

Learning Resources

The Cosmetic Surgery Series

Liposuction

Liposuction (suction-assisted lipectomy) is a surgical procedure that removes unwanted pockets of fat. The best candidates for liposuction are those who have unwanted collections of fat in a particular area of the body, e.g. the upper medial thigh, the abdomen, or the buttocks. This is not a treatment for generalized obesity.
1-5055

Abdominoplasty

The "tummy tuck" can flatten the stomach and smooth away stretch marks left by pregnancy. It may also be indicated for those who have lost a lot of weight and are unable to flatten their abdomen with exercise.

Abdominoplasty is presented as a surgical procedure used to remove excess wrinkled skin and fatty tissue from the middle and lower portions of the abdomen. States that it can tighten stretched skin, strengthen abdominal muscles, and flatten the lower abdomen.
1-5056

Breast Augmentation

Mammoplasty, or breast augmentation, is an option for women with small, underdeveloped breasts, uneven breasts, or breasts that have decreased after childbirth. The procedure varies with

A selection of videos on cosmetic surgery

the type of incision and the type of implant; for example, implants can be saline and/or gel with a polyurethane cover.
1-5057

Breast Reduction

Reduction mammoplasty reduces overly large breasts to a more comfortable size and contour. It can eliminate both physical problems (chest pain, chronic neck pain) and psychological discomforts.
1-5058

Rhinoplasty

Aesthetic rhinoplasty is a surgical procedure that sculpts the nose into a more natural shape, often by eliminating a prominent hump and bulbous or wide tip. Rhinoplasty is also performed to correct a deviated septum or other medical problems.
1-5059

Eyelid Surgery

Puffy or wrinkled eyelids can often be bothersome or bring social stigma onto a person. This edition shows how eyelid surgery can eliminate these problems. Dr John Williams describes the procedure, steps to be taken by the patient before and after the operation and reviews complications

that can result from it. A woman describes her experience with the operation and explains how it's improved her life. This program includes excellent diagrams and footage of an actual procedure.
1-5060

Facelift

A face lift can make you look as young as you feel. This program outlines the steps involved with face lifts including consultation, pre and post operative procedures and the surgery. Dr John Williams talks about the technical aspects of the operation and reviews possible complications that can result from it. A woman who has undergone the operation talks about the emotional and physical aspects of it and tells why she's happy with the results. Institute: John Williams MD, Plastic Surgeon.
1-5061

Chemical Peel

Plastic surgeon Dennis Thompson describes the process of a chemical peel from start to finish. Thompson tells people considering the procedure what to expect during the consultation period and how to prepare for all

stages of the surgery. A woman who has had a successful peel describes the entire experience and expresses her satisfaction with the results. Also included in the program is a review of complications that can result from a chemical peel. Institute: Dennis Thompson, MD, Plastic Surgeon.
1-5062

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