

**BASIC COURSE and WORKSHOP ONLINE: COSMETIC-
PLASTIC GYNECOLOGY: CERTIFICATE**

Post-Congress Educational Opportunity Offers by:

***Prof. Adam Ostrzenski, M.D., Ph. D., Dr. Habil. Dr. Honoris Causa, USA
A Cosmetic-Plastic Gynecologic Surgeon***

The Institute of Gynecology (IOG) offers a Basic Cosmetic-Plastic Gynecology (CPG) Course-Workshop with hands-on laboratory training. The course provides a new learning opportunity in the CPG field *for starting surgeons, practicing surgeons, and teachers*. The learning from this educational event will improve the competence of female genital cosmetic-plastic surgeries. The course-workshop program was developed and would be conducted by Prof. Dr. Adam Ostrzenski from the USA.

The course and hands-on training will be in English.

DATE of POST-CONGRESS COURSE: May 1st, 2023

COURSE LEARNING OBJECTIVES:

- Definitions:
 - Cosmetic Surgery
 - Plastic (Reconstructive Surgery)

- Surgical Principles of Cosmetic-Plastic Surgery:

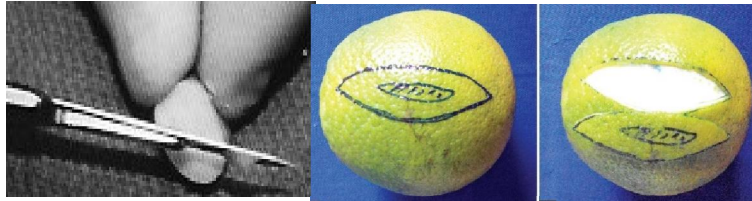
- Surgical instruments and instrumentation



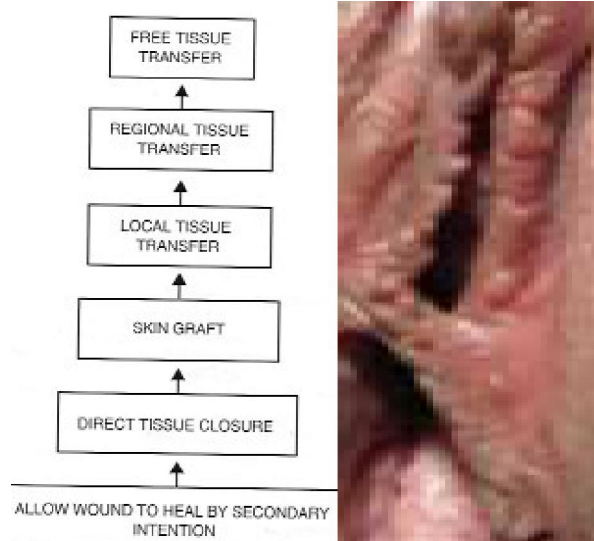
- Cosmetic surgical dissection



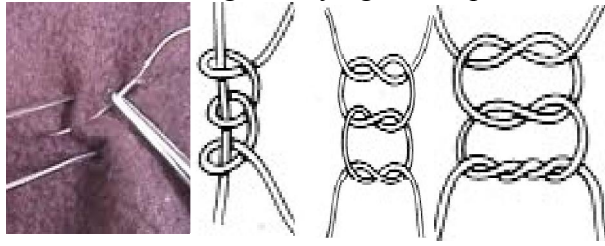
- Cosmetic incision, excision, flaps



- Tissue transfer, transposition, and tissue transplantation



- Cosmetic suturing, and tying techniques



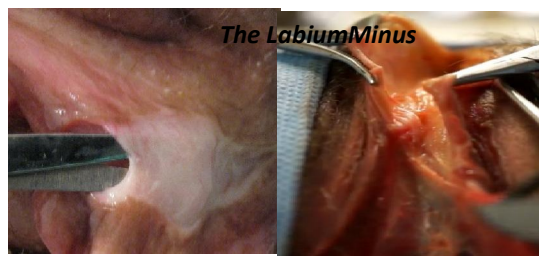
- Patient selection—based on medical evidence data
- Pre-, and post-operative care
- Identifying harmful CPG surgical techniques concepts

- Anatomy:

- Ostrzenski's genital tract anatomical discoveries



- Clinical implementation of new and old anatomy in CPG surgery
- Gross, topographic, functional, and surgical anatomy in CPG



- Anatomically wrong-designed surgical concept(s)
- Changing the natural anatomy look by amputation is against cosmetic surgery principles.

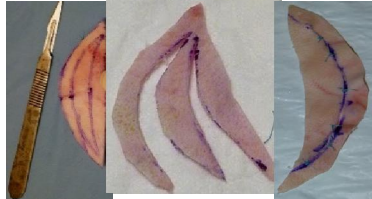
- Training

- Lectures supported by PowerPoint

- Dry laboratory



- Wet laboratory-hands-on training



- A participant executes procedures under Prof. Ostrzenski's direct supervision
- Reducing and avoiding CPG severe complications by proper application of surgical and anatomical principles
- Using local anesthesia in CPG

How the Basic Course and Workshop improve participants' surgical skills in CPG surgery

- Starting surgeons will be prepared for Advanced Hands-on Course-Workshop
- Experienced CPG surgeons will
 - comprehend the cosmetic-plastic and anatomical—surgical principles
 - understand the concept of applicable surgical techniques
 - select patient for appropriate surgical procedure(s)
 - perform surgery competently
 - avoid or reduce severe complications
 - improve the esthetic surgical outcomes
- Teachers of CPG will

- familiarize with a new and traditional gross, topographic, functional, and surgical anatomy
- implement new and traditional anatomy to surgical techniques
- improve the teaching of surgical skills
- learn how to apply cosmetic surgical principles
- acquire knowledge on how to select appropriate surgical procedure(s)
- know-how to interpret the concept of surgical intervention(s) and avoid using harmful surgical techniques
- improve the process of teaching and evaluating the progress of students

FEES

The IOG developed a high-quality educational curriculum for those who are planning or currently practicing CPG. The fee was reduced for different areas of the globe by utilizing the World Bank Classification by a country's income.

The World Bank Classification of Low-Income Countries

Afghanistan	The Gambia	North Korea
Albania	Georgia	North Macedonia
Algeria	Ghana	Pakistan
Angola	Grenada	Palau
Antigua and Barbuda	Guatemala	Palestine
Armenia	Guinea	Papua New Guinea
Azerbaijan	Guinea-Bissau	Paraguay
Bangladesh	Guyana	Peru
Belarus	Haiti	Rwanda
Belize	Honduras	Saint Helena
Benin	Iraq	Saint Kitts and Nevis
Bhutan	Jamaica	Saint Lucia
Bolivia	Jordan	Saint Vincent and The Grenadines
Bosnia and Herzegovina	Kenya	Samoa
Botswana	Kiribati	Sao Tome and Principe
Burkina Faso	Kosovo	Senegal
Burundi	Kyrgyzstan	Serbia
Cambodia	Laos	Seychelles
Cameroon	Lebanon	Sierra Leone
Cape Verde	Lesotho	Solomon Islands
The central African Republic	Liberia	Somalia
Chad	Libya	South Sudan

Colombia Comoros The Democratic Republic of Congo, Republic of Cook Islands Cote d'Ivoire Cuba Djibouti Dominica East Timor Ecuador Egypt El Salvador Equatorial Guinea Eritrea Eswatini Ethiopia Fiji Gabon	Madagascar Malawi Maldives Mali Marshall Islands Mauritania Mauritius Micronesia, Federated States of Moldova Mongolia Montenegro Morocco Mozambique Myanmar Namibia Nauru Nepal Nicaragua Niger Nigeria Niue	Sri Lanka Sudan Suriname Syria Tajikistan Tanzania Togo Tokelau Tonga Tunisia Tuvalu Uganda Ukraine Uzbekistan Vanuatu Venezuela Vietnam Yemen Zambia Zimbabwe
---	---	---

Reduced Fee for Current Post-Congress Course

	Practicing Surgeon Fee	Physician in Training or Nurse Fee
High and Middle Income Countries	\$ 500	\$ 150
Low-IncomeCountries	\$ 100	\$50

REGISTER NOW!

Post-Congress Course Title:

**BASIC COURSE and WORKSHOP ONLINE on COSMETIC-PLASTICPG
GYNECOLOGY (CPG) with CERTIFICATE**

Post-Congress Educational Opportunity (Reduce Fee)

The post-congress course will be presented in English using.

PowerPoint!

A Registration Form

Please Choose

- Professor Medical doctor Ph. D. Medical doctor in training
 Nurses Student Mr. Mrs. Ms.

Name (First and Last Name):

Physicians in Practice _____

Physicians in Training _____

Nurse _____

Contacts:

E-mail address : _____

Mail Address:

Street Address: _____

City _____

Country _____

Zip Code _____

Register as:

Speaker (**Abstract Title**):

Participants

SUBMIT

PROGRAM

Basic CPG Online Course with Hands-on Training

HANDS-ON LABORATORY TRAINING

1. **DRY LABORATORY:** Prof. Ostrzenski designed this education model to help a surgeon understand a surgical concept of a particular surgical technique. A surgeon draws a picture of a surgical technique of the labia minora, clitoral prepuce, and clitoral frenulum and cuts it out to learn the incision lines. Prof. Ostrzenski himself supervises surgeons until the surgical technique is done correctly. This educational process allows doctors to understand the concept of a particular procedure and familiarize themselves with the step-by-step surgical intervention.
2. **WET LABORATORY** is designed by Prof. Ostrzenski and provides hands-on training for surgeons. Commercially available animal flesh is used to teach incision, excision, flaps, cosmetic surgical

dissection, cosmetic suturing methods, and selecting the type of suturing material, needle, and instruments.

3. LOCAL ANESTHESIA

DIDACTICS

7³⁰ – 8⁰⁰: Registration and Welcome

8⁰⁰ – 8⁴⁵: Guidelines for Practice, Teaching, and Marketing of CPG: Definitions of Cosmetic and Plastic (Reconstructive) Surgery

- a. Identifying Deceptive and Unethical Teaching, Practice, and Marketing Procedures
- b. Esthetic Request v/s Medical Indication
- c. Patient Autonomous Right to Refuse & to Choose Offered Therapy (Procedure)
- d. Informed Consent for office, surgical center, or hospital procedure
- e. Cosmetic-Plastic Surgical Principles

8⁴⁵– 9³⁰: Patient Safety in Cosmetic-Plastic Gynecology

Patient Safety in the Office Procedure Room:

- a. Establishing the Procedure Room
- b. Office Procedure Room Equipment
- c. Office Procedure Room Instruments and Sterilization
- d. Office Laser Certification
- e. Office Procedure Proctorship Availability

9:30-11:00: Hands-on Training:

- Magnifying Surgical Loupe
- Cosmetic Surgical Dissection: Methods, Size of
- Incision, Excision, and Flaps
- Suturing Materials, Suturing and Tying Techniques
- Tissue Transfer, Tissue Transposition, Tissue Transplant

11:00-11⁴⁵: Local Anesthesia in the Office Procedure Room

Different Modes of Anesthesia in the Office Procedures:

- a. Topical
- b. Local Infiltration
- c. Pudendal Nerve Block
- d. Paracervical Block
- e. Conscious Sedation

11⁴⁵ AM to 11³⁰ AM: Break

11³⁰–12¹⁵: Female Genital Gross, Topographic, Functional, and Surgical Anatomy:
Fresh Cadaver Photos, Pertinent Surgical Dissection Photos, and Diagrams:

- a. Applicable Embryology to Cosmetic Surgical Anatomy
- b. Urogenital Sinus in Cosmetic Surgery
- c. Müllerian Duct in Cosmetic Surgery
- d. Mesonephrotic Duct in Cosmetic-Plastic Surgery
- e. Compressor Urethral Muscle and Its Role in Cosmetic-Plastic Gynecology
- f. Urethrovaginal Sphincter Muscle and Its Role in Cosmetic-Plastic Gynecology
- g. Gross and Functional Differences between Vaginal Introitus and Vaginal Outlet Anatomy
- h. Dorsal and Ventral Perineal Membranes: Anatomy and Function
- i. New and Traditional Anatomy of External Female Genitalia

12¹⁵-1⁰⁰: Preoperative Care

Preoperative Preparation:

- a. Informed Consent
 - b. Perineal Preparation
 - c. Rectal Preparation
 - d. Topical Anesthetic Application
 - e. Indication for Antibiotic Prophylaxis

1⁰⁰-2⁰⁰ PM: Lunch Break

2⁰⁰-2⁴⁵: Potential Surgical Complications in Cosmetic-Plastic Gynecology

Photographic Documentation of Actual Complications and Their Cases:

- The Mons Veneris
- The Clitoral Prepuce
- The Clitoral Glans
- The Labia Minora
- The Labia Majora
- The Anterior and Posterior Perineum
- The Vagina
- Wound Separation
- Intraoperative; Short- and Long-term Postoperative Complications
- How to Establish the Cause(s) of CPG complications
- How to Avoid Complications

2⁴⁵-3³⁰: Postoperative Care

- Fluid and Electrolytes
- Minerals & Vitamins
- Urine Output
- Initiation of Feeding
- Pulmonary Care
- Pain Control

3³⁰-4¹⁵: Medical Cosmetic & Gynecologic Cosmetic

- Start-up of Medical Cosmetic Practice
- Training & Certification
- Medical Remedies
- Necessary Equipment
- Medical Cosmetics as a Tool for Marketing of CPG

4¹⁵ PM to 4³⁰ PM: Break

4³⁰PM: Ask the Professor

Basic Course Adjourned