

NEWSLETTER

Facelift With Master II *A three-day workshop in Paris, France*

On behalf of the Campus Champs Elysees, we thank our participants for their attendance and participation in this workshop. There was a personal and interesting atmosphere for this event.



Dr. Michael Atlan explains techniques of face lifting to participants during the cadaver lab

Live Surgery Workshop: The Tips, Tricks, & Secrets of the Masters of Face Lifting Revealed By Campus Champs Elysees

Our January workshop, FACELIFT WITH MASTERS II, was a great success under the direction of Tracy Sayag, the president of Campus Champs Elysees and the director of the Clinique des Champs Elysees. With the work of the Campus administration and the guidance of Dr. Michael Atlan, and a team of Masters, the interactive learning experience was executed with a great deal of interaction between the faculty and the attendees. The face lifting Masters included: Dr. Jean-Claude Dardour, Dr. Patrick Baraf, Dr. Jean-Louis Goin, and Dr. Bernard Cornette de Saint Cyr, who came together to give an educational

experience that complimented the practice of these surgeons who already had some training in face lifting.

The Tips, Tricks, and Secrets of the different Masters were highlighted in an educational course, cadaver lab, and live surgery broadcast. After a warm welcome and orientation, the first day of the workshop began with an introduction of the unique techniques employed by each Master so the participants could compare the different executions possible for a successful face lifting procedure.

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JANUARY 17TH-19TH, 2018

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Shortening of Elongated Upper Lip: Beautiful & Younger Mouth & Smile

By Dr. Bernard Cornette de Saint Cyr

The mouth is an organ of communication, but also has an air of seduction and sexuality. As the aging process takes over, the upper lip can suffer from lengthening, thinning, wrinkles, or atrophy among other things.

An upper lip is more beautiful if it is short and is thought of this way universally around the world. There are two classic ways to achieve a shortened upper lip. The first technique is the marginal excision. This is accomplished by taking the skin off the top of the upper lip leaving minimal scarring, but also still a longer distance between the upper lip and nose. The second technique is shorten the area under the nose. The excise

is made far into the nostrils as the hide and break any scarring.

With a longer upper lip, the teeth become more and more hidden. With the shorter upper lip, you can take your face from seeing your bottom teeth to seeing your upper teeth giving yourself a more youthful look. The procedure gives your face an enhanced beauty and balance of features.

This light surgery gives you a beautiful mouth without having to use injections. Scarring is not visible if performed correctly and complication is not common. The shortening of an elongated upper lip is a way to have a more youthful and beautiful face and smile.



Dr. Cornette de Saint Cyr and Dr. Goin demonstrating and explaining their techniques to the participants during the cadaver lab.



Dr. Cornette de Saint Cyr explains the upper lip technique to the participants in his educational course.

Why Not?: A Youngsters Facelift

By Dr. Patrick Baraf



Dr. Baraf explains his ideas for his live surgery on his patient. She is 42 and unsatisfied with her appearance

Aging has been widely described as the effect of gravity but is more the degradation of biological functions in the living organism. But what if aging was based on the idea that someone was simply not satisfied with their face and features? With this in mind, why choose to postpone a procedure with the fear that you might be ruining their appearance? After all, the result of cosmetic medicine and surgery is to make someone happier. They could pass years of uncertain questioning, when maybe the right decision would be to have work done when they desire it, even if this is at a younger age.

The aim is to identify at which conditions a doctor can fulfill a patient request. We will see that not

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Tracy Sayag with all participants and the masters

Presidents Letter

By Tracy Cohen Sayag

I am pleased to report that the workshop, FACELIFT WITH MASTERS II, was a successful and productive experience. The Campus Champs Elysées completed its second facial plastic surgery workshop in an effort to ensure that all participants left with a better understanding and new techniques of face lifting to add to their experience and practice.

Under the leadership of Dr. Atlan and our Masters: Dr. Dardour, Dr. Baraf, Dr. Goin, Dr. Dardour, and Dr. Cornette de Saint Cyr, our team was able to carry out an innovative and integral presentation of different ideas.

Each master presented their own techniques of face lifting, giving an array of new information that can elaborate and improve your practice. One of the profound outcomes of this workshop was having a personal growing experience with specific training objectives in a structured display.

The Clinique des Champs Elysées was happy to provide an environment where the procedures, techniques, and principles learned during the workshop were presented in their regular environments.

We hope you enjoyed the workshop and found it helpful. There was a positive energy and interesting conversations that made this event an exciting one. Keep an eye out for more upcoming workshops that we have scheduled for the year 2018.

Tracy Sayag

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Indications:

What Must be Done

By Dr. Jean-Louis Goin

Aging is a progress that involves skin ptosis, loss of volume and disruption of skin distribution. When looking at your patient, you must decide what you think has happened and in with what techniques you can make a change to their appearance.

The first step is to identify your target. There is the peri-orbital region, peri-oral ptosis: naso-labial and lips, medio-facial: mid face lift, neck and facial contour, or maybe even all of these combined. Once the decision is made between the patient and what you were thinking, then a good form of action needs to be taken. According to the patients skin, the question remains on which is the lighter, as well as the more acute, secure, and less invasive technique. However, don't forget the choice of your incisions.



Dr Goin explains the techniques he plans to use on his patient for his live broad-casted surgery on day three of the workshop.

Will a surgical mid face and neck be employed? Or is an assisted program the better choice using micro-lipostructure, micro and nonfat, or PRP for any wrinkles. After making my plan, I begin my lift with the smallest incision possible, avoiding to cut the hair, and also do the same for my medio-facial and neck treatments. I complete the procedure with an assisted lift using PRP injection of harvested fat on the peri-ombilical region to preserve the stem cells. The wrinkle injections are done with special needles. The result is a rejuvenated look and a new glow.

WORKSHOPS

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2018



INVIVOX

REINVENTING MENTORING

Live Surgery Workshop:

The Tips, Tricks, & Secrets of the Masters of Face Lifting Revealed (Continued)



Dr Dardour explains the facial anatomical references of a facelift to the participants on day 1.

The vast array of training techniques included: The Baraf Method, The Dardour Lifting List, The Cornette Face lifting Procedure, and The Goin Lifting. These were implemented over the three-days of the workshop so the participants could apply them to their own practices.

The second day was spent half the time at the Ecole de chirurgie du fer a moulin and the other half at the clinic. Participants performed the new techniques they learned on fresh cadavers with the help and guidance of the Masters.



Participants practice what they have learned on day 1 on fresh cadaver

It was a mix of practicing as well as being evaluated and corrected by the Masters at the same time. On return to the clinic, there was a lecture given by some of the Masters to reinforce what the participants had accomplished and completed. This gave for a true hand-on experience and a boost of information.



Dr Goin and Cornette give their advice in mix of technique during the cadaver lab

The live surgeries on the third day were performed by three of the Masters: Dr. Goin, Dr. Dardour, and Dr. Baraf. The patients were prepared before, and the live feed of each surgery started as each Master began his facelift. It was the best way for the Masters to present their techniques to show each step of their method of procedure by explaining as they worked as well as answering real-time questions the participants had about what they were observing.



Cheers to the end of the workshop and a better understanding of different techniques of face lifting

After a short question answer session, the participants had reached the end of their face lifting experience. Certificates of participation were presented and the attendees left with a better understanding of how to perform a facelift applying different techniques.



Participants watch Dr. Dardours surgery live and ask questions as they have them

ACCESS MEMBER AREA

By becoming a CCE member and accessing your web portal on our website, you will have access to materials presented during this workshop.

All materials presented during the three days of the workshop, Facelift With Masters, will be available. This includes: all presentations given by the masters, videos taken during the live surgery workshops, and a photo gallery of candid photos and certificate presentation to each participant.

On the Campus Champs Elyées homepage - www.campuschampselyees.com - go to the membership tab. Under the dropdown there is a section - Member Login. A username or email address and password is required in order to activate your access to the full content of your member portal.

Workshops 2018:

The Campus Champs Elyées Workshops are available on the 3.0 Continuing Education Medical platform

Why Not?: A Youngsters Facelift

By Dr. Patrick Baraf (Continued)

turning to cosmetic medicine, with its loads of disposable injections and sophisticated machinery, as many already do at a young age, may leave an opening for surgical procedures if adequate to its needs. The new trend of performing surgeries at an earlier age follows the idea that there is less fear of going under anesthesia as well as a shorter recovery time, which is more suitable for an active, young patient.

A Survey of the Situation

France, among other countries, shows patients with a very peculiar attitude towards natural results. One could ask, "What are natural results?", when what



Figure 12. Dr. Baraf answers questions before he goes into his face lifting surgery.

we see is such strange looking faces on the streets, and in magazines and pictures.

Overdone results can occur from injections and other medical treatments but also from cosmetic surgery performed by surgeons who use over

embellishing techniques. In France, this has led to total fear of surgery and its results among many patients that could have otherwise benefited from a younger appearance. The fear of anesthesia, scars, recovery time, and pain leaves these patients looking for so called "easier improvements" within cosmetic medicine to get the results they are expecting. But cosmetic medicine cannot accomplish everything and there comes a time to consider the benefits of having surgery.

Options for a Youngster

The appeal of cosmetic medicine is given by its easiness, comfort, and simplicity. But its wide use is

not the hot topic, let's talk surgery.

One Fear: The unnatural post surgical look

The unnatural look most often means that the patient will not be able to recognize themselves. This is also true for their close family and friends and can result in the dreaded question, "What have you done?" So what does this mean for the new concept of the "youngster facelift" and its promises? I say, "You will absolutely be able to recognize yourself, you will be recognized by your family and friends, nobody will question what you have done, and better yet, no one will know that you have done something at all to your face." This is the true base for success and what we call the "natural look".

The recovery time should be reduced to its minimum. The shortest recovery is one day and is accomplished with the "Direct-line facelift" or "Hollilift" described in the previous issue of *Body Language Magazine*. The follow up is remarkably shortened with minimal pain, swelling or bruising. Patients are encouraged to go to a restaurant or sit out on la terrasse as soon as possible with a little light make up, hair styling, and sunglasses. This can even happen the morning after the surgery. The psychological effect is extremely important not only for the physical appearance but also the mental attitude the patient has towards their new life.

If the program is precisely followed and events occur as described and expected, there shouldn't be a problem with operating on a younger patient. This can also apply to patients that are depressed and may be rejected by their plastic surgeons because they are believed to be a bad candidate. But if the result is a new look, new mental attitude, short recovery time, and a recognizable appearance, then all candidates can be considered. If making your patient happy, or happier, by doing what is needed, provided the result is natural and simple to obtain, then this is the new must do. These surgeries are looked at as complicated procedures but are in fact simpler than we think. Rejuvenation has never made anyone sad, but natural rejuvenation is hard to come by and in some cases impossible.

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Why Not?: A Youngsters Facelift
 By Dr. Patrick Baraf (Continued)

Aging can bring sadness, so there is no sense in postponing when there is a need and the contract is respected so the patient leaves happier.

Table 1. Tunnelization & Undermining for beginners

1	No SMAS
2	Then plicate
3	Then separate the upper corner with cautery
4	On a couple of centimeter
5	Then more and more as you improve
6	Observe effect on result

Design SMAS and undermine with cautery. If you are new to this technique, be progressive and follow the steps in the table.

How to get there. The “Direct-line Facelift”

The skin and a piece of fabric are very similar in that they both consist of fibers. Fibers have a specific direction. If there is separation of these fibers during cutting, then this can lead to injury of the tissue. For example, if you cut across a fiber, then this will lead to swelling, bleeding, bruising, and pain. These errors in technique will cause long and painful follow-up, and sometime can lead to post operative depression “lifting blues” similar to what we call the “baby blues”. The patient is longing for the fresh result just as someone longs for a baby, and when they finally get what they want, they can become depressed and cry for up to six months after. This is not what we want to see after a “youngster facelift” so faster results are expected to keep the patient as secure as possible.

The Hollilift is described as : a fast recovery, extensively adapted facelift, preceded by a mental conditioning and renewal of nutrition and physical activity including exercise. The short recovery time is a necessity that gives the opportunity for anyone to obtain happiness in a shorter downtime. This makes the facelift simple, effective and accessible to the greatest number of patients, even those who are very active. To eradicate any fear, mental preparation with images and demonstrations, can bring peace of mind.



Figure 1. The before and after photos of Dr. Baraf’s “youngster” patient. (a) & (b) Frontal and lateral views of patient before surgery. (c) & (d) Frontal and lateral views of patient the day after surgery. (e) & (f) Different lateral views of the patient a week after the surgery.

This zen attitude will allow the patient to have a lower blood pressure, quietness, and a feeling that their needs are being understood. The Hollilift is on its way to great success allowing the generalization of the “youngster facelift” to take a good piece out of cosmetic medicine, whose success often comes from the fear of surgery, and finally is limited in its actions and results.

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