

## ASERF Resident Travel Scholarship—2019 Recipients

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to members of the FDA and requested that the FDA ask manufactures to distribute to only board-certified plastic surgeons given the society's dedication to data-driven research to study Breast Implant-Associated Anaplastic Large Cell Lymphoma and other potentially related illnesses.

The safety of gluteal augmentation with autologous fat transfer, more commonly known as the "Brazilian buttock lift," continues to be a hot topic and this was highlighted as well. Dr. Daniel Del Vecchio, an expert in this technique continues to emphasize the importance of understanding gluteal anatomy as well having precise subcutaneous injection technique to avoid tragic complications such as pulmonary fat embolism. This technique has been supported by recent cadaveric studies by Dr. Del Vecchio and colleagues.

Global experts in rhinoplasty were present to discuss their extensive knowledge and their pearls of wisdom for success. Dr. Rod Rohrich presented his vast experiences utilizing the septal extension graft and the versatility and consistency he has been able to achieve using this graft. This was supported by many case examples as well as impressive long-term results.

The Aesthetic Meeting was a huge success and planning for The Aesthetic Meeting 2020 is already underway which will take place in Las Vegas, Nevada, and will undoubtedly be even more innovative, featuring the latest trending topics discussed and debated by world-renowned experts.



### Ashley Steinberg, MD

Even the best surgeons have complications, the key to a successful practice is knowing how to manage them.

It is a humbling experience for a surgeon to get up in front of a crowd of their peers and admit to their own complications. Luckily for the residents present at the resident filler/neurotoxin lecture including myself, a group of excellent and competent surgeons did so. Listening to their stories and seeing their pictures made a group of seasoned residents collectively cringe and squirm, but I truly believe we are all better physicians because of it.

Facial fillers have been gaining popularity recently secondary to the Kardashian effect. Unfortunately, a large amount of these procedures are being performed by inappropriate practitioners. On social media, the application of facial fillers is often represented as a safe procedure that can be done by almost anyone with good results. While I would agree that it is safe, I am not sure all individuals who perform this procedure truly know the risks involved: the worst of which being necrosis of the filler area or blindness. In fact, upon questioning, most people I've spoken to have said "just stay deep and you won't have to worry" or "that really doesn't happen" in response to suggested risks. But now I know: it really does happen.

Being able to recognize and adequately treat filler complications is essential for any individual planning to use fillers in practice. Luckily, we have opportunities such as this annual meeting to be taught what to do in these situations, making us all better practitioners. What sets us apart from most others is not only our extensive knowledge of anatomy, but our willingness to continuously learn, update and evaluate ourselves to make our field as safe as possible.

As non-surgical procedures become more and more popular, lectures like this, which address rare but important complications, are vital in placing the knowledge needed to recognize and treat these occurrences into our armamentarium.



### Stelios C. Wilson MD

The Aesthetic Meeting, hosted by the American Society for Aesthetic Plastic Surgery, is the premier aesthetic plastic surgery meeting each year. The 2019

meeting was held in vibrant New Orleans. It was well attended and had an amazing lineup of speakers.

Each panel was chaired by true experts in the field. This was highlighted by "On the Cutting Edge—What We Have Learned in 80 Years of Facelifting" which was a special presentation by Dr. Aston and Dr. Baker and moderated by our new president Dr. Thorne.

Learning from their personal journey was both humbling and inspirational. As a young surgeon, I learned that I need to continue to reflect on my results and continue to evolve in a systematic and safe manner in order to provide the highest level of care for my patients.

In addition, this year's meeting was well balanced. Specifically, there were many presentations with videos showing "how I do it" but more importantly, there was discussion on complications, pitfalls, and avoiding poor outcomes. This was exemplified by the multiple panels debating gluteal augmentation both with implants and with autologous fat transfer. I walked away with a better understanding of techniques to perform these procedures safely.

Another great addition this year was the aesthetic breast reconstruction panel chaired by Dr. Nolan Karp. Based on the high attendance, it is clear that the members of The Aesthetic Society are striving for excellence in both their aesthetic and reconstructive cases. Given this high level of interest, I hope to see this portion of the educational mission grow in years to come.

Overall, I thought the meeting was well structured and of the highest quality. I feel very fortunate to have had the opportunity to spend time in the city of New Orleans and learn from the best of the best. I would like to thank the Aesthetic Surgery Education & Research Foundation (ASERF) and The Allergan Foundation for their generosity. I hope to see you at the meeting next year!