Shape of the Chest and autologous Fat	128
References	129
13 The fatty Tissue	133
Favorite Depots—and the Fat Distribution in Men and Women	133
Honeycombs and Grapes— <i>Anatomy of Fat Tissue</i>	134
Liposuction	135
Many Roads lead to Rome— <i>Technique of Liposuction</i>	135
Do Fat Cells grow back?	136
Amount of Suction—unlimited?	136
Unlimited Times?	137
Stitches?	137
Mobility after the Surgery	138
Spanx, Shapewear & Co— <i>also called compression Garments</i>	138
<i>Now You know,...</i>	142
The Lipedema	142
<i>Now You know that...</i>	145

Liposuction for lymphatic congestion after Lymph Node Removal—doesn't it make it worse?	145
Autologous Fat Transplantation	145
Everything is possible... Scars, Breasts, Faces, Hands, Calves, Upper Arms, Buttocks, and so on...	146
Technique	147
Donor Site— <i>a win-win Situation</i>	148
After the Operation... nice and warm and without Pressure	148
<i>Now You know that...</i>	149
Beauty and Fat	149
How much is good—how much is beautiful—how much is healthy?	149
How does the Body break down Energy Reserves?	150
Diet or Diät	151
Who are You?	151
Three Clothing Sizes in the Closet... <i>as changeable as the Weather</i>	152
<i>Now You know that...</i>	153
References	153
14 The Buttocks—A, H, O, or rather a V?	155
Examples and Self-Assessment	155
History of Cosmetic Buttock Surgeries	156
The ideal Buttocks...	156
An H and an O... Surgical Options for the Buttocks	157
Liposuction	157
Autologous Fat	158
Complications and Deaths after Fat Augmentation	158
Silicone Implants	159
A Posterior Body Lift	159
<i>Now You know that...</i>	160
References	160
15 Tightening Surgeries on the Body	161
The Abdomen	161
Plastic Surgery and the Abdomen	162
Causes of Sagging	162
Choice of Surgical Procedure	163

Thigh Lift	169
Operation Planning	170
Procedure During the Operation	170
Common Complications	170
After the Operation	171
The Arm Lift	172
Massive Weight Loss	172
References	173
16 Intimate Surgery	175
Female Small Labia	175
Two common Surgical Techniques	176
After the Operation	177
<i>Now You know that...</i>	177
Penis Enlargement—Autologous Fat Transplantation for Girth Enhancement and Ligamentum Suspensorium Release	177
Penis Size(s) - Assessments by Men and Women	178
Anatomy	179
Injected Materials and Complications	180
Surgical Method	181
Expected Results	183
<i>Now You know that...</i>	183
References	184
17 Sweating	185
Completely normal to emotional	185
Hyperhidrosis—excessive Sweating	185
Emotional	186
Diagnostics	186
Treatment Options	187
Plastic Surgery and Treatments for Localized Sweating	187
<i>Now You know that...</i>	188
References	188
18 Hair Transplants	189
Reasons for Hair Loss	189
Hair Types	190
The Life Cycle of Hair	190
Classifications of Hair Loss	190
Men Norwood I–VII [1] (Fig. 18.1)	190

Women Ludwig I–III [2] (Fig. 18.2)	191
Hair Transplantation	192
Hair Transplantation Methods—Past and Present	192
Natural Appearance	193
After the Operation	194
Growth of the transplanted Hairs and visible Results	194
<i>Now You know that...</i>	195
Other surgical Methods	195
References	195

Part III After the Treatment

19 Healing and Scars	199
Healing with and without Scars	199
Healing without Scars—only possible in the upper Layers	199
Healing with Scars	200
Healing Phases	200
Narrow Scars, Wide Scars	202
Primary Healing	202
Secondary Healing	202
Narrow, Narrower, or not so narrow	203
Hypertrophic Scars and Keloids	204
Hypertrophic Scars	204
Keloids	205
Treatment	205
<i>Now You know that it matters ...</i>	206
What else influences Healing	206
Showering, Creaming, and Co	206
Compression Garments, Rubbin, and Heat Accumulation	206
Too Much Movement/Exercise	207
Time to Heal and Serenity	207
The Lymphatic System	208
BMI and Healing	208
Smoking, Diabetes, and Circulation	209
You can do your healing a favor if you...	209
Foreign Materials and Foreign Body Reactions	210
Suture Material	210
References	210

20	Results—Follow-up Treatments, Touch-ups, and a Meeting in Court	211
	How often to the same Doctor?	211
	Postoperative Oblivion	212
	What if You don't like it	213
	Meeting in Court... A Dilemma for both Sides	214
	The Horror of Enlightenment	215
	<i>Now You know that...</i>	215
	Reference	215
21	Everything has its Time	217
	Age	217
	Life Phases... For some things, it is "never" too late...	217
	Age and Aging	217
	Scientific Theories and the Delay of Aging	218
	So how long does it last if we have something done?	219
	References	220
22	Finally... Something is Changing	221
	Changing Something...	222
	Not giving up—and letting go	222
	The Women of Cuba	222
	References	223