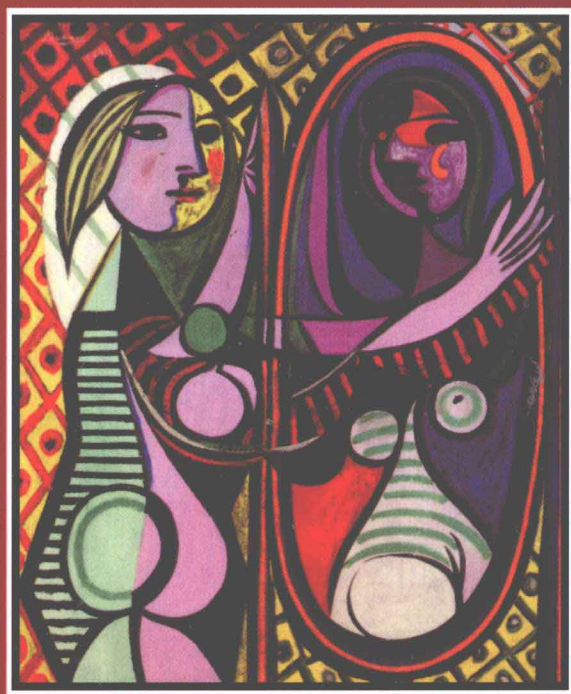


Essentials of Plastic Surgery

整形外科临床精要



原 著 Jeffrey E. Janis
主 译 李战强

第2版

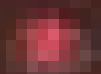
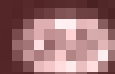
Essentials of Plastic Surgery

整形外科临床精要



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人民卫生出版社

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内容提要

本书为美国得克萨斯大学西南医学中心整形外科住院医师规范化培训手册。全书分为整形外科基础，皮肤和软组织，头颈部，乳房，躯干和下肢，手、腕和上肢，美容手术 7 个部分，基本涵盖整形外科常见疾病的治疗，另附大量精美插图与表格，极大地丰富了本书内容。全书采用树状提纲格式，详列要点，条理清晰；每章都用不同颜色标出提示、警告、要点等重点内容，方便快速查询与记忆。本书融合了近期文献中发表的最新概念，代表了相关领域内的最新进展；参考文献详尽，方便读者进行拓展阅读。本书适用于医学生、住院医师、进修医师等在较短时间内快速掌握整形外科基础；整形外科住院医师规范化培训；整形外科短期进修培训；烧伤科、骨科、手外科、普通外科、胸外科、乳腺外科、头颈外科、颌面外科、神经外科等相关学科人员快速深入了解本学科修复重建专业知识和技术。

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Essentials of **Plastic Surgery**

A UT Southwestern Medical Center Handbook

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前言

编著这本书的念头源自于 2003 年我和一个最好的朋友与同事 Jose Rios 坐在他的厨房餐桌边的一次谈话。当时他正忙于整理很多整形外科专题的纲要笔记，他感叹没有一本真正的整形外科手册能作为“快餐”式的参考书。那次的谈话是我们编著这本手册的催化剂和灵感来源。我的目标是希望编写出一本与众不同的手册，它既能覆盖整个整形外科内容，同时又可以随身携带，而且条理清晰、格式简明。同样重要的是，它还应包括最新的、有用的和文摘性的“影响因子高的”信息。虽然最初设计针对的读者群仅包括医学生、住院医师和进修医师，但最终的成品还可以使任何一个希望能获得整形外科基础的人获益，包括那些正在为执业考试、资格认证笔试和口试，以及每 10 年进行的新证换发考试而学习的人们。

这个手册不是一本涵盖整个整形外科的、放在书柜中的参考书。它的目的是带给读者最为“精要”的内容，并提供宝贵的整形外科基础。它包括 88 个问题，分成 7 个部分：整形外科基础，皮肤和软组织，头颈部，乳房，躯干和下肢，手、腕和上肢，美容手术。其中的绝大部分内容都是由达拉斯的得克萨斯大学西南医学中心整形外科的住院医师和进修医师们完成。所有的作者都花费了大量的时间和精力来保证各自章节的完整性和可读性。

作为一名毕业不久的住院医师和终身的学生，我觉得我能很好地抓住关键部分，从而使得这本手册发挥其最大功用。我尝试着将这些要素融入本书中。首先，必须让这本书能很容易地放进白大褂的口袋中。为达到这个目标，我们控制了书的大小和页数，甚至还为此专门测量了白大褂的口袋尺寸。为明白无误地传递信息，全书采用了统一的带项目符号的提纲格式，并配上大量的图解和表格。本书还采用了第二种颜色来增强信息显示。每个章节都有提示，提供一些不一定出现在教科书或文献中的理解和实用的建议。每个章节结束部分都有要点，可以向读者提供快速的信息源和帮助复习本章节中的要点。最后，参考文献可以让读者查找到原始文献对特定的内容进行深入阅读。总的来说，这本书特意设计成一本“全能”的手册：版式新颖、查看方便、内容明确。

为提升整个项目水平，我们还计划将此手册的内容做成电子格式以用于笔记本和桌上型电脑，还有 Palm 手机和掌上电脑等。

我希望这本书能在医学生和专业人员的口袋中找到它的位置。如果有一天您发现您的书已经被翻得有些破损，书上标着密密麻麻的注释，那就说明这本书实现了它的价值。

Jeffrey E.Janis, MD

致 谢

闭门造车是不可能的，这本书也不例外。有很多人在本书的编写过程中给予了我们非常大的帮助和支持，在此表示感谢。

首先，我要特别感谢 Jose Rios——我们医院以前的住院医师和我终身的朋友，是他的创见才使得本书最终成形。

我还想要感谢我的导师和科主任 Rod Rohrich 教授的智慧、鼓励和指导，这些对我终身的事业来讲都是无价之宝。我很自豪能毕业于他的得克萨斯大学西南医学中心的住院医师培训项目，这是他努力培养下一代整形外科领导者的实证。

我还要很真诚地感谢这本手册的所有作者们，他们绝大多数都是我们医院的住院医师和进修医师，也都是我的朋友。这本书的质量依赖于他们的勤奋努力工作，对文稿的反复修改，直到达到现在每章中的精练和质量。

我还想要感谢 Karen Berger 以及她在 Quality Medical 出版社那些令人印象深刻的同事们，她们的专业水准和职业精神值得我最深的谢意，是她们使得这一梦想终成现实。

感谢 Teresa Endsley 出色的组织能力和无私帮助。

感谢我的家人们无条件的爱和支持，只有他们能给予的鼓励。

最后，也是最重要的，我要感谢我的妻子 Dawn 在本书编著过程中给予我的关心、支持、忍耐和理解。可以说，如果没有她，这本书是根本不可能完成的。

中文版序

《整形外科临床精要》一书由得克萨斯大学西南医学中心（UTSW）整形外科的杰弗里·詹尼士（Dr. Jeffrey E. Janis）医师编写。UTSW 的住院医师培训历时数十载，积累了丰富的经验与成果，培养了一大批富有天分与创造性的整形外科医师，而詹尼士医师就是其中的杰出代表之一。本书集现代整形外科艺术于一体，代表了这个学科今后的教育发展方向。本书通过系统化、程序化和许多其他特色的方式，使读者能够了解整形外科这个既复杂又独特的学科专业特点。詹尼士医师和本书的其他作者都曾经是 UTSW 的住院医师或进修医师，他们一起共同将这个庞大的学科浓缩到这本不平凡的手册，以简明扼要的方式为那些对本学科感兴趣的医学生和住院医师们提供最为核心的内容，同时也能让那些希望了解本学科最新进展的执业医师们参考。

住院医师和进修医师们是整形外科的下一代，他们是这个学科的未来。在担任住院医师规范化培训项目负责人的 15 年间，我和我的同事们一直在积极致力于改进我们的培训体系，力争培养出最好的整形外科医师，并最终提高全世界的医疗服务和整形外科水平。幸运的是，经过十几年的不懈努力，UTSW 终于以其高质量的住院医师规范化培训成为业内的楷模。

这些住院医师和进修医师们一起完成本书，来帮助那些在其职业生涯中刚起步的新人，也使那些希望与这个学科保持共同进步的医师们受益。他们采用提纲挈领的方式，通过显眼的提示和重点内容标注，把自己在学习过程中总结出来的心得体会汇集到一起，使读者能迅速掌握这个学科的基础和精要。这不是简单的知识点堆砌，而更像是一本指南，可帮助有志的年轻人快速地实现从医学生向住院医师的转变，帮助资源较少的医师们站在学科前沿，帮助素未谋面的病人们获得更好的医疗服务与治疗效果。

展望未来，机会是无法用金钱来衡量的。我非常有幸能两次去过中国。在这个神秘古老、人口众多的国度里，最令我难忘的经历莫过于与中国同行们的当面对交流。他们与我一起分享共同的梦想、机遇与挑战。他们在努力为越来越多的病

人们提供更优质的服务，同时也在全力培养优秀的下一代接班人。他们是一群非常有天分、很自豪并且很优秀的整形外科医师。他们有出人意料的热情与好客，期望能与世界同行们交流。而他们最渴求的也正是更好的培训体系、及时的期刊文献、继续教育、讲座演示等。现在，通过李战强医师及其翻译团队的工作，《整形外科临床精要》中文版即将出版，相信此书一定能在此方面提供帮助。

我们需要与中国的整形外科医师们在各个方面加强联系，这不仅是我个人的荣幸，更是我的责任。全世界的整形外科只有像中美整形外科之间这样加强团结与紧密联系，才能让全球的病人们最终受益。在这一点上，我非常感谢李战强医师所做的工作。

我为完成此书的住院医师和进修医师们感到自豪，也为付出大量的时间和精力将其和《达拉斯鼻整形术》这两本书翻译成中文的李战强医师感到骄傲。最后，我要感谢杰弗里·詹尼士医师和所有作者们的辛勤工作和努力，是他们使得这本书在世界范围内具备了不可估量的价值。

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Foreword to the Chinese edition

Essentials in Plastic Surgery: A UT Southwestern Medical Center Handbook, edited by the outstanding Dr. Jeffrey E. Janis who trained at UTSWMC in the Dept of Plastic Surgery. He has delineated the type of the talent and creativity fostered in our decades and rich environment of our training program. This book represents state-of-the-art of plastic surgery and the next generation of Plastic Surgery education. With its systematic, algorithmic approach and many special features, this book provides insight into the complexities and uniqueness of plastic surgery as a specialty. Dr. Janis and his contributors, all of whom are former residents or fellows at UT Southwestern Medical Center, have capsulized this field into a truly superb handbook, with concise resource for medical students and residents interested in learning the core content of plastic surgery, as well as for practicing plastic surgeons who are keeping current with this ever-evolving field.

These residents and fellows represent the next generation and the future of plastic surgery. As a program director for over 15 years, I along with my colleagues always dedicate in improving the training system for best plastic surgeons possible and finally, the betterment of the healthcare and plastic surgery worldwide. With decades of untiring endeavor, fortunately, the UT Southwestern Medical Center training program in plastic surgery has become the role model of high-quality standardized plastic surgery education.

They put together this valuable publication to assist others in their training and professional growth, even those practicing surgeons who want to be in tune with all the new advances in plastic surgery. Organized in an outline format with many visual aids, helpful tips and key points, it is a collection of pearls from their lifelong studies to grasp key ingredients as well as its original content to convey the essentials and provide a foundation in plastic surgery. It is much more a guide but rather a simple knowledge accumulation text to help those promising young man make the successful transition from medical school to the plastic surgery residency as well as to help surgeons with less resources to stay on the leading edge and help

patients they would never met to benefit better care and results.

Perspective is a priceless gift. Fortunately, I had the privilege of traveling to China twice. In this mysterious and most populated country, the best part of my experience was meeting and interacting with our Chinese counterparts. They share many of the same dreams, challenges and opportunities we have in the United States, striving to serve a growing patient population and provide and train the best plastic surgeons possible. They are a very talented, proud, and wonderful group of plastic surgeons who are exceptionally warm and hospitable and eager to share with plastic surgeons worldwide. What they seek and need most is an improved plastic surgery educational system, especially in regards to up-to-date journal content, continuing medical education, and educational seminars and events. Now, with the work of Dr. Li Zhanqiang and his translation group, the Chinese edition of the *Essentials in Plastic Surgery: A UT Southwestern Medical Center Handbook* will help that mission greatly.

It is not only an excellent opportunity but also my great sense of responsibility to strengthen and deepen ties at every level with Chinese plastic surgeons. Plastic surgery worldwide will only be strengthened and patients will benefit from our joining together as we have done with the Chinese Plastic Surgeons, thanks in great to Dr Li Zhanqiang.

I am very proud of all my residents and fellows' work who helped write this textbook and Dr Li Zhanqiang for taking the tremendous time and effort to translate this text into Chinese like he has done for our Dallas Rhinoplasty Texts. I also would like to acknowledge Dr. Jeffrey E. Janis and his coauthors for their hard work and efforts to make this handbook invaluable worldwide.

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Crystal Charity Ball Distinguished Chair in Plastic Surgery

Betty and Warren Woodward Chair in Plastic and Reconstructive Surgery

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译者前言

医生是一种需要终身学习的职业，其中最重要的一个时期就是离开医学院进入临床实践的住院医师培训阶段。在这个阶段中，经验丰富的老师和系统准确的教科书都必不可少。特别是在整形外科这个病种繁多、治疗方式多变、技术进步与理念更新飞速的领域，虽然已有多种详尽完备的教科书，但在临床上初次面对问题时，还是会不时希望有一本可以随身携带、方便查询的口袋书，能在短时间内了解并掌握相关的核心精要内容。终于，这个愿望可以通过《整形外科临床精要》这本手册得以实现了。

美国得克萨斯大学西南医学中心 (UT Southwestern Medical Center, UTSW) 是一个历史悠久的整形外科住院医师培训基地，科室主任罗德·勒里希 (Rod J. Rohrich MD) 教授是当代国际整形外科学界著名的医学家和经验丰富的教育家，除曾担任美国整形外科医师协会的主席 (Past-President of American Society of Plastic Surgeons) 一职之外，目前还担任《Plastic and Reconstructive Surgery》杂志主编、美国整形外科专业资格认证委员会主任委员 (American Board of Plastic Surgery, Board of Director)、整形外科研究委员会 (Plastic Surgery Research Council) 和整形外科教育基金会 (Plastic Surgery Educational Foundation) 委员等重要的学术职务。正是在他的积极推动和主导下，构建了适应现代社会需求的整形外科临床医师培养模式，保证了住院医师的培养质量并成为国际同行们参照的样板。本书作者杰弗里·詹尼士医师 (Dr. Jeffrey E. Janis) 曾是勒里希教授的学生，目前已在美国的整形外科学术界崭露头角，成为青年整形外科医生的杰出代表。在负责 UTSW 整形外科住院医师培训项目期间，詹尼士医师组织西南医学中心一部分已经毕业的住院医师和进修医师们共同编写了此书。他们根据自己的临床经验，对以往厚重的经典整形外科教材进行了再加工，提炼出最为精华和重点的部分，结合近年来的重要文献与进展，以树状提纲的方式进行组织，最终成为一本非常有用的临床参考手册。