

Minimally invasive and office-based procedures in facial plastic surgery

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'Minimally invasive and office-based procedures in facial plastic surgery' is a comprehensive textbook perfectly reflecting its title. A large array of facial plastic procedures, useful in correcting specific facial imperfections as well as concerning the broader concept of facial rejuvenation, is discussed. All of the techniques can be performed in an outpatient setting without the need of general anesthesia.

Virtually all chapters follow a strict structural outline starting with key concepts. A short introduction followed by the basic background of the procedure, with or without anatomy and patient selection, provide an adequate setting for the procedure to be described. Next is a concise description of the technical aspects and postoperative care. Then attention is paid to expected results, which is very important in a field where expectation management can be as important as technical skill. Chapters finish with complications and their management and a brief conclusion. This structural repetitiveness makes this textbook a valuable reference manual, as each chapter stands on itself in a complete description of the topic discussed. On the other hand, it causes a certain overlap in information in chapters concerning a similar main topic like the multiple chapters on chemical peels, laser treatments and fillers.

Another feature of the book is the gradual buildup from minimally invasive to most invasive yet office-based procedures. After a general introduction on facial aging, skin care and anesthesia, various chemical peels and lasers for skin resurfacing are discussed. The scalpel will not be used until chapter 15: surgical treatment of facial scars. Chapters on facial volume management with various fillers, fat transfer and liposculpture techniques follow towards the use of neuromodulators right before final chapters on more invasive surgical procedures. These start with discussing endonasal and office-based rhinoplasty techniques followed by brow rejuvenation, multiple chapters on blepharoplasty, lip rejuvenati-

on, otoplasty and short-incision face- and necklift. The book ends with describing fat reduction and hair transplantation techniques. This progression of chapters appears logical and adds towards the reference quality of this book.

Finally, chapters are obviously written by people with extensive experience in the field. Clear tables and to-the-point images help the reader to grasp the topic. Pre- and postoperative photographs are plenty and provide better judgment of the efficacy of the described procedures. The online video contents covering lots of procedural footage are a valuable help in conceptualizing the text. Where possible, statements are supported with references to literature. If not, expert opinion is often explained with personal arguments.

This attention to detail and evidence (if available) make it a valuable textbook for the novice and the more experienced FPRS practitioner. Furthermore, since a certain overlap in text sometimes exists, it provides several different and useful tips and tricks on the same topic.

For the rhinologist interested in facial plastic reconstructive surgery this book forms an excellent starting point in looking at the face from an esthetic point of view and realizing the plethora of minimally invasive procedures possible around the nose. It also provides good background knowledge for the patient population we will encounter and conceptual information to decide which procedures can be adopted. For the rhinologist already performing rhinoplasty this is a valuable reference manual if he wants to expand his FPRS practice.

'Minimally invasive and office-based procedures in facial plastic surgery' is a well written, comprehensive, up-to-date and well structured textbook that will show its value as a reference for the rhinologist performing or interested in aesthetic facial surgery. It is a valuable addition to the bookshelf that not yet has an overview in minimally invasive facial plastic procedures.

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