

Postgraduate Certificate Aesthetic Body Contouring Surgery





Postgraduate Certificate Aesthetic Body Contouring Surgery

Course Modality: Online

Duration: 6 weeks

Certificate: TECH Technological University

12 ECTS Credits

Teaching Hours: 300 hours.

Website: www.techtute.com/medicine/postgraduate-certificate/postgraduate-certificate-aesthetic-body-contouring-surgery

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01

Introduction

Improving physical appearance is a growing demand in today's society. The desire to have a slim body can become a necessity for many people, who resort to cosmetic surgery to improve their physique and, with it, their self-esteem. With this program, we want to specialize plastic surgeons so that they acquire a superior training that allows them to intervene in a global way to improve the body contour of their patients.





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Learn about the main techniques for body contouring improvement and offer your patients an intervention with which to achieve the desired results"

In today's society, the cult of the body is becoming increasingly important. Changes in lifestyle habits, with the incorporation of physical exercise as a part of people's daily lives and the commitment to healthy diets benefit the ability to have a slim body and be at ease with oneself. However, sometimes these routines fail to achieve the desired physique, so many people see the need to resort to cosmetic surgery. In this case, at TECH we have designed this course to specialize surgeons in body contouring interventions, for which different techniques can be used.

Body contouring lipoplasty is the second most performed surgery worldwide after mammoplasty. Statistics place it as the fastest rising procedure in recent years. Its goal is not only to remove fat in order to create a flat abdomen or a figure free of unwanted fat, now it goes beyond that, it is about achieving a figure in which the body's natural curves and muscular relief are the protagonists of the outcome.

Abdominoplasty techniques consist of removing excess skin and fat, restoring muscle tone with sutures and creating a new navel. The knowledge of abdominal wall irrigation has favored this procedure to be complemented with the use of more invasive technology to improve the classically known results.

This course has an intense program designed to learn about the technologies, materials and treatments of this discipline and includes a complete perspective of aesthetic plastic surgery that will allow you to specialize in an ethical and responsible way. In this way, this postgraduate course provides high level training that seeks excellence. In addition, its 100% online format will allow you to continue your studies from the place of your choice, without the need to travel or schedule obligations.

This **Postgraduate Certificate in Aesthetic Body Contouring Surgery** includes the most complete and up-to-date scientific program on the market. The most important features of the program include:

- ♦ The development of case studies presented by experts in Aesthetic Body Contouring Surgery.
- ♦ The graphic, schematic, and eminently practical contents with which they are created, provide scientific and practical disabling pathologies on the disciplines that are essential for professional practice..
- ♦ The latest news on Aesthetic Body Contouring Surgery.
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning.
- ♦ Special emphasis on innovative methodologies in Aesthetic Body Contouring Surgery.
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments.
- ♦ Content that is accessible from any fixed or portable device with an Internet connection.



Expand your knowledge through this course that will allow you to specialize until you achieve excellence in this field"

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This course is the best investment you can make in selecting a refresher program for two reasons: in addition to updating your knowledge in aesthetic body contouring surgery, you will obtain a degree from an online university in Spanish: TECH”

Its teaching staff includes professionals belonging to the field of aesthetic plastic surgery, who share their work experience in this training, as well as renowned specialists from prestigious societies and universities.

Its multimedia content, developed with the latest educational technology, will allow the professional a situated and contextual learning, that is, a simulated environment that will provide an immersive training programmed to train in real situations.

This program is designed around Problem Based Learning, whereby the Surgeon must try to solve the different professional practice situations that arise during the academic year. For this, the professional will be assisted by an innovative interactive video system made by renowned and experienced experts in Aesthetic Body Contouring Surgery.

Do not hesitate to take this training with us. You will find the best teaching material with virtual lessons.

This 100% online course will allow you to combine your studies with your professional work while increasing your knowledge in this field.



02 Objectives

The Postgraduate Certificate in Aesthetic Body Contouring Surgery is designed to facilitate the performance of the professional with the latest advances and newest treatments in the sector, achieving a superior training that allows him to act with total security in the cases that arise in his practice.





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At TECH we have set ourselves the goal of offering you the most complete training Body Contouring Aesthetic Surgery in the market so that you can acquire a superior level of training that will elevate you to the professional elite"



General Objectives

- Conceptualize the Anatomy and Aesthetics of the Human Body as a Basis for Body Contouring Lipoplasty.
- Examine all the Important Aspects related to the Patient: Patient choice, Operating Room Safety, Technologies to be Used, and Anatomical Areas to be Treated.
- Develop the Most Important Practical Concepts in Fat Transfer.
- Determine the Complications of Procedures Related to Lipoplasty Techniques.
- Establish the Most Appropriate Management and Resources during the Postoperative Period
- Conceptualize the anatomy of the abdominal wall and the aesthetics of the abdomen.
- Determine the Various Surgical Techniques that Treat the Abdominal Wall.
- Present the Complications of Procedures Related to Lipoplasty Techniques.
- Establish the management and resources used during the postoperative period



With this program we want to meet your objective of acquiring superior training in this highly demanded field"





Specific Objectives

- ◆ Develop the most Relevant Anatomical Concepts for the Surgeon in Body Contouring Lipoplasty.
- ◆ Present the Aesthetics of the Human Body as a Guide to Obtain the Results.
- ◆ Determine the Criteria for Patient Selection in Body Contouring Lipoplasty.
- ◆ Examine Patient Safety Parameters.
- ◆ Establish the Tools and Technologies commonly used for Lipoplasties.
- ◆ Address High-definition Liposuction Techniques in the Various Anatomical Regions of Interest for the Technique.
- ◆ Delve into the Concepts of Fat Tissue Transfer and the Techniques for its Use.
- ◆ Examine the Techniques for Aesthetic Enhancement of the Gluteal Region with Implants and the Complications According to Each Procedure.
- ◆ Present the Postoperative Management of the Patient.
- ◆ Develop the Most Relevant Surgical-anatomical Concepts for the Development of the Techniques
- ◆ Present the Aesthetic Units that make up the Abdomen to Restore them During Surgery.
- ◆ Determine the Most Frequently Used Abdominoplasty Techniques Based on the Preoperative Diagnosis of the Abdomen.
- ◆ Examine the Most Advanced Techniques for the Confection of the Umbilicus in Abdominoplasty
- ◆ Analyze the Techniques for Resection of Large Dermal Fat Flaps in Patients with Massive Weight Loss.
- ◆ Establish the Complications According to Each Procedure.
- ◆ Address Postoperative Management of the Patient

03

Course Management

This program includes in its teaching staff leading experts in aesthetic plastic surgery, who bring to this training the experience of their work. Additionally, other recognized experts have participated in its design and preparation, complementing the program in an interdisciplinary manner.

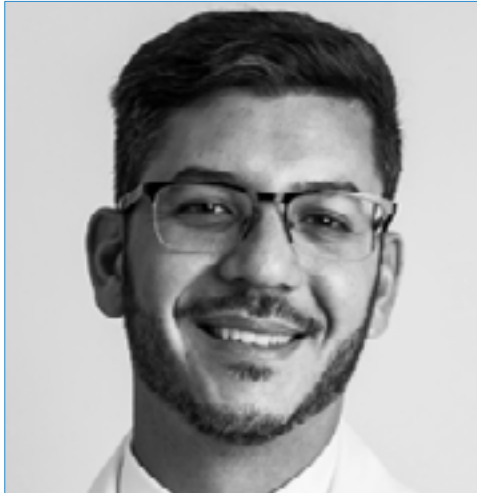




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The main experts in aesthetic plastic surgery have joined forces to show you all their Knowledge in this Field"

Management



Dr. Delgado Caldera, Carlos

- Plastic and Aesthetic Surgeon specialized in Aesthetic Breast Surgery, Body, and Facial Aesthetic Procedures.
- Postgraduate in Aesthetic and Maxillofacial Reconstructive Plastic Surgery, General Hospital Dr. Jesus Yerena, Caracas (Venezuela) 2012-2014 Endorsed by the Ministry of People's Power for Health (MPPS) and the Venezuelan Society of Plastic, Reconstructive, Aesthetic, and Maxillofacial cirugía (SVCPREM)
- Internship, Centro Médico Docente La Trinidad, Caracas (Venezuela) 2013-2015 Internship in Breast, Body, and Facial Aesthetic cirugía. Microsurgical Reconstruction. Plastic and Reconstructive cirugía Service.
- Internship, University Foundation of Health Sciences (FUCS), Bogotá (Colombia) 2014. Intern in Craniofacial Surgery and Post Bariatric Surgery. Plastic and Reconstructive cirugía Service.
- Postgraduate of General Surgery, City Hospital Dr. Enrique Tejera, Valencia (Venezuela). 2010-2012. Endorsed by the Ministry of People's Power for Health (MPPS)
- Surgeon, Carabobo University. 2001-2006 School of Medicine
- Head of the Department of Plastic and Reconstructive Surgery, Instituto Docente de Urología (IDU) (Private Practice), Valencia (Venezuela). 2018-2020
- Aesthetic Plastic Surgeon, Servicios Mediplan C.A, Caracas - Margarita (Venezuela). 2015-2017
- Aesthetic Plastic Surgeon, Grupo Cil Venezuela 2015 2015– 2016



04

Structure and Content

The Structure of the contents has been designed by the best professionals in the Aesthetic Plastic Surgery Sector, with extensive experience and recognized prestige in the profession, backed by the volume of cases reviewed, studied, and intervened, and with a wide mastery of new technologies applied to teaching





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This course contains the most complete and up-to-date scientific program on the market, making it your best study option"

Module 1. Body Contouring Lipoplasty

- 1.1. Anatomical Concepts in Lipoplasty
 - 1.1.1. Introduction
 - 1.1.2. Anatomy of the Fat
 - 1.1.2.1. Superficial Fascial System
 - 1.1.2.2. Adhesion Zones
 - 1.1.2.3. Fat Distribution
 - 1.1.3. Aesthetic Considerations in Lipoplasty
 - 1.1.3.1. Symmetry and Proportions
 - 1.1.3.2. Aesthetic Ideal
- 1.2. Patient Selection for Lipoplasty
 - 1.2.1. Query
 - 1.2.2. History and Pathological Background
 - 1.2.3. Physical Examination
 - 1.2.3.1. Abdomen and Back
 - 1.2.3.2. Chest
 - 1.2.3.3. Buttocks
 - 1.2.3.4. Arms
 - 1.2.3.5. Thighs and Legs
- 1.3. Liposuction Tools
 - 1.3.1. Introduction
 - 1.3.2. Types of Cannulas
 - 1.3.3. Tips
 - 1.3.4. Diameter and Length
 - 1.3.5. Infiltrators
 - 1.3.6. Aspirators
 - 1.3.7. Collectors
 - 1.3.8. Summary
- 1.4. Liposuction Infiltration Solutions
 - 1.4.1. Introduction
 - 1.4.2. Wet
 - 1.4.3. Superwet
 - 1.4.4. Tumescent
 - 1.4.5. Summary
- 1.5. Patient Safety Parameters during Surgery
 - 1.5.1. Introduction
 - 1.5.2. SAFE lipo (Separation, Aspiration, Fat Equalization)
 - 1.5.3. Amount of Fat Extracted
 - 1.5.4. Bleeding
 - 1.5.5. Prophylaxis of Venous Thromboembolism
 - 1.5.6. Fat Embolism
 - 1.5.7. Hypothermia.
 - 1.5.8. Summary
- 1.6. Liposuction Technologies
 - 1.6.1. Introduction
 - 1.6.2. SAL (Suction Assisted Lipoplasty)
 - 1.6.3. UAL (Ultrasound Assisted Lipoplasty)
 - 1.6.4. PAL (Power Assisted Lipoplasty)
 - 1.6.5. LAL (Laser Assisted Lipoplasty)
 - 1.6.6. RAL (Radiofrequency Assisted Lipoplasty)
 - 1.6.7. WAL (Water Assisted Lipoplasty)
 - 1.6.8. Summary
- 1.7. High-Definition Liposuction
 - 1.7.1. Introduction
 - 1.7.2. Patient Selection
 - 1.7.3. Marking
 - 1.7.3.1. Superficial Marking
 - 1.7.3.2. Framing of the Anatomical Regions
 - 1.7.3.3. Negative Spaces
 - 1.7.4. Surgical Technique
 - 1.7.4.1. Fat Treatment
 - 1.7.4.2. Deep and Superficial Fat Removal
 - 1.7.4.3. Treatment of Negative Spaces
 - 1.7.5. Definition Techniques According to Anatomical Area
 - 1.7.5.1. Male and Female Abdomen
 - 1.7.5.2. Male and Female Buttocks
 - 1.7.5.3. Male and Female Back
 - 1.7.5.4. Pectorals

- 1.7.5.5. Male and Female Arms
- 1.7.5.6. Male and Female Thighs and Legs
- 1.7.6. Complications
- 1.7.7. Post-Surgery Care.
- 1.8. Fat Transfer Autologous
 - 1.8.1. Introduction
 - 1.8.2. Fat Metabolism
 - 1.8.3. Fat Grafting
 - 1.8.3.1. Physiology of Integration
 - 1.8.3.2. Fat Graft Procurement
 - 1.8.3.3. Graft Processing
 - 1.8.3.4. Fat Graft Transfer Method
 - 1.8.3.4.1. Injectors
 - 1.8.3.4.2. EVL (expansion vibration lipofilling)
 - 1.8.4. Fat Transfer Technique
 - 1.8.4.1. Fat Transfer to Buttocks
 - 1.8.4.2. Fat Transfer to Pectorals and Shoulders
 - 1.8.4.3. Fat Transfer to Breasts
 - 1.8.4.4. Fat Transfer to Calves
 - 1.8.5. Fat Graft Complications
 - 1.8.6. Post-Surgery Care.
 - 1.8.7. Summary
- 1.9. Gluteoplastia
 - 1.9.1. Introduction
 - 1.9.2. Aesthetic Ideal of the Gluteus
 - 1.9.3. Gluteal Shapes
 - 1.9.4. Patient Selection for Gluteoplastia
 - 1.9.5. Gluteal Implants
 - 1.9.6. Gluteoplasty Techniques
 - 1.9.6.1. XYZ
 - 1.9.6.2. Composite Gluteal Augmentation
 - 1.9.7. Complications
 - 1.9.8. Postoperative Management
 - 1.9.9. Summary

- 1.10. Postoperative Management of the Body Contouring Lipoplasty Patient
 - 1.10.1. Introduction
 - 1.10.2. Drainages
 - 1.10.3. Compressive Clothing
 - 1.10.4. Early Ambulation
 - 1.10.5. Manual lymphatic drainage
 - 1.10.6. Ultrasound.
 - 1.10.7. Radiofrequency
 - 1.10.8. Carboxytherapy
 - 1.10.9. Summary

Module 2. Aesthetic Surgery of the Abdominal Wall

- 2.1. Anatomy of the Abdominal Region
 - 2.1.1. Introduction
 - 2.1.2. Topographic Anatomy of the Abdominal Region
 - 2.1.2.1. Skin of the Abdominal Region
 - 2.1.2.2. Anatomy of the Subcutaneous Cellular Tissue
 - 2.1.2.3. Superficial Fascial System
 - 2.1.2.4. Abdominal Wall Musculature
 - 2.1.2.5. Vascular Zones of the Abdominal Wall
 - 2.1.3. Lymphatic Drainage
 - 2.1.4. Conclusions
 - 2.1.5. Summary
- 2.2. Aesthetic Considerations and of the Abdominal Region
 - 2.2.1. Introduction
 - 2.2.2. Body Ideal
 - 2.2.3. Anthropometric Relationships
 - 2.2.4. Aesthetic Units of the Abdomen
 - 2.2.5. Navel Position
 - 2.2.6. Summary

- 2.3. Mini-Abdominoplasty
 - 2.3.1. Introduction
 - 2.3.2. Patient Characteristics
 - 2.3.3. Marking
 - 2.3.4. Surgical Technique
 - 2.3.4.1. Incisions
 - 2.3.4.2. Lift of the Flap and Extension of the Dissection
 - 2.3.4.3. Treatment of the Muscular Wall
 - 2.3.4.4. Closure of the Incision
 - 2.3.5. Postoperative Management
 - 2.3.6. Complications
 - 2.3.7. Summary
- 2.4. Extended Mini- Abdominoplasty
 - 2.4.1. Introduction
 - 2.4.2. Patient Characteristics
 - 2.4.3. Marking
 - 2.4.4. Surgical Technique
 - 2.4.4.1. Incisions
 - 2.4.4.2. Lift of the Flap and Extension of the Dissection
 - 2.4.4.3. Treatment of the Muscular Wall
 - 2.4.4.4. Closure of the Incision
 - 2.4.5. Postoperative Management
- 2.5. Lipoabdominoplasty
 - 2.5.1. Introduction
 - 2.5.2. Patient Characteristics
 - 2.5.3. Marking
 - 2.5.4. Surgical Technique
 - 2.5.4.1. Incisions
 - 2.5.4.2. Lift of the Flap and Extension of the Dissection
 - 2.5.4.3. Treatment of the Muscular Wall
 - 2.5.4.4. Closure of the Incision
 - 2.5.5. Postoperative Management
- 2.6. Classic Abdominoplasty
 - 2.6.1. Introduction
 - 2.6.2. Patient Characteristics
 - 2.6.3. Marking
 - 2.6.4. Surgical Technique
 - 2.6.4.1. Incisions
 - 2.6.4.2. Lift of the Flap and Extension of the Dissection
 - 2.6.4.3. Treatment of the Muscular Wall
 - 2.6.4.4. Closure of the Incision
 - 2.6.5. Baroudi Points
 - 2.6.6. Progressive Tension Points
 - 2.6.7. Postoperative Management
- 2.7. Umbilicoplasty
 - 2.7.1. Introduction
 - 2.7.2. Preoperative Evaluation
 - 2.7.3. Marking
 - 2.7.4. Surgical Techniques.
 - 2.7.5. Post-Operative Care
 - 2.7.6. Summary
- 2.8. Abdominoplasty in the Post-bariatric Patient
 - 2.8.1. Introduction
 - 2.8.2. Patient Characteristics
 - 2.8.3. Marking
 - 2.8.4. Surgical Techniques
 - 2.8.4.1. Fleur de Lis
 - 2.8.4.2. Scarpa's Fascia Lifting
 - 2.8.4.3. Circumferential
 - 2.8.4.4. Reverse
 - 2.8.4.5. Vertical
 - 2.8.5. Post-Operative Care
 - 2.8.6. Summary



- 2.9. Complications in Abdominoplasty
 - 2.9.1. Hematomas and Seromas
 - 2.9.2. Dehiscence
 - 2.9.3. Necrosis
 - 2.9.4. Scar Malposition
 - 2.9.5. Infections
 - 2.9.6. Thromboembolism
- 2.10. Complementary Procedures to Abdominal Surgery
 - 2.10.1. Introduction
 - 2.10.2. Criolipolysis
 - 2.10.3. Radiofrequency
 - 2.10.4. Summary

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A unique, key, and decisive training experience to boost your professional development”

05

Methodology

This training provides you with a different way of learning. Our methodology uses a cyclical learning approach: ***Re-learning***.

This teaching system is used in the most prestigious medical schools in the world, and major publications such as the ***New England Journal of Medicine*** have considered it to be one of the most effective.



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Discover Re-learning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

At TECH we use the Case Method

In a given situation, what would you do? Throughout the program you will be presented with multiple simulated clinical cases based on real patients, where you will have to investigate, establish hypotheses and, finally, resolve the situation. There is abundant scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

With TECH you can experience a way of learning that is shaking the foundations of traditional universities around the world.



According to Dr. Gervas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching potential or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the physician's professional practice.

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Did you know that this method was developed in 1912 at Harvard for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only grasp concepts, but also develop their mental capacity by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



Re-Learning Methodology

At TECH we enhance the Harvard case method with the best 100% online teaching methodology available: Re-learning.

Our University is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, which represent a real revolution with respect to simply studying and analyzing cases.



The physician will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.

At the forefront of world teaching, the Re-learning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best Spanish-speaking online university (Columbia University).

With this methodology we have trained more than 250,000 physicians with unprecedented success, in all clinical specialties regardless of the surgical load. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

Re-learning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.

In our program, learning is not a linear process, but rather a spiral (we learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.



In this program you will have access to the best educational material, prepared with you in mind:



Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



Latest Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, to the forefront of current medical techniques. All this, in first person, with the maximum rigor, explained and detailed for your assimilation and understanding. And best of all, you can watch them as many times as you want.



Interactive Summaries

We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



Additional Reading

Recent articles, consensus documents, international guides. in our virtual library you will have access to everything you need to complete your training.





Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, we will present you with real case developments in which the expert will guide you through focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



Testing & Re-testing

We periodically evaluate and re-evaluate your knowledge throughout the program, through assessment and self-assessment activities and exercises: so that you can see how you are achieving your goals.



Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an expert strengthens knowledge and memory, and generates confidence in our future difficult decisions.



Quick Action Guides

We offer you the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help you progress in your learning.



06 Certificate

This **Postgraduate Certificate in Body Contouring Surgery Aesthetics** guarantees you, in addition to the most rigorous and up-to-date training, access to a certificate issued by **TECH Technological University** .



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Successfully complete this training and receive your university degree without travel or laborious paperwork”.

This **Postgraduate Certificate in Aesthetic Body Contouring Surgery** includes the most complete and up-to-date scientific program on the market.

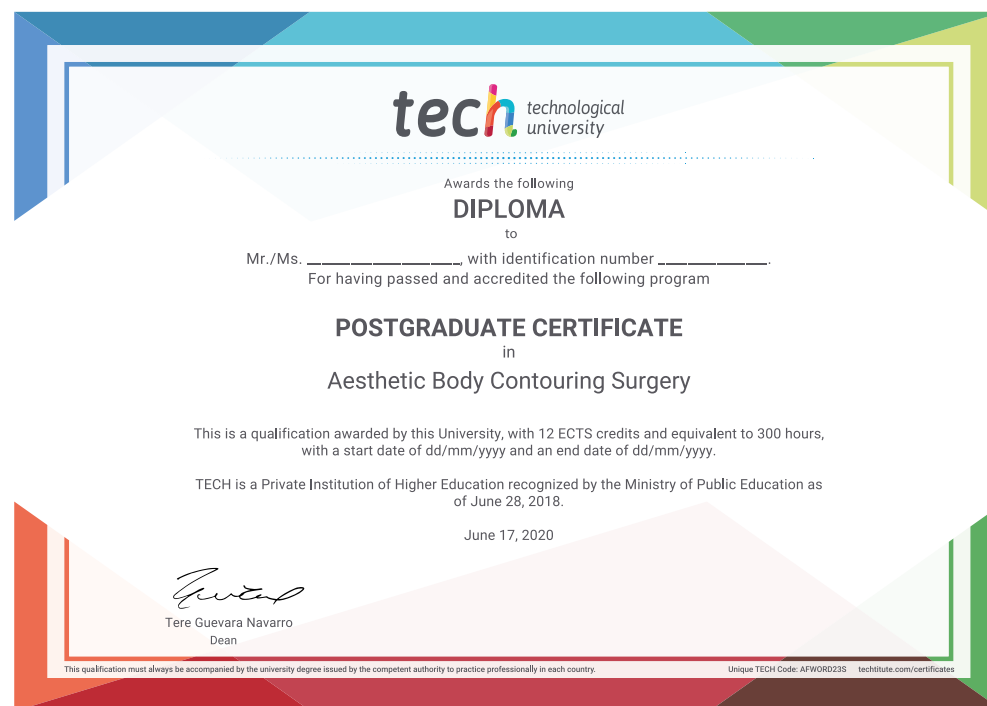
After the student has passed the assessments they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University via tracked delivery**.

The certificate issued by **TECH Technological University** will specify the qualification obtained through the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Aesthetic Body Contouring Surgery**

ECTS: **12**

Official Number of Hours: **300**



*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, CEU EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

health future
confidence people
education information tutors
guarantee accreditation teaching
institutions technology learning
community commitment
personalized service innovation
knowledge present
online training
development language
virtual classroom



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Postgraduate Certificate

Aesthetic Body Contouring Surgery