

Plastic Surgery

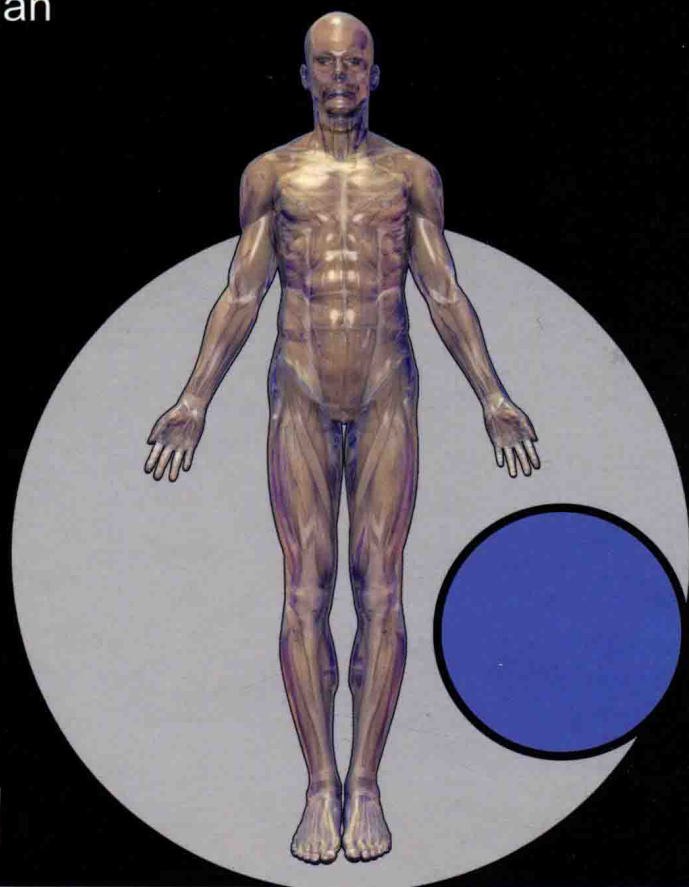
THIRD EDITION

Volume Two

ELSEVIER

总主编 Peter C. Neligan

总主译 范巨峰



麦卡锡

# 整形外科科学

(第3版)

第二分卷 美容

分卷主编 Richard J. Warren

分卷主译 范巨峰 宋建星

分卷主审 范巨峰 刘林嶠



人民卫生出版社

# 麦卡锡整形外科学

## Plastic Surgery: Aesthetic

第3版

### 第二分卷 美容

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范巨峰,男,博士,博士后。中国协和医科大学中国医学科学院整形外科医院博士(硕士期间师从岳纪良教授,博士师从李森恺教授),美国哈佛大学医学院博士后(师从 Micheal J. Yaremchuk),宾夕法尼亚大学附属医院访问学者(师从 Linton A. Whitaker)、纽约大学医学院访问学者(师从 Joseph G. McCarthy)。美国哈佛大学医学院附属波士顿儿童医院、附属麻省五官科医院、附属 Brigham & Women 医院、费城儿童医院访问学者。

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主任,教授,主任医师,首都医科大学研究生导师。从事整形外科工作 20 年,主要擅长注射美容、乳房美容整形、眼美容整形、鼻美容整形、瘢痕治疗等。

作为课题负责人和课题组主要成员主持和参加了国家自然科学基金项目,卫生部临床重点学科项目,北京市 215 工程高层次人才项目,北京市科技新星计划,北京市优秀人才计划,首都医学发展基金,北京市“十百千”卫生人才“百”级项目。2006 年获得北京市科学技术奖三等奖。发表 SCI 论文和国内核心期刊论文 40 余篇。

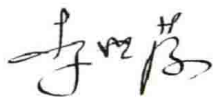
现任亚洲面部整形外科医师协会中国区主任,美国整形外科医师协会会员,中国整形美容协会脂肪医学分会副会长,中国整形美容协会面部年轻化分会副会长,中国整形美容协会互联网与信息分会副会长,中国整形美容协会抗衰老分会常务理事兼副秘书长,中华医学会医学美学与美容分会全国委员,中国医师协会整形美容外科分会全国常委,中国医师协会美容与整形医师分会脂肪整形亚专业委员会常务委员,中国医师协会美容与整形医师分会乳房亚专业委员会执行委员。中国中西医结合学会医学美容专业委员会全国常委、注射美容专家委员会主任委员,国家卫生计生委国家医学考试中心医疗美容主诊医师水平测试试题开发专家委员会美容外科组副组长。

# 中文版序

更加安全、有效地实施手术,提供了重要的指导和理论支持。在我看来,此次新增的《美容分卷》,重新梳理了重建外科→整形外科→美容外科,这一相互交叉、繁衍、创新的发展方向,顺应了时代发展的需要,这对美容外科的发展具有重要意义。

我很高兴地看到,首都医科大学附属北京朝阳医院整形外科范巨峰教授组织了国内上百名整形美容外科、皮肤科、口腔科、骨科等学科的医生们,共同参与将此书翻译出来,把国际美容外科的新技术、新理念带给我们大家,这将进一步推动我国美容外科的快速发展。

我有幸能为 Neligan 教授主编的第3版《麦卡锡整形外科学》中新增的《美容分卷》的中文译本写序。同时,也十分感谢范巨峰教授及其团队为本书的翻译工作所作出的努力。该团队此前已由人民卫生出版社出版《注射美容外科学》、《简明美容外科手术精要》等书,另由北京大学医学出版社出版了《肉毒毒素》一书的中译本,以上先期的工作为此书的编写和翻译积累了较丰富的经验。我真诚地期盼他的团队,能尽早地承奉给国内广大读者这一经典巨著。

 教授

中国人民解放军第三军医大学西南整形  
美容外科医院 院长

中华医学会医学美学与美容学分会 主任委员

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泛亚洲太平洋地区面部整形与重建外科学  
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2015年9月21日于重庆

纵观整形外科近200年的发展历史,自1818年 Von Graefe 首次提出“plastic”一词以来,整形外科初始的发展进步都与战争有关,重建和修复成为当时整形外科的重点,这也许就是 Converse 教授最初将书籍命名为《重建整形外科》的原因。

1986年,D. Ralph Milard 教授在为其主编的《整形外科学原则》(Principlization of Plastic Surgery)编写序言时曾提到当时很有名气的三位整形外科医生,为他们继而从事美容外科而深表遗憾。可见当时整形外科领域的学者们对美容外科并不看好。然而随着社会的进步,人类生活水平的不断提高,人们不再仅关注躯体的健全和功能的恢复,而是更大胆地释放人性对“美”追求的本能,通过美容外科的手段改变和改善他们的容貌,从而也带动了美容外科的发展。

根据美国整形外科医师协会(ASPS)2014年的数据统计,在美国,2014年美容手术与微创治疗已达到1560万台,是重建类手术580万台的近3倍;2014年美容的治疗量较2013年增加3%,较2000年增加了111%。如此惊人的发展速度,可见当今社会对美容治疗的巨大需求,这也是 Milard 教授之前所难以预料的。

然而,与大量统计数据相对应的却是没有较权威的指导教材。一些医生从临床工作中总结的宝贵经验和值得借鉴的教训得不到传承,一些错误的理念和技术却受到追捧,而得不到纠正,这极大的影响和阻碍了整个行业的健康发展。

值得庆幸的是,Neligan 在其主编的第3版《麦卡锡整形外科学》(Plastic Surgery)中,广邀世界各国知名专家对当下美容外科手术的治疗原则、设计方法、操作技术以及并发症的预防和处理,收编在了新增的《美容分卷》中。这为广大美容外科医生能

# 译者前言



第一次见到 McCarthy 主编的这套 *Plastic Surgery*, 是将近 20 年前在中国医学科学院整形外科医院的图书馆里。当时我在读研究生, 同时看到的还有 Converse 主编的 *Reconstructive Plastic Surgery*。不论当时, 还是今天, 这套丛书都成为遇到问题和争论时, 用来追根溯源, 引经据典的神圣之书。

正如 McCarthy 原书序中所述, 整形外科的历史已有两千多年。经典教科书将重要知识进行总结, 是我们这个学科发展、传承的重要纽带。其中与本书有关的世界整形外科巨著发展历史如下:

1818 年, Von Graefe 在 *Rhinoplastik* 中第一次使用了“plastic”一词;

1838 年, Zeis 编写的 *Handbuch der Plastischen Chirurgie* 使人们对现代整形外科学有了更广泛的认识;

1919 年, Davis 编写的 *Plastic Surgery: Its Principles and Practice* 首次总结、界定这门新兴学科, 强调“从头顶到足底”;

1920 年, Gillies 编写的 *Plastic Surgery of the face* 重点概括了第一次世界大战中他在面部整形修复领域所取得的卓有成效的和开拓性的经验;

1939 年, Fomon 编写的 *The Surgery of Injury and Plastic Repair* 综述了当时所有的整形外科技术, 被用作二战时期军事外科医生的手册;

1949 年, Kazanjian 和 Converse 编写的 *The Surgical Treatment of Facial Injuries* 集合了前人及自身的外科经验;

1964 年, 纽约大学 (NYU) 整形外科的第一任主任 John Converse (1909—1981) 第一次主编了 *Reconstructive Plastic Surgery* (共五卷);

1977 年, John Converse 主编了第 2 版 *Reconstructive Plastic Surgery* (共七卷);

1990 年, 纽约大学整形外科的 Joseph G. McCarthy 主编了第 1 版 *Plastic Surgery* (共八卷);

2006 年, 加州大学旧金山分校 (UCSF) 整形外科主任 Stephen J. Mathes 主编了第 2 版 *Plastic Surgery* (共八卷);

2013 年, 华盛顿大学整形外科的 Peter C. Neligan 主编了第 3 版 *Plastic Surgery* (共六卷, 合并了部分卷册, 增加了美容外科卷和乳房卷);

从本套丛书的演变也可以看出世界整形外科的变化趋势, 再造重建外科为主——整形外科——美

容外科的兴起。

第一次见到 Dr. McCarthy 本人的时候, 是 2006 年我在纽约大学整形外科做访问学者的时候。在那里遇到了很多来自英国、法国、德国、中东的访问学者, 其中不乏大牌专家, 还有一些国家的整形外科主席, 他们都是冲着 Dr. McCarthy 来的, 这才知道原来 *Plastic Surgery* 的影响力这么大, 在美国、欧洲、亚洲的许多国家都是最经典最权威的教材, 被誉为“世界整形外科的圣经”。在我从美国留学归国前, 我的老师 Linton A. Whitaker 把宾夕法尼亚大学附属医院整形外科图书馆收藏的第 1 版 *Plastic Surgery* 送给了我, 我视为珍宝带回国。

第一次有冲动想将这部巨著译成中文的时候, 是 2013 年, 人民卫生出版社的一位朋友鼓励我为整形界做点实事, 我在首都医科大学担任 5 年制和 7 年制医学英语教学工作, 所以翻译英文书对我来说是可以做到的。运气非常好, 和 Elsevier 出版社一联系, 得知 *Plastic Surgery* 第 3 版在 2013 年刚好出版, Elsevier 出版社和人民卫生出版社都非常支持我的工作, 因此这件事就一拍即合了。

这套经典丛书虽好, 但是英文阅读水平要求较高, 往往令人望而却步, 国内真正做到通读原版全书的医生为数不多。虽然很多教材的原型和出处都是本书, 但是若能直接读到原著的译本, 对学习整形外科专业的学生和从事整形外科专业的工作人员来说, 将是多大的幸事啊!

但是翻译本书, 不仅需要较高的医学英语水平, 还需要对整形外科有非常充分的知识储备。我和我的团队的水平非常有限, 只能靠勤奋、认真和多方请教来加以弥补。前期翻译的《麦卡锡整形外科学: 乳房分卷》在人民卫生出版社出版问世以来, 收到了众多专家同行的肯定与鼓励, 这也为我们此次翻译《美容分卷》奠定了基础, 增加了信心! 我们秉承着一贯的严谨态度, 尽最大努力完成了本卷的翻译工作, 恳请大家批评指正!

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2015 年 6 月于北京

# 原版序

从许多方面来说,教科书通常会定义特定的学科,对于现代整形外科学的发展,尤其如此。该学科因1838年出版的由Zeis撰写的*Handbuch der Plastischen Chirurgie*一书而得到广泛认识,但值得注意的是1818年Von Graefe在其发表的专著*Rhinoplastik*中第一次使用了“plastic”一词。在19世纪与20世纪之交之际,Nélaton和Ombredanne编译了19世纪文化氛围下的大量著作,并且,在巴黎分别于1904年和1907年出版了两册教科书。Vilray Blair所著的*Surgery and Disease of the Jaw*曾作为一本重要教材在跨大西洋地区出版发行,虽该书只涉及到人体的特定解剖部位,但并不妨碍其成为第一次世界大战中军事外科医生们的重要手册。Gillies于1920年出版的经典著作*Plastic Surgery of the face*同样只涉及到某个特定的解剖部位,该书重点概括了第一次世界大战中他在面部整形修复领域所取得的卓有成效的和开拓性的经验。Davis的1919年版教科书*Plastic Surgery: Its Principles and Practice*或许是首次总结并界定这门新兴学科,书中特别强调整形外科涉及的解剖范围是“从头顶到足底”。1939年Fomon的*The Surgery of Injury and Plastic Repair*综述了当时所有的整形外科技术,同时也被用作二战时期军事外科医生的手册。1949年Kazanjian和Converse所著的*The Surgical Treatment of Facial Injuries*总结了前者作为整形外科医生毕生之经验和后者在二战时期所取得的外科经验。Padgett和Stephenson集大成之作*Plastic and Reconstructive Surgery*于1948年出版,该书效仿了1919年David主编的教科书。

现在由Neligan主编的这套教科书则是以1964

年Converse的五册本*Reconstructive Plastic Surgery*为开端,不同于1949年与Kazanjian的合著本,编著该系列丛书时,Converse全面审视了从20世纪中期就存在的整形外科。书中章节致力于介绍相关部位的解剖,并突出相关学科的作用,如麻醉学和放射学等。一经出版,这本书迅速成为了整形外科的权威巨作。1977年第2版发行,当时我作为助理参与编写。由于专业发展的突飞猛进,第2版从五册增加到七册(共3970页)。之后我负责主编了1990年版,该版已经增加至八册,共5556页,其中,手部章节由J. William Littler和James W. May编写。此次编写中,我把本书的名字从*Reconstructive Plastic Surgery*改成了*Plastic Surgery*,因为我觉得这两个名称没有本质区别。对于一位唇裂儿的母亲来说,手术是“美容”性质的,但面部提升过程是属于重建范畴的,因为涉及多层次的面部软组织整复。后来Steve Mathes主编了已经发展到八册的2006年版。他更改了部分版式,其中手部章节改由V. R Hentz编写。此时,该教科书总页数已经多达7000多页。

为了成就里程碑式的宏观巨著,广大编辑和参与者呕心沥血。本套教材继续界定了整形外科专业特征。更重要的是,它保证了新一代整形外科医生都能够轻而易举地获取现有知识。进一步讲,在将来他们不仅是这些医学知识的“使用者”,而且是更多医学知识的“创造者”。从Kudos到Peter Neligan,他们和他们的同事将不遗余力的为历经两千年锤炼的整形外科编写新的篇章。

Joseph G. McCarthy, MD

# 原版前言



我一直对教科书情有独钟。当我开始临床训练时,经人推荐我拜读了 Converse 的 *Reconstructive Plastic Surgery*(第 2 版)。这本书中字里行间所透露的专业知识的宽度和精度令我深深折服。作为一名年轻的整形外科实习医生,我买了由 Dr. Joseph McCathy 编辑的 *Plastic Surgery*(第 1 版),这本书对经常翻阅参考资料的我来说是一份无价之宝。我很荣幸地被邀请参与到 Dr. Stephen Mathes 主编的第 2 版中某一个章节工作中,但我从来没有想到有一天会获得编写本书下一版的机会。本书是整形外科专业具有指导意义的教科书,所以我倍感使命神圣。与上一版相比本书具有重大改变,反映出了专业的变化、呈现模式的改进和教科书使用方式的改变。

再版之初,我认真通读了本书的所有以前版本,伏案沉思可能出现的主要变化。这本经典巨著不可避免的会出现章节内容的重复和交叉。因此,接手的首要工作是甄别重复和交叉的内容部分,并做必要的删减。这便允许我可以压缩素材,其相关内容亦随之改变,这样我能够将本套丛书数量从八册精简到六册。阅读本教科书,让我有了更深层次的认识,如同我第一次接触时,我就被本书内容的专业性

和涉猎范围的广泛所震撼,而 30 年以来这种感觉越来越强烈。基于此,我很快意识到想要保证此庞大工程的高标准要求,单靠个人力量是无法实现的。解决方法是为每个主要领域增加章节编辑。Drs. Gurtner、Warren、Rodriguez、Losee、Song、Grotting、Chang 和 Van Beek 都做了出色的工作,从此意义上讲,本书不愧是一部团队杰作。

出版业正处在发展的十字路口,信息的传播变得更快、更便捷和更灵活。本次修订中,我们尝试反映这种变化。表现出的第一个大的变化就是采用彩色印刷,所有插图都被重画,且绝大部分患者照片为彩色图片。为使我们最大程度的利用参考文献,所有参考目录都超链接到 PubMed,专家问卷覆盖到了所有卷册。

本版书与前版显著不同,它反映了通讯交流方式的时代变革。然而,如果它能够像其前期版本一样能很好的呈现本专业现有的专业知识水平,这将是我最满意的。

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