

# ISAPS NEWS

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# 4

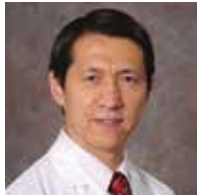
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Non-Invasive Fat  
Reduction  
Global Sponsor Feature

# ISAPS VISITING PROFESSOR PROGRAM

## ISRAEL



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After a 14-hour flight, the plane landed at the Tel Aviv International Airport. Before landing, the flight attendant announced that the plane had entered Israeli air space and everyone on the airplane must be seated. This reminded everyone that Israel is a country that may still be in a war with other countries. Surprisingly, when I left the airport and entered the city, it appeared to be very peaceful and safe. Local Israelis and international tourists were really enjoying life which is normal on a daily basis.

Tel Aviv is the second largest city in Israel. It is the financial district of the country with many high-rise buildings. The city has expanded tremendously in the last 10-15 years and has become a livable city just like any other metropolitan area in other parts of the world.



Figure 1 - With Professor Eyal Gur, the head of the Department of Plastic Surgery.

The next day, Professor Eyal Gur, head of the Department of Plastic Surgery at the Tel Aviv Sourasky Medical Center, greeted me in the morning and took me to his hospital. (Figure 1) The Tel Aviv Sourasky Medical Center is a 1600 bed tertiary hospital and has the largest Department of Plastic Surgery in the country with 10 faculty surgeons and is divided into several specialty programs such as head and neck reconstruction,

breast reconstruction, and craniofacial surgery. It is the largest training program in Israel with residents not only from Israel, but also from some European countries and even from Palestine. The department has a very strong tradition in international plastic surgery education and has trained many foreign fellows. Each faculty member has done fellowships in the United States or Europe. They have not only a very cutting-edge reconstructive surgery practice in this public hospital, but also a private practice in other private hospitals. This is how they can maintain a cutting-edge reconstructive surgery practice as well as a private cosmetic surgery practice to augment their income. However, each faculty surgeon expressed to me their passion for excellence in plastic surgery.



Figure 2 - With the faculty members, residents, and international fellows of the department.

The department organized a whole academic day for me during my visit. (Figure 2) All of the residents were excused from clinical duty and many faculty surgeons also participated.

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I first presented a lecture titled, “What Do We Know Now About Fat Grafting?” followed by another lecture titled, “Facial Fat Grafting for Rejuvenation and Contouring: My Preferred Approach.” Both lectures were well received by the faculty surgeons and the residents and we had many in-depth discussions about fat grafting, regenerative surgery, and each preferred technique in facial fat grafting. My first lecture covered the common techniques in fat grafting, current concepts of fat graft survival, the role of adipose derived stem cells in fat grafting, regenerative plastic surgery with fat grafting, and cryopreservation of fat grafts. The second lecture introduced my preferred technique in facial fat grafting with a lot of feedback and discussion with the residents and faculty surgeons.

The second part of this scientific exchange was to present some difficult cases to the residents and then they presented their difficult cases to me. This section was quite exciting and many discussions resulted, especially regarding the different approaches in the United States and Israel for the same clinical problem. I also learned, firsthand, that many cutting-edge reconstructive plastic surgery procedures are performed in their medical center.

The third part of this scientific exchange was a lecture on breast reduction for the residents. I explained my criteria for patient selection and the preferred technique for inferior pedicle breast reduction as well as medical breast reduction. I also showed a video on how that procedure is performed in my practice. I also discussed other related techniques such as vertical mastopexy or inverted mastopexy.



Figure 3 - The author in front of the Tel Aviv Sourasky Medical Center.

During my visit, I also had a tour of their department and hospital. **(Figure 3)** The Department of Plastic Surgery has a special floor with some 40 plus beds for inpatient stays after reconstructive surgical procedures.

The hospital, although it is public one, has many new buildings due to private donations. For example, the office of the Department Plastic Surgery and their floor are quite modern. The hospital itself is also well known for many other medical specialties such as cardiovascular surgery.

I enjoyed traditional local cuisine with the faculty at a high luxury restaurant near the hospital. **(Figure 4)** I had many informal discussions with the faculty surgeons about their life and what we are enjoying on a daily basis as a plastic surgeon. We discussed many common interests and how to achieve academic excellence in one’s personal life.

During my visit to Israel I had an opportunity to explore Tel Aviv. It has beautiful beaches and many activities near the beach. **(Figure 5)** People are quite active and seem to enjoy the beach very much. I also had an opportunity to visit the old city of Jerusalem **(Figure 6)** and understand the tradition and the culture of Jewish people and their rich history for the past 2,000 years.

Overall it is my great honor to serve as an ISAPS Visiting Professor in Israel. I must say that the extent of scientific exchange in plastic surgery was quite intense and I indeed have learned a lot from our Israeli colleagues. I am very happy to share my expertise in aesthetic surgery with Israeli plastic surgery residents, the faculty surgeons, and international trainees and visiting surgeons. I am very thrilled to help accomplish the mission of ISAPS of worldwide aesthetic education. **(Figure 7)** During my visit, I have also learned so much about Israel, as a relatively new country, and about the Jewish people. I certainly respect their vision, work ethic, and accomplishments in many areas of medicine in general and plastic surgery in particular.



Figure 4 - With Professor Eyal Gur, Dr. Yoav Barnea, and other faculty members of the department during lunch.



Figure 5 - A view of the Tel Aviv Beach.



Figure 6 - A view of the Western Wall in Jerusalem.



Figure 7 - With Dr. Yoram Wolf, the ISAPS National Secretary for Israel during the 2019 Israeli Society of Plastic and Aesthetic Surgery annual meeting.