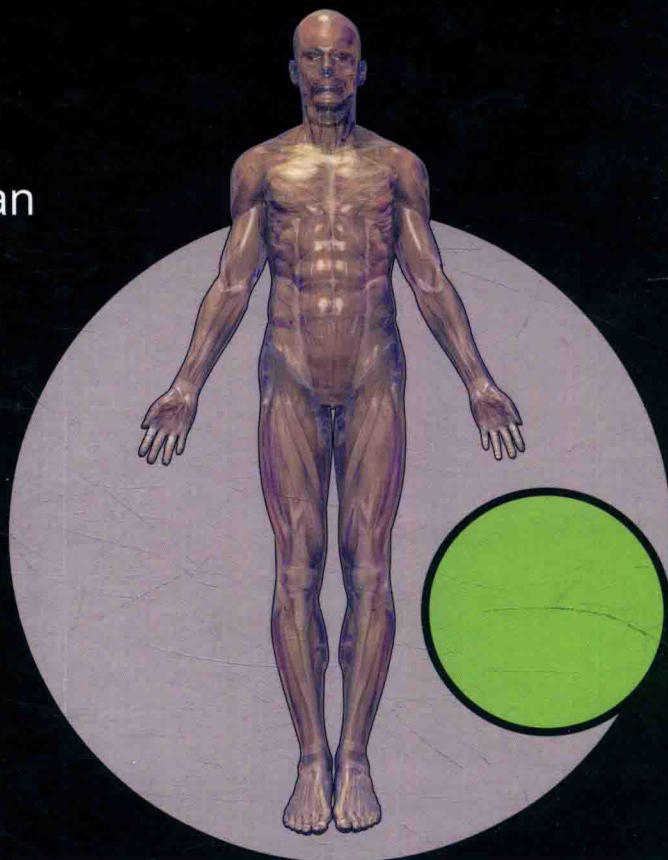


Plastic Surgery

Volume One

总主编 Peter C. Neligan

总主译 范巨峰



麦卡锡 整形外科学 (第3版)

第一分卷 原理与原则

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Plastic Surgery: Principles

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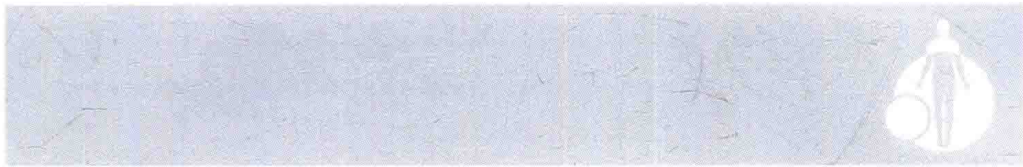
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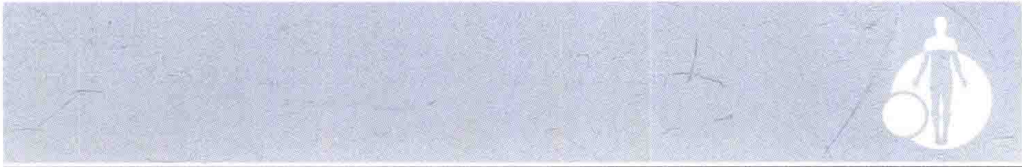
范巨峰,男,博士,博士后。中国协和医科大学中国医学科学院整形外科医院博士(硕士期间师从岳纪良教授,博士师从李森恺教授),美国哈佛大学医学院博士后(师从 Micheal J.Yaremchuk),宾夕法尼亚大学附属医院访问学者(师从 Linton A.Whitaker)、纽约大学医学院访问学者(师从 Joseph G.McCarthy)。美国哈佛大学医学院附属波士顿儿童医院、附属麻省五官科医院、附属 Brigham & Women 医院、费城儿童医院访问学者。

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科主任,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。

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总序

自 1835 年美国医生 Peter Parker 在广州眼科医局实施第一例睑内翻矫治术以来,我国整形外科经历了 180 余年的发展变迁。以宋儒耀、张涤生为代表的我国整形美容外科奠基人曾远渡重洋,将西方整形外科的技术和理念带回中国,并进一步发展创新,为我国整形美容外科的发展打下了坚实的基础。

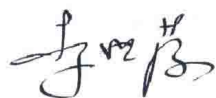
30 年来的改革开放,使社会经济飞速发展,我国整形美容外科也得以勃发,行业队伍不断壮大。在这样的经济大潮中,行业出现了许多乱象,加之部分医生水平良莠不齐,给患者造成了身体和心理的双重伤害。为了更好地净化和整顿我国整形美容外科队伍,除政府加强监管外,也亟需加强医生的专业基础理论知识、基本技能的正规培训,提高医生整体业务水平。这样才能更好地服务于民,促进学科的良性健康的发展。

J. G. McCarthy 教授在其为本书英文版所作的序言中提到:整形美容外科医生的培养亟需必要的参考资料,我十分赞同这一观点。高质量的经典教科书在医生培养乃至学科发展中占有不可或缺的地位。McCarthy 教授主编的第 1 版 *Plastic Surgery* 以 1964 年 Converse 教授主编的五卷本 *Reconstructive Plastic Surgery* 为蓝本,全书以解剖部位划分章节,致力于介绍相关部位的解剖、手术基本原则、基本理论,并突出相关学科的作用。该书出版后深受全世界整形美容外科医生的推崇,被誉为“世界整形外科的圣经”,成为现代整形外科最全面、最经典的教科书。

2013 年, Neligan 教授主编了第 3 版 *Plastic Surgery*, 根据世界整形美容学科的发展,将全书重新排版,合并部分分卷,并新增《美容分卷》及《乳房分

卷》,涵盖了目前整形美容外科的新技术、新理念。同时,第 3 版采用彩色印刷,绝大部分患者照片采用彩色照片,所有彩图均予重画,解剖章节使用了红色背景突出显示,大大提升了读者的阅读体验,也方便读者检索相关内容。

事实上,我国不少整形美容外科医生在自己的学习生涯中,都曾听闻或部分阅读过此书,但由于语言的限制,大多未能全面、准确地学习与理解。早年间,也曾见有人将书中部分片段译为中文,但常常是“管中窥豹,未得真谛”。本书总主译范巨峰教授在美国留学期间曾师从 McCarthy 教授,深知此书在世界整形外科的权威地位,于是在得知本书第 3 版出版时,便组织国内上百名整形美容外科及相关学科的专家学者对全书进行了翻译。该翻译团队,在编译本书时的严谨学风和精益求精的态度使我深受感动,我感谢他们,为了让国内整形外科医生有机会阅读到世界整形外科的经典巨著而付出的艰辛。本书将为我国整形外科的发展,特别是年轻医生的教育与成长,作出不可忽视的贡献。开卷有益,欣以为序! 我们期待本书的尽早问世。

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2016 年 10 月

中文版序



自从 Davis 在 1919 年出版的教科书 *Plastic Surgery: Its Principles and Practice* 将整形外科首次界定为一个特定的学科以来,已经过去了一个世纪,在现代整形外科学发展的历史长河中,有一颗璀璨的明珠,始终耀眼夺目,犹如磐石般为整形外科的探索和创新提供坚实的基础,这就是由 Converse 在 1964 年主编的 *Reconstructive Plastic Surgery*,此书被誉为“世界整形外科医生的圣经”。

从初次涉足整形外科领域的住院医师,到矢志成为名家的资深整形外科医生,*Reconstructive Plastic Surgery* 都是辅助其进步的阶梯。这一经典专著能源源不断地提供丰富的营养,指导着每个阶段整形外科医生的临床医疗实践、教书育人和科研工作。它是良师益友,照亮无数医生前进的正确方向,助其一步一个脚印朝前迈进,不走错路,少走弯路。

为使国内整形美容外科医生全面正确地理解、掌握国际先进的整形外科技术和理念,中译本《麦卡锡整形外科学》即将问世,这对于国内广大整形美容外科医师不啻为一则福音。本书以 Joseph G. McCarthy 主编的 *Plastic Surgery* 第 1 版和 Stephen J. Mathes 主编的 *Plastic Surgery* 第 2 版为原型,合并了部分分卷,并新增《美容》与《乳房》两个分卷,全书扩充为 6 卷,充分体现了现代整形外科学的发展趋势,对目前临床上的热点和新技术进行了详尽的阐述。

我很荣幸能为 Peter C. Neligan 主编的第 3 版 *Plastic Surgery*,第一分卷《原理与原则》中译本作序。众所周知,原则为一切之基础,为重中之重。整形外科具有治疗面广,手段、方法丰富,病例病情表现不一等特点。因此,作为整形外科这一特定的专科来说,原则尤为重要。本卷所涉及的整形外科基本原则范围广、专业性强,历经 50 年的沧桑而经久不衰,实为整形外科之“金标准”。本卷由世界各国著

名的整形外科专家在 J. G. McCarthy 主编的 *Plastic Surgery* 基础上,作为一个团队,分别以各自的经验撰写了整形外科的原则,基本上涵盖了整形美容外科的总体原则,包括伦理、历史、麻醉、创面愈合、瘢痕植皮、皮瓣移植、假体置入及显微外科技术等。千里之行,始于足下,对于每一位整形外科医师来说,从医伊始就打下坚实的基础将受益匪浅。掌握了基本原则,将可开拓思路,并使技术更上一层楼。医学教育正处在现代信息化交流的发展模式,本卷与时俱进,介绍了机器人手术导航系统及远程会诊视频教学,这些新技术将大大提高手术精准度及手术效率,缩短了医患之间地理上的空间,方便了患者。将这一崭新的科技成果展现在整形外科医生面前,更是本卷的一大特色。

作为一本传世的经典教科书,本卷的最大特点在于其承上启下的作用,既传承了整形外科领域所取得的,得到业内同行一致认可的开拓性的原则,从而指导整形外科医生的工作;又反映了近年来整形重建外科专业知识的变化。目前互联网技术的蓬勃发展,促进了传统教科书使用方式的改变,网络版、视频程序与本教科书同存,使之成为一本里程碑式的电子书。丰富的表现形式,提高了阅读的趣味性和学习效率,值得我们大家认真阅读。

开卷有益,温故知新,更以佳作为良师。恭贺译者,并谨以为序。

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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, 同时邀请本卷相关专业的专家参与翻译与校对, 完成了本套丛书《麦卡锡整形外科学》的《原理与原则》分卷的翻译工作, 恳请大家批评指正!

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2016 年 10 月于北京

原版序



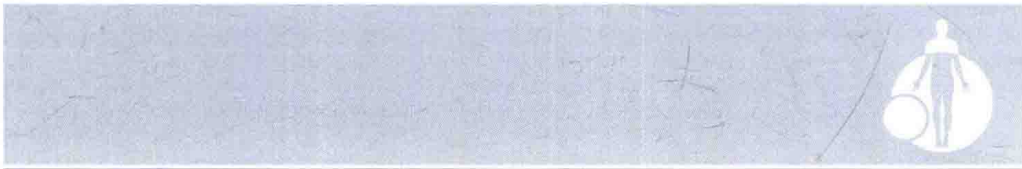
从许多方面来说,教科书通常会定义特定的学科,对于现代整形外科学的发展,尤其如此。该学科因1838年出版的由Zeis撰写的*Handbuch der Plastischen Chirurgie*一书而得到广泛认识,但值得注意的是1818年Von Graefe在其发表的专著*Rhinoplastik*中第一次使用了“plastic”一词。在19世纪与20世纪之交之际,Nélaton和Ombredanne编译了19世纪文化氛围下的大量著作,并且,在巴黎分别于1904年和1907年出版了两册教科书。Vilray Blair所著的*Surgery and Disease of the Jaw*曾作为一本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 McCarthy 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,反映出了专业知识的变化、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。为使我们的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。

Peter C. Neligan, MB, FRCS, FRCSC, FACS

2012

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