

Contents

Preface	xv
Contributors	xvi
1 Nonablative Rejuvenation	1
<i>Daniel Callaghan and Laurel M. Morton</i>	
1.1 Introduction	1
1.2 Modalities Available	1
1.2.1 Intense Pulsed Light	1
1.2.2 532-nm KTP Laser and 595-nm PDL	2
1.2.3 694-nm Ruby Laser	3
1.2.4 755-nm Alexandrite Laser	3
1.2.5 1,064-nm Nd:YAG Laser	3
1.2.6 Mid-Infrared Wavelength Lasers	4
1.2.7 Photodynamic Therapy	5
1.2.8 Radiofrequency	6
1.2.9 Microneedling	7
1.3 Indications	7
1.4 Patient Selection, Contraindications, and Preoperative Procedures	7
1.4.1 Patient Selection	7
1.4.2 Contraindications	8
1.4.3 Preoperative Procedures	9
1.5 Techniques	9
1.6 Postoperative Instructions	10
1.7 Potential Complications and Management	10
1.8 Pearls and Pitfalls	11
1.8.1 Pearls	11
1.8.2 Pitfalls	11
2 Ablative Rejuvenation	14
<i>Mitalee P. Christman and Roy G. Geronemus</i>	
2.1 Introduction	14
2.2 Modalities/Treatment Options Available	15
2.3 Indications	15
2.4 Patient Selection, Contraindications, and Preoperative Considerations	15
2.5 Technique	20
2.5.1 Anesthesia and Pain Management	20
2.5.2 Intraoperative Safety	20
2.5.3 Operative Technique	20
2.6 Postoperative Instructions	21
2.7 Potential Complications and Their Management	22
2.8 Pearls and Pitfalls	24
2.8.1 Pearls	24
2.8.2 Pitfalls	24
3 Body Contouring	26
<i>Jennifer L. MacGregor and Amanda Fazzalari</i>	
3.1 Introduction	26
3.2 Modalities and Treatment Options Available	26

3.2.1	Cryolipolysis.....	26	3.5.4	Diode Laser.....	37
3.2.2	Radiofrequency.....	29	3.5.5	Low-Level Laser Therapy.....	37
3.2.3	Ultrasound.....	31			
3.2.4	Diode Laser.....	33	3.6	Postoperative Instructions.....	38
3.2.5	Low-Level Laser Therapy.....	34	3.7	Potential Complications and Management.....	38
3.2.6	Newer Treatment Modalities.....	35			
3.3	Indications.....	36	3.7.1	Cryolipolysis.....	38
3.4	Patient Selection, Contraindications, Preoperative Considerations.....	36	3.7.2	Radiofrequency.....	38
3.4.1	Patient Selection.....	36	3.7.3	High-Intensity Focused Ultrasound.....	38
3.4.2	Contraindications.....	36	3.7.4	Nonthermal Focused Ultrasound.....	38
3.4.3	Preoperative Considerations.....	36	3.7.5	Diode Laser.....	39
3.5	Technique.....	37	3.7.6	Low-Level Laser Therapy.....	39
3.5.1	Cryolipolysis.....	37	3.7.7	High-Intensity Focused Electromagnetic Therapy.....	39
3.5.2	Radiofrequency.....	37	3.8	Conclusions.....	39
3.5.3	Ultrasound.....	37	3.9	Pearls and Pitfalls.....	39
4	Cellulite Treatment.....	42			
	<i>Deanne Mraz Robinson and Yoon-Soo Cindy Bae</i>				
4.1	Introduction.....	42	4.3.2	Indications.....	45
4.2	Modalities and Treatment Options.....	42	4.4	Preoperative Instructions.....	45
4.2.1	Putting It All Together.....	44	4.5	Procedure.....	45
4.3	Patient Selection.....	44	4.6	Pearls and Pitfalls.....	48
4.3.1	Contraindications.....	45			
5	Skin Laxity: Microneedling.....	50			
	<i>Jordan V. Wang, Joseph N. Mehrabi, and Nazanin Saedi</i>				
5.1	Introduction.....	50	5.7	Technique.....	51
5.2	Treatment Options.....	50	5.8	Postoperative Instructions.....	52
5.3	Microneedling.....	50	5.9	Potential Complications.....	53
5.4	Radiofrequency Microneedling.....	50	5.10	Other Modalities.....	53
5.5	Indications.....	51	5.11	Pearls and Pitfalls.....	54
5.6	Patient Selection.....	51			
6	Scar Treatments.....	56			
	<i>Daniel P. Friedmann, Michael Zumwalt, and Vineet Mishra</i>				
6.1	Introduction.....	56	6.2	Indications.....	56

6.2.1	Hypertrophic Scars	56	6.5.8	Ablative Fractional Laser Resurfacing.....	62
6.2.2	Keloids	56	6.5.9	CROSS Technique or Punch Removal	63
6.2.3	Atrophic Acne Scars	56			
6.2.4	Other Scars.....	56	6.6	Postoperative Instructions.....	63
6.3	Treatment Options	57	6.6.1	Intralesional Injection Therapy	63
6.3.1	For Hypertrophic and Keloid Scars.....	57	6.6.2	Subcision	63
6.3.2	For Atrophic Scars.....	58	6.6.3	Soft-Tissue Filler	63
6.3.3	For Other Scars	59	6.6.4	Ablative Fractional Laser Resurfacing.....	63
			6.6.5	CROSS Technique or Punch Removal	64
6.4	Pretreatment Considerations	60	6.7	Potential Complications and Management	64
6.4.1	Subcision	60	6.7.1	Intralesional Injection Therapy	64
6.4.2	Soft-Tissue Filler	60	6.7.2	Subcision	64
6.4.3	Vascular Light and Laser Devices.....	60	6.7.3	Soft-Tissue Filler	64
6.5	Treatment Techniques and Protocols ...	60	6.7.4	Vascular Light and Laser Devices.....	64
6.5.1	Intralesional Injection Therapy	61	6.7.5	Microneedling, Fractional Radiofrequency, and Nonablative Laser Resurfacing.....	64
6.5.2	Subcision	61	6.7.6	Ablative Fractional Laser Resurfacing.....	64
6.5.3	Soft-Tissue Filler	61	6.7.7	CROSS Technique or Punch Removal	64
6.5.4	Vascular Light and Laser Devices.....	61	6.7.8	Dermabrasion	64
6.5.5	Microneedling.....	61	6.7.9	Radiation Therapy.....	65
6.5.6	Fractional Radiofrequency.....	62	6.8	Pearls and Pitfalls	65
6.5.7	Nonablative Fractional Laser Resurfacing...	62			
7	Pigmented Lesion Removal	67			
	<i>Monica K. Li</i>				
7.1	Introduction.....	67	7.5	Patient Selection for Laser Treatment of Pigmented Lesions	72
7.2	Modalities/Treatment Options	67	7.6	Technique	73
7.3	Indications/Uses	68	7.7	Postoperative Instructions.....	73
7.3.1	Epidermal Pigmented Lesions.....	68	7.8	Potential Complications	74
7.3.2	Dermal or Mixed Pigmented Lesions	70	7.9	Pearls and Pitfalls	74
7.4	Patient Selection/Contraindications/Preoperative Care.....	72			
8	Lasers and Light Devices for Hair Removal	79			
	<i>Maressa C. Criscito, Margo H. Lederhandler, and Leonard J. Bernstein</i>				
8.1	Introduction.....	79	8.4	Preoperative Assessment and Preparation.....	82
8.2	Mechanism of Action.....	79	8.4.1	Medical History	82
8.2.1	Hair Anatomy and Physiology.....	79	8.4.2	Physical Examination	83
			8.4.3	Patient Expectations.....	83
8.3	Hair Removal Methods	80	8.5	Mechanisms of Laser Hair Removal....	84
8.3.1	Traditional Treatment Modalities	80	8.5.1	Specific Laser Systems	84

8.6	Preoperative Preparation for Laser Hair Removal	86	8.8.4	Acneiform Eruptions	90
8.7	Postoperative Care	87	8.8.5	Hyperhidrosis	90
8.8	Complications and Their Management	88	8.8.6	Urticaria	90
8.8.1	Dyspigmentation	88	8.8.7	Reticulate Erythema	90
8.8.2	Leukotrichia	89	8.8.8	Ocular Injury	90
8.8.3	Paradoxical Hypertrichosis	89	8.9	Conclusion	90
9	Tattoo Removal	93	8.10	Pearls and Pitfalls	91
	<i>Richard L. Lin, Alexa B. Steuer, Andrea Tan, and Jeremy A. Brauer</i>				
9.1	Introduction	93	9.5.1	Procedural Preparation	97
9.2	Modalities and Treatment Options	93	9.5.2	Tattoo Removal Procedure	97
9.3	Indications	94	9.6	Postoperative Management	97
9.4	Procedural Planning and Counseling	94	9.7	Potential Complications and Management	98
9.4.1	Preoperative Evaluation	94	9.8	Pearls, Pitfalls, and Future Directions ...	98
9.4.2	Treatment Selection	95			
9.5	Technique	97			
10	Leg Vein Treatment	100			
	<i>Jeffrey F. Scott, Nina Lucia Tamashunas, and Margaret Mann</i>				
10.1	Introduction	100	10.4.3	Ambulatory Phlebectomy	111
10.1.1	Treatment Options Available	100	10.5	Postoperative instructions	111
10.2	Indications	104	10.6	Potential Complications and How to Manage	112
10.3	Preoperative Considerations	104	10.6.1	Ambulatory Phlebectomy	113
10.3.1	Patient Selection	104	10.7	Pearls and Pitfalls	114
10.4	Technical Aspects of Treatment	104	10.7.1	Thermal Ablation	114
10.4.1	Thermal Ablation of the GSV	104	10.7.2	Nonthermal Ablation	114
10.4.2	Nonthermal Ablation of the GSV	109	10.7.3	Ambulatory Phlebectomy	114
11	Lasers and Lights in Acne	118			
	<i>Samantha Gordon, Jordan Borash, and Emmy M. Graber</i>				
11.1	Introduction	118	11.2.2	Lights	122
11.2	Modalities	118	11.2.3	Photodynamic Therapy	122
11.2.1	Lasers	118	11.2.4	Photopneumatic Therapy	123
			11.2.5	Handheld at Home devices	123
			11.2.6	Radiofrequency	123

11.2.7	Fractional Microneedling Radiofrequency	123	11.5	Potential Complications and Management of Complications	124
11.3	Patient Selection	124	11.6	Pearls and Pitfalls	124
11.4	Technique/Postoperative Instructions . . .	124			
12	Chemical Peels	126			
	<i>Ezra Hazan, Seaver L. Soon, and Hooman Khorasani</i>				
12.1	Introduction	126	12.5	Technique	132
12.2	Modalities/Treatment Option Available	126	12.5.1	Preprocedure	132
12.2.1	Peel Categorizations	126	12.5.2	Clinical Endpoints	133
12.2.2	Mechanism of Action	126	12.5.3	Procedure	133
12.2.3	Peel Categories	127	12.5.4	Specific Peels	133
			12.5.5	Neutralization	134
12.3	Indications	130	12.6	Postpeel Instructions	134
12.3.1	Acne	130	12.6.1	In-Office	134
12.3.2	Photoaging	130	12.6.2	At Home	134
12.3.3	Postinflammatory Hyperpigmentation . . .	130	12.7	Complications and Their Management	134
12.3.4	Melasma	131	12.7.1	Scarring	134
12.3.5	Scarring	131	12.7.2	Infection	134
12.3.6	Actinic Keratosis	131	12.7.3	Postinflammatory Pigment Alteration . . .	135
12.4	Patient Selection	131	12.7.4	Acne and Folliculitis	135
12.4.1	History and Physical Examination	131	12.7.5	Pruritus	135
12.4.2	Contraindications	131	12.7.6	Prolonged Erythema	135
12.4.3	Preoperative and Consideration in Darker Skin Types	132	12.8	Pearls and Pitfalls	135
13	Light-Emitting Diode Photomodulation	137			
	<i>Robert Weiss and Robert D. Murgia</i>				
13.1	Introduction	137	13.4	Patient Selection/Contraindications/ Preoperative Care	142
13.2	Modalities	138	13.5	Procedure	142
13.3	Clinical Indications	138	13.6	Postoperative Instructions	142
13.3.1	Photorejuvenation	139	13.7	Potential Complications	142
13.3.2	Anti-Inflammatory Effects	139	13.8	Pearls	142
13.3.3	Photodynamic Therapy	141			
13.3.4	Alopecia	141			
14	Combining Treatments	144			
	<i>Rhett A. Kent and Sabrina Guillen Fabi</i>				
14.1	A General Approach	144	14.1.1	The Ideals of Beautification	144

14.1.2	The Processes of Aging	145	14.4.5	Microfocused Ultrasound	152
14.1.3	Principles of Combination Aesthetic Therapy	146	14.5	Considerations for Treatments in Skin of Color	152
14.2	Combining Injections, Implants, and Energy-Based Devices	146	14.6	Megacombinations	153
14.3	Combination Laser and Light Therapies for Specific Targets	148	14.7	Site-Specific Combination Therapy	154
14.3.1	Dyspigmentation	148	14.7.1	Periorbital Rejuvenation	154
14.3.2	Vascular Abnormalities	149	14.7.2	Midfacial Rejuvenation	154
14.3.3	Resurfacing	150	14.7.3	Perioral Rejuvenation	154
14.4	Combining Other Modalities	150	14.7.4	The Lower Face and Neck	155
14.4.1	Photodynamic Therapy	150	14.7.5	Chest Rejuvenation	156
14.4.2	Radiofrequency	151	14.7.6	Hand Rejuvenation	156
14.4.3	Microneedling	152	14.7.7	Rejuvenation of Other Body Sites	157
14.4.4	Chemical Peels	152	14.7.8	Patient Selection, Patient Preparation, and Recovery	158
			14.7.9	Postoperative Care	159
15	Neuromodulators and Injection Technique	163			
	<i>Gee Young Bae</i>				
15.1	Introduction	163	15.3.7	Perioral Wrinkle (Smoker's Line)	173
15.1.1	Basic Science of Botulinum Toxin	163	15.3.8	Cobblestone Chin	173
15.1.2	Comparison of Products	164	15.3.9	Mouth Corner Elevation in Mouth Frown	173
15.1.3	Preparation for Use	164	15.3.10	The Nefertiti Lift, Platysmal Bands, Horizontal Neck Lines	174
15.1.4	Patient Selection and Consultation	166	15.4	Facial Contouring and Body Contouring	174
15.1.5	Ethnic and Gender Consideration	166	15.4.1	Benign Masseteric Hypertrophy	174
15.1.6	Toxicity and Immunogenicity	167	15.4.2	Salivary Gland Enlargement: Parotid Gland and Submandibular Gland	175
15.1.7	Adverse Reactions	167	15.4.3	Botox Lifting or Mesobotox	175
15.1.8	Pretreatment Assessment	168	15.4.4	Body Contouring	177
15.2	Upper Face	168	15.5	Other Indications of Botulinum Toxin ...	177
15.2.1	Glabellar Frown Lines	168	15.5.1	Hyperhidrosis	177
15.2.2	Horizontal Forehead Lines	170	15.5.2	Pain and Pruritus	177
15.2.3	Lateral Canthal Lines (Crow's Feet)	170	15.5.3	Scar	178
15.3	Midface and Lower Face	171	15.5.4	Other Delivery Methods and Uses of Botulinum Toxin	178
15.3.1	Bunny Lines	171	15.5.5	Botulinum Toxin Use as an Adjunct	178
15.3.2	Nasal Flare	171			
15.3.3	Nasal Tip Elevation of Plunging Nose Tip ...	172			
15.3.4	Gummy Smile	172			
15.3.5	Asymmetric Lip and Asymmetric Smile ...	172			
15.3.6	Nasolabial Fold and Marionette Fold	172			
16	Soft-Tissue Augmentation with Dermal Fillers	181			
	<i>Andreas Boker</i>				
16.1	Introduction	181	16.2	Commercially Available Devices	181

16.2.1	Hyaluronic Acid Gels.....	181	16.3.8	Hands	188
16.2.2	Calcium Hydroxyapatite.....	183	16.3.9	Scars	188
16.2.3	Poly-L-Lactic Acid	183	16.3.10	Other Off-Label Uses.....	188
16.2.4	Polymethylmethacrylate Beads, Collagen, and Lidocaine.....	184	16.4	Pitfalls and Complications	188
16.2.5	Liquid Injectable Silicone	184	16.4.1	Postoperative Care	188
16.3	Clinical Uses and Technique.....	184	16.4.2	Edema.....	189
16.3.1	Preoperative Care	184	16.4.3	Ecchymosis.....	189
16.3.2	Midfacial Rejuvenation.....	184	16.4.4	Vascular Occlusion	189
16.3.3	Periorbital Region	185	16.4.5	Tyndall Effect.....	190
16.3.4	Upper Face	186	16.4.6	Nodularity	190
16.3.5	Lower Face	187	16.4.7	Inflammatory Reactions and Biofilms	191
16.3.6	Lips	187	16.5	Pearls	191
16.3.7	Neck	187			
17	Procedural Hair Restoration: Platelet-Rich Plasma for Hair Loss and Hair Transplant.....	193			
	<i>Benjamin Curman Paul</i>				
17.1	Introduction to Modern Procedure of Hair Restoration	193	17.3	Hair Transplant	196
17.2	Platelet-Rich Plasma	193	17.3.1	Introduction.....	196
17.2.1	Introduction.....	193	17.3.2	Indications	197
17.2.2	Indications	193	17.3.3	Patient Selection	198
17.2.3	Patient Selection	193	17.3.4	Procedure Selection	198
17.2.4	Contraindications	194	17.3.5	Contraindications	198
17.2.5	Technique.....	194	17.3.6	Technique.....	198
17.2.6	Postoperative Care	195	17.3.7	Postoperative Instructions and Follow-Up...	204
17.2.7	Complications	196	17.3.8	Complications	205
17.2.8	Pearls/Pitfalls	196	17.3.9	Pearls/Pitfalls	206
18	Blepharoplasty, Lower Facelift, and Brow Lift.....	208			
	<i>Robert Blake Steele, Rawn Bosley, and Cameron Chesnut</i>				
18.1	Facelift: Introduction and Modalities. ...	208	18.2.2	Indications/Patient Selection.....	216
18.1.1	Anatomy and Indications: Facelift.	208	18.2.3	Technique for Deep Plane Temporal Brow Lift	216
18.1.2	Layers of Traction and Dissection	209	18.3	Blepharoplasty.....	217
18.1.3	Preoperative/Patient Selection	210	18.3.1	Technique: Upper Blepharoplasty	217
18.1.4	Incision Considerations	210	18.3.2	Medial Fat Pad Repositioning	217
18.1.5	Senior Author's Surgical Technique in a Female Patient.....	211	18.3.3	Internal Browpexy	217
18.1.6	Postoperatively	214	18.3.4	Modalities: Lower Blepharoplasty	217
18.1.7	Adjuvant Modalities	214	18.3.5	Transconjunctival Blepharoplasty with Fat Repositioning and Directed Fat Transfer. ...	218
18.1.8	Complications	214	18.3.6	Preoperatively	218
18.1.9	Pearls and Pitfalls	215	18.3.7	Surgical Technique Exposing the Fat Pads ..	219
18.2	Blepharoplasty and Brow Lift Introduction.....	215	18.3.8	Postoperatively	220
18.2.1	Brow Lift Modalities	215	18.3.9	Complications	220
			18.3.10	Pearls and Pitfalls	221

19	Devices and Treatment Options for Axillary Hyperhidrosis	223		
	<i>Cameron Rokhsar and Austin Lee</i>			
19.1	Introduction	223	19.4	Treatment of Hyperhidrosis
19.2	Prevalence	223	19.4.1	Drugs
19.3	Assessment and Diagnosis	223	19.4.2	Devices
19.3.1	Diagnostic Criteria	223	19.5	Conclusion
19.3.2	Assessment of Severity and Response to Treatment	223	19.6	Pearls and Pitfalls
20	Thread Lifts	234		
	<i>David J. Goldberg and Lindsey Yeh</i>			
20.1	Introduction	234	20.7	Contraindications
20.2	Modalities/Treatment Options Available	234	20.7.1	Preoperative Instructions
20.3	Clinical Outcomes	235	20.8	Technique
20.4	Histopathologic Findings	237	20.9	Postoperative Instructions
20.5	Adverse Events	237	20.10	Potential Complications and How to Manage
20.6	Patient Selection	238	20.11	Combination Therapy
20.6.1	Good Candidates	238	20.12	Pearls and Pitfalls
20.6.2	Poor Candidates	238	20.13	Conclusion
20.6.3	Setting Expectations	238		
21	Cosmeceuticals	242		
	<i>Emily C. Murphy and Adam Friedman</i>			
21.1	Introduction	242	21.4.1	Stability and Topical Penetration
21.2	Retinoids	242	21.4.2	Evidence
21.2.1	Stability and Topical Penetration	243	21.5	Tranexamic Acid
21.2.2	Evidence for Retinaldehyde	243	21.5.1	Stability and Topical Penetration
21.2.3	Evidence for Retinyl Esters	243	21.5.2	Evidence
21.2.4	Evidence for Retinol	244	21.6	Vitamin B3 (Niacin)
21.2.5	Evidence for Combination Products	244	21.6.1	Stability and Topical Penetration
21.3	Tyrosinase Inhibitors: Hydroquinone and Kojic Acid	244	21.6.2	Evidence
21.3.1	Stability and Topical Penetration	245	21.7	Vitamin C (Ascorbic Acid) and Vitamin E (Alpha-Tocopherol)
21.3.2	Evidence for Hydroquinone	245	21.7.1	Stability and Topical Penetration
21.3.3	Evidence for Kojic Acid	245	21.7.2	Evidence
21.4	Azelaic Acid	245		

21.8	Curcumin	248	21.10.2	Evidence for GHK-Cu	252
21.8.1	Stability and Topical Penetration	250	21.10.3	Evidence for Pal-KTTKS	252
21.8.2	Evidence	250	21.10.4	Evidence for Growth Factors and Cytokines	252
21.9	DNA Repair Enzymes	250	21.11	Oral Collagen	253
21.9.1	Stability and Topical Penetration	250	21.11.1	Stability and Systemic Absorption	253
21.9.2	Evidence	250	21.11.2	Evidence	253
21.10	Peptides and Proteins	251	21.12	Conclusion	253
21.10.1	Stability and Topical Penetration	251			
22	Kybella/Deoxycholic Acid/Off-Label Uses	257			
	<i>Sachin M. Shridharani, Teri N. Moak, Trina G. Ebersole, and Grace M. Tisch</i>				
22.1	Introduction	257	22.5.4	Step 4: Administration of Local Anesthetic.....	261
22.1.1	Ultrasound-Assisted Liposuction	257	22.5.5	Step 5: Administration of ATX-101.....	261
22.1.2	Power-Assisted Liposuction.....	257	22.5.6	Step 6: Postinjection Ice	261
22.1.3	Laser-Assisted Liposuction.....	257	22.5.7	Step 7: Subsequent Treatment Sessions... ..	261
22.1.4	Radiofrequency-Assisted Liposuction	258	22.6	Off-Label ATX-101	261
22.1.5	Helium Plasma.....	258	22.6.1	Supplemental Considerations for Off-Label ATX-101	261
22.2	Modalities/Treatment Options Available	258	22.6.2	Technical Considerations for Off-label ATX-101: Jowls and APAF.....	262
22.3	Indications	259	22.7	Posttreatment Instructions	265
22.4	Patient Selection	259	22.8	Potential Complications and Management	265
22.4.1	Preoperative Considerations	259	22.9	Pearls and Pitfalls	266
22.4.2	Contraindications	259	22.9.1	Pearls.....	266
22.5	On-Label Technique	259	22.9.2	Pitfalls.....	266
22.5.1	Step 1: Pretreatment Markings.....	260			
22.5.2	Step 2: Identification of the Treatment Zone	260			
22.5.3	Step 3: Injection Pattern.....	261			
23	High-Definition Body Contouring: Advancing Traditional Liposuction through Experience	268			
	<i>Jason Emer and Michael B. Lipp</i>				
23.1	History and Evidence-Based Approaches	268	23.4	HDBC Key Steps	272
23.2	Surgical Criteria	271	23.4.1	Step 1: Marking and Placement of Port/Entrance Sites	272
23.3	High-Definition Body Contouring	271	23.4.2	Step 2: Tumescence Anesthesia	272
23.3.1	Anatomy: Importance of Adipose Layers ...	271	23.4.3	Step 3: Energy-Based Treatment of Fat ...	273
			23.4.4	Step 4: Extraction and Fat Harvesting ...	273
			23.4.5	Step 5: Superficial Muscular Etching and Defining	274

23.4.6	Step 6: Fat Grafting	274	23.6.2	Typical Staging of a Male Full-Body Contouring Procedure (without Skin Removal).....	278
23.5	Anatomy: Female versus Male	275			
23.5.1	Female Physique	275	23.7	Postoperative Aftercare and Follow-Up	279
23.5.2	Male Physique	276			
23.6	Surgical Planning and Staging of Procedures	278	23.7.1	Lymphatic Massage.....	279
23.6.1	Typical Staging of a Female Full-Body Contouring Procedure (without Skin Cutting).....	278	23.7.2	Hyperbaric Oxygen	280
			23.7.3	Ultrasound and Radiofrequency Devices	280
			23.7.4	Surgical Drainage Tubes	280
			23.8	Conclusion	280
24	Fat Transfer	282			
	<i>Wilfred Brown and Amanda Fazzalari</i>				
24.1	Introduction	282	24.4.1	Medical History	286
24.2	Background of Fat Transfer	282	24.4.2	Physical Examination	287
24.3	Principles of Fat Grafting	282	24.4.3	Informed Consent	288
24.3.1	Method of Harvest	282	24.4.4	Photography.....	288
24.3.2	Cannula.....	283	24.5	Clinical Applications.....	288
24.3.3	Time	283	24.5.1	Tissue Augmentation/Filling	288
24.3.4	Processing.....	283	24.5.2	Risks and Complications of Fat Grafting. .	289
24.3.5	Injection	284	24.6	Future.....	289
24.3.6	Recipient Site.....	285	24.7	Pearls and Pitfalls	289
24.3.7	Additional Considerations	285	24.7.1	Pearls.....	289
24.4	Individual Considerations.....	286	24.7.2	Pitfalls.....	289
Index.....		291			