

美容外科学

The Art of Aesthetic Surgery

Principles & Techniques

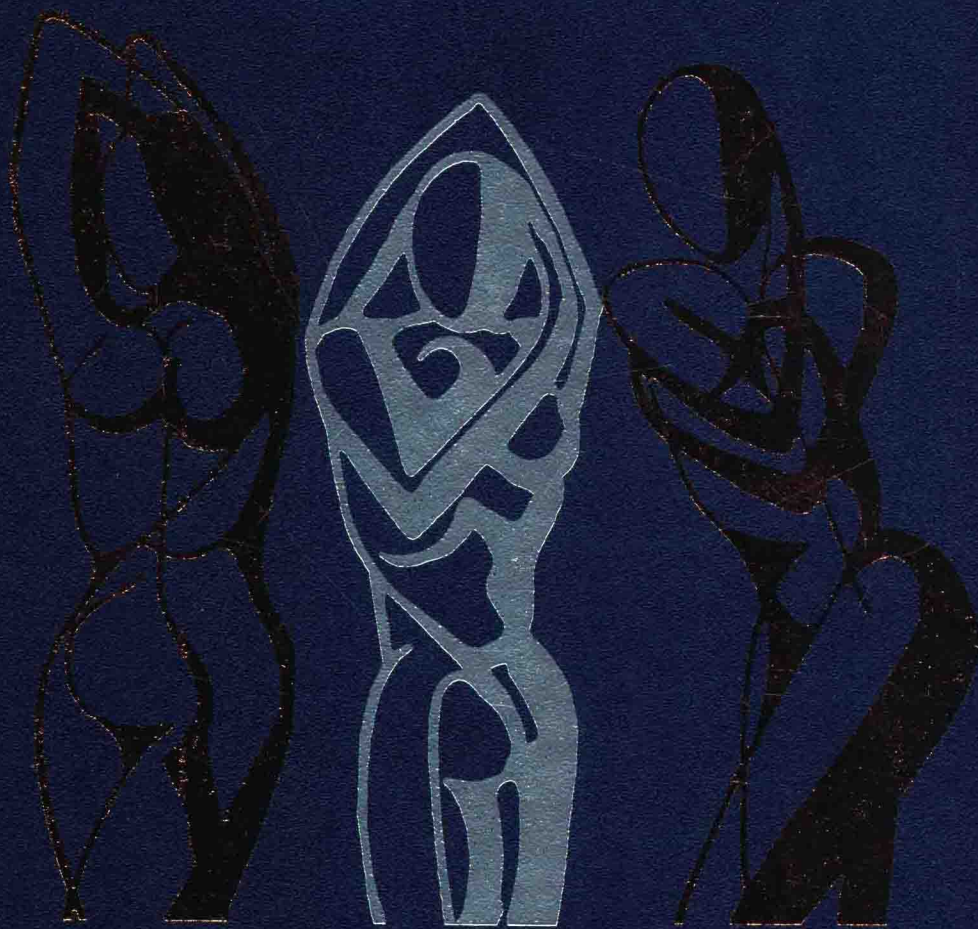
第 2 版

卷二

主 编 Foad Nahai

主 译 曹谊林 祁佐良

执行主译 李战强



美容外科学

The Art of Aesthetic Surgery

Principles & Techniques

第 2 版

主编
Foad Nahai

主译
曹谊林 祁佐良

执行主译
李战强

人民卫生出版社





美容外科学

The Art of Aesthetic Surgery

Principles & Techniques

第2版

主编 Foad Nahai

主译

曹谊林 中国医学科学院整形外科医院

祁佐良 中国医学科学院整形外科医院

执行主译

李战强 中国医学科学院整形外科医院

副主译 (以姓氏汉语拼音为序)

范 飞 中国医学科学院整形外科医院

马继光 中国医学科学院整形外科医院

黄绿萍 中国医学科学院整形外科医院

王晓军 中国医学科学院北京协和医院

李 东 北京大学第三医院

曾 高 中日友好医院

栾 杰 中国医学科学院整形外科医院

郑永生 首都医科大学附属同仁医院

译者 (以姓氏汉语拼音为序)

蔡 磊 中国医学科学院整形外科医院

穆大力 中国医学科学院整形外科医院

高占巍 中日友好医院

王 欢 中国医学科学院整形外科医院

韩新鸣 首都医科大学附属同仁医院

谢宏彬 北京大学第三医院

金 骥 中国医学科学院整形外科医院

赵平武 四川省绵阳市中心医院

龙 笑 中国医学科学院北京协和医院

人民卫生出版社

Authorized translation from English language edition published by CRC Press, an imprint of Taylor & Francis Group LLC

The Art of Aesthetic Surgery: Principles & techniques, Second Edition

Copyright © 2011 by CRC Press, an imprint of Taylor & Francis Group LLC

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without prior permission of the publisher.

Copies of this book sold without a Taylor & Francis sticker on the cover are unauthorized and illegal.

ADDITIONAL MEDICAL ILLUSTRATIONS by Jennifer Gentry, Devon Stuart

敬告

本书的作者、译者及出版者已尽力使书中的知识符合出版当时国内普遍接受的标准。但医学在不断地发展,随着科学研究的不断探索,各种诊断分析程序和临床治疗方案以及药物使用方法都在不断更新。强烈建议读者在使用本书涉及的诊疗仪器或药物时,认真研读使用说明,尤其对于新的产品更应如此。出版者拒绝对因参照本书任何内容而直接或间接导致的事故与损失负责。

图书在版编目(CIP)数据

美容外科学/(美)纳埃(Nahai, F.)主编;曹谊林, 祁佐良, 李战强译. —北京:人民卫生出版社, 2014
ISBN 978-7-117-19330-6

I. ①美… II. ①纳…②曹…③祁…④李… III. ①美容术 IV. ①R622

中国版本图书馆CIP数据核字(2014)第132548号

人卫社官网 www.pmph.com 出版物查询, 在线购书
人卫医学网 www.ipmph.com 医学考试辅导, 医学数据库服务, 医学教育资源, 大众健康资讯

版权所有, 侵权必究!

图字: 01-2013-4350

ISBN 978-7-117-19330-6



美容外科学

卷一、卷二、卷三

主 译: 曹谊林 祁佐良 李战强

出版发行: 人民卫生出版社(中继线 010-59780011)

地 址: 北京市朝阳区潘家园南里19号

邮 编: 100021

E-mail: pmph@pmph.com

购书热线: 010-59787592 010-59787584 010-65264830

印 刷: 北京人卫印刷厂

经 销: 新华书店

开 本: 889×1194 1/16 总印张: 178 总字数: 4660千字

版 次: 2014年9月第1版 2014年9月第1版第1次印刷

标准书号: ISBN 978-7-117-19330-6/R·19331

定价(全三卷, 含光盘): 1800.00元

打击盗版举报电话: 010-59787491 E-mail: WQ@pmph.com

(凡属印装质量问题请与本社市场营销中心联系退换)

参 编 人 员



William P. Adams, Jr., MD

Associate Clinical Professor of Plastic Surgery,
Department of Plastic Surgery, University of Texas
Southwestern Medical Center, Dallas, Texas

Neta Adler, MD

Attending Surgeon, Department of Plastic Surgery,
Hadassah Medical Center, Hebrew University School
of Medicine, Jerusalem, Israel

Jamil Ahmad, MD, FRCSC

Staff Plastic Surgeon, The Plastic Surgery Clinic,
Mississauga, Ontario, Canada

Gilbert C. Aiach, MD

Professor of Post-Graduate Education in Aesthetic
Surgery, International Society of Aesthetic Surgery;
Private Practice, Paris, France

Lisa Airan, MD

Assistant Clinical Professor, Department of
Dermatology, Mount Sinai Hospital, New York,
New York

Gary J. Alter, MD

Assistant Clinical Professor, Division of Plastic Surgery,
University of California-Los Angeles School of
Medicine, Los Angeles, California

Al S. Aly, MD, FACS

Clinical Professor of Plastic Surgery, The Aesthetic
& Plastic Surgery Institute, University of California-
Irvine, Orange, California; Iowa City Plastic Surgery,
Coralville, Iowa

Sérgio Fernando Dantas de Azevedo, MD

Resident Doctor, Dr. Ewaldo Bolivar de Souza Pinto
Plastic Surgery Department, São Paulo, Brazil

Daniel C. Baker, MD

Professor of Surgery, Institute of Reconstructive Plastic
Surgery, New York University Medical School,
New York, New York

James L. Baker, Jr., MD, FACS

Clinical Professor of Plastic Surgery, University of South
Florida; Chairman, Department of Plastic Surgery,
Florida Hospital System, Tampa, Florida

Guido Baroni, PhD

Assistant Professor, Department of Bioengineering,
Politecnico di Milano, Milan, Italy

Alfonso Barrera, MD, FACS

Clinical Assistant Professor, Department of Plastic
Surgery, Baylor College of Medicine, Houston, Texas

Fritz E. Barton, Jr., MD, FACS

Clinical Professor, Department of Plastic Surgery,
University of Texas Southwestern Medical Center,
Dallas, Texas

Bruce S. Bauer, MD, FACS, FAAP

Director, Pediatric Plastic and Reconstructive Surgery,
NorthShore University Health System, Highland Park,
Illinois; Clinical Professor of Surgery, University of
Chicago, Pritzker School of Medicine, Northbrook,
Illinois

Richard H. Bensimon, MD

Director of Plastic Surgery, Pearl Women's Center,
Portland, Oregon

Andrew R. Berger

Vice President of Sales and Marketing, Quality Medical
Publishing, St. Louis, Missouri

Thomas M. Biggs, MD, FACS

Clinical Professor, Division of Plastic Surgery, Baylor
College of Medicine, Houston, Texas

Kristin A. Boehm, MD, FACS

Assistant Clinical Professor, Division of Plastic and
Reconstructive Surgery, Emory University; Paces Plastic
Surgery, Atlanta, Georgia

Inja Bogdan Allemann, MD

Department of Dermatology, Dermatologic Clinic,
University Hospital of Zurich, Zurich, Switzerland

Trevor M. Born, MD, FRCSC

Clinical Lecturer, Department of Plastic and
Reconstructive Surgery, Division of Surgery, University
of Toronto, Toronto, Ontario, Canada; Department
of Plastic Surgery, Lenox Hill Hospital, New York,
New York

Donald W. Buck II, MD

Resident Surgeon, Division of Plastic and Reconstructive
Surgery, Northwestern University, Chicago, Illinois

Joseph F. Capella, MD, FACS

Chief, Post-Bariatric Body Contouring, Division of
Plastic Surgery, Hackensack University Medical Center,
Hackensack, New Jersey

Carlos Casagrande, MD

Plastic Surgeon, Private Practice, Florianópolis, Santa Catarina, Brazil

Kristoffer Ning Chang, MD

Associate Clinical Professor of Surgery, Department of Surgery, University of California–San Francisco, San Francisco, California

Stephen M. Chen, MD

Assistant Professor of Surgery, Division of Plastic Surgery, Virginia Commonwealth University, Richmond, Virginia

William P. Chen, MD, FACS

Clinical Professor of Ophthalmology, Department of Ophthalmology, University of California–Los Angeles School of Medicine, Los Angeles, California

Mark A. Codner, MD

Clinical Assistant Professor, Division of Plastic and Reconstructive Surgery, Emory University, Atlanta, Georgia

Sydney R. Coleman, MD

Assistant Clinical Professor, Department of Plastic Surgery, New York University Medical Center, New York University; TriBeCa Plastic Surgery, Centre for Aesthetic Rejuvenation and Enhancement (Care Facility), New York, New York

Gustavo A. Colon, MD, FACS

Section Head, Division of Plastic and Reconstruction, Tulane Medical School, New Orleans, Louisiana

Albert E. Cram, MD, FACS

Professor Emeritus, Department of Surgery, University of Iowa College of Medicine, Iowa City, Iowa

Anne Dancey, MBChB, MmedSci, FRCS (Plast)

Consultant, Department of Plastic and Reconstructive Surgery, University Hospital Birmingham, Birmingham, England

Emmanuel Delay, MD, PhD

Head, Department and Reconstructive Surgery, Centre Léon Bérard; Private Practice, Clinique Charcot, Lyon, France

Daniel A. Del Vecchio, MD, MBA

Consultant in Plastic Surgery, Department of Surgery, Massachusetts General Hospital, Boston, Massachusetts

Barry E. DiBernardo, MD, FACS

Clinical Associate Professor, Department of Surgery, Division of Plastic Surgery, University of Medicine and Dentistry of New Jersey, Newark; Director, New Jersey Plastic Surgery, Montclair, New Jersey

Jordan P. Farkas, MD

Department of Plastic Surgery, University of Texas Southwestern Medical Center, Dallas, Texas

Joel J. Feldman, MD, FACS

Associate Clinical Professor of Surgery, Harvard Medical School, Boston, Massachusetts

Julius W. Few, MD, FACS

Director, The Few Institute for Aesthetic Plastic Surgery; Clinical Associate, Department of Plastic Surgery, University of Chicago Pritzker School of Medicine, Chicago, Illinois

Jack Fisher, MD

Associate Clinical Professor, Department of Plastic Surgery, Vanderbilt University, Nashville, Tennessee

Vinícius Costa e Silva de Freitas, MD

Resident Doctor, Dr. Ewaldo Bolivar de Souza Pinto Plastic Surgery Department, São Paulo, Brazil

Olivier F. Gerbault, MD

Private Practice, Paris; Director of Policlinique Esthétique Marigny Vincennes, Vincennes, France

David J. Goldberg, MD

Clinical Professor of Dermatology; Director of Laser Research, Department of Dermatology, Mount Sinai School of Medicine, New York, New York

Mark Gorney, MD, FACS

Medical Director, The Doctor's Company, Napa, California

Gilbert P. Gradinger, MD, FACS

Clinical Professor of Surgery, Department of Surgery, Division of Plastic Surgery, University of California–San Francisco, San Francisco, California

Ruth Maria Graf, MD, PhD

Professor, Department of Plastic Surgery, Federal University of Paraná, Curitiba, Paraná, Brazil

James C. Grotting, MD, FACS

Clinical Professor, Division of Plastic Surgery, Department of Surgery, University of Alabama at Birmingham; Private Practice, Grotting Plastic Surgery, Birmingham, Alabama; Clinical Professor, Division of Plastic Surgery, University of Wisconsin, Madison, Wisconsin

Dax Guenther, MD

Instructor, Division of Plastic Surgery, Brigham and Women's Hospital, Boston, Massachusetts

Jack P. Gunter, MD

Clinical Professor, Department of Plastic Surgery, Department of Otolaryngology/ Head and Neck Surgery, University of Texas Southwestern Medical School, Dallas, Texas

Richard Y. Ha, MD

Clinical Instructor, Department of Plastic Surgery, University of Texas Southwestern Medical Center; Dallas Plastic Surgery Institute, Dallas, Texas

Elizabeth J. Hall-Findlay, MD, FRCSC

Private Practice, Banff Plastic Surgery, Banff, Alberta, Canada

Moustapha Hamdi, MD, PhD, FCCP

Professor, Department of Plastic Surgery, Gent University Hospital, Gent, Belgium; Professor, Department of Plastic Surgery, Medical Institute Edith Cavell, Brussels, Belgium

Dennis C. Hammond, MD

Clinical Assistant Professor, Department of Surgery, Michigan State University College of Human Medicine, East Lansing, Michigan; Associate Program Director, Department of Plastic and Reconstructive Surgery, Grand Rapids Medical Education and Research Center for Health Professions, Grand Rapids, Michigan

T. Roderick Hester, Jr., MD, FACS

Clinical Professor, Department of Plastic Surgery, Emory University School of Medicine; Paces Plastic Surgery, Atlanta, Georgia

William Y. Hoffman, MD, FACS

Professor and Chief, Division of Plastic and Reconstructive Surgery, University of California—San Francisco, San Francisco, California

Jeffrey E. Janis, MD, FACS

Associate Professor and Program Director, Department of Plastic Surgery, University of Texas Southwestern Medical Center; Chief of Plastic Surgery, Parkland Health and Hospital System, Dallas, Texas

Glyn Jones, MD, FACS

Professor of Surgery, Department of Surgery, University of Illinois College of Medicine, Peoria, Illinois

†Martin H. Kelly, MD, FRCS

Consultant Plastic Surgeon, London Plastic Surgery Associates, London, England

Jeffrey M. Kenkel, MD, FACS

Professor and Vice Chairman; Director, The Clinical Center for Cosmetic Laser Treatment, Department of Plastic Surgery, The University of Texas Southwestern at Dallas, Dallas, Texas

Roger K. Khouri, MD, FACS

Chief Officer, Miami Breast Center, Key Biscayne, Florida

Marie Czenko Kuechel, MA

Consultant, Founder, Czenko Kuechel Consulting, Inverness, Illinois

Fábio Massaru Kuroyanagi, MD

Resident Doctor, Dr. Ewaldo Bolivar de Souza Pinto Plastic Surgery Department, São Paulo, Brazil

Angela S. Landfair, MD, MPH

Resident, Department of Plastic Surgery, University of Pittsburgh, Pittsburgh, Pennsylvania

Wendy Lewis

President, Wendy Lewis & Co. Ltd., New York, New York

Michelle B. Locke, MBChB, FRACS

Honorary Lecturer, Department of Surgery, University of Auckland, Auckland, New Zealand

William D. Losquadro, MD

Fellow and Clinical Instructor, Division of Facial Plastic and Reconstructive Surgery, Department of Otolaryngology—Head and Neck Surgery, University of Illinois at Chicago, Chicago, Illinois

Alessandra Marchi, MD

Head of Breast Reconstruction Center, Department of Plastic Surgery, Burns Unit, Ospedale Civile Maggiore Borgo Trento—Azienda Ospedaliera Universitaria Integrata, Verona, Italy; Consultant for Breast Reconstruction, Department of General Surgery, Ospedale Maggiore San Maurizio, Bolzano, Italy

Timothy J. Marten, MD, FACS

Founder and Director, Marten Clinic of Plastic Surgery, San Francisco, California

Alan Matarasso, MD, FACS

Clinical Professor, Department of Surgery, Division of Plastic Surgery, Albert Einstein College of Medicine, New York, New York

Clinton D. McCord, Jr., MD

Associate Clinical Professor, Department of Plastic Surgery, Emory University; Paces Plastic Surgery, Atlanta, Georgia

J. Nicolas McLean, MD

Plastic Surgery Fellow, Department of Plastic and Reconstructive Surgery, Emory University, Atlanta, Georgia

Juan Diego Mejia, MD

Private Practice, Medellin, Colombia; Former Fellow, Paces Plastic Surgery, Atlanta, Georgia

Constantino G. Mendieta, MD, FACS

Private Practice, Coconut Grove, Florida

Gabriele Cáceres Miotto, MD

Board-Certified Plastic Surgeon in Brazil, Florianópolis, Brazil

Luis Humberto Uribe Morelli, MD

Resident Doctor, Department of Plastic Surgery, Dr. Ewaldo Bolivar de Souza Pinto Plastic Surgery Department, Santa Cecilia University, Santos, São Paulo, Brazil

Dimitrios Motakis, MD, PhD, FRCSC

Plastic Surgeon, The Toronto Institute of Aesthetic Plastic Surgery, Toronto, Ontario, Canada

†Deceased.

Michel Moutran, MD, MSc
Department of Plastic and Reconstructive Surgery,
Centre Léon Bérard, Lyon, France

Girish S. Munavalli, MD
Assistant Professor, Department of Dermatology, Johns
Hopkins University School of Medicine, Baltimore,
Maryland; Medical Director, Dermatology, Laser, and
Vein Specialists of the Carolinas, Charlotte, North
Carolina

Thomas A. Mustoe, MD, FACS
Orion and Lucille Stuteville Professor of Plastic Surgery,
Division of Plastic Surgery, Northwestern University
Feinberg School of Medicine, Chicago, Illinois

Farzad R. Nahai, MD
Paces Plastic Surgery; Assistant Clinical Professor,
Division of Plastic and Reconstructive Surgery, Emory
University School of Medicine, Atlanta, Georgia

Foad Nahai, MD, FACS
Paces Plastic Surgery; Clinical Professor of Plastic Surgery,
Department of Surgery, Emory University, Atlanta,
Georgia

Maria Cecília Closs Ono, MD, MSc
Plastic Surgeon, Curitiba, Paraná, Brazil

Paolo Patete, MS
Department of Bioengineering, Politecnico di Milano,
Milan, Italy

Joel E. Pessa, MD
Assistant Professor of Plastic Surgery, Department of
Plastic Surgery, University of Texas Southwestern
Medical Center, Dallas, Texas

Byron D. Poindexter, MD
The Austin-Weston Center for Cosmetic Surgery, Reston,
Virginia

Jason N. Pozner, MD, FACS
Adjunct Clinical Faculty, Division of Plastic Surgery,
Cleveland Clinic Florida, Weston, Florida; Sanctuary
Plastic Surgery, Boca Raton, Florida

Dirk F. Richter, MD, PhD
Clinical Professor, Director and Chairman, Department
of Plastic Surgery, Dreifaltigkeits Hospital, Wesseling,
Germany

Gino Rigotti, MD
Director, Department of Plastic Surgery, Burns Unit,
Breast Reconstruction Center, Ospedale Civile Maggiore
Borgo Trento-Azienda Ospedaliera Universitaria
Integrata, Verona, Italy

Rod J. Rohrich, MD, FACS
Professor and Chairman, Crystal Charity Ball
Distinguished Chair in Plastic Surgery, Warren and Betty
Woodward Chair in Plastic and Reconstructive Surgery,

Department of Plastic Surgery, University of Texas
Southwestern Medical Center, Dallas, Texas

Lorne K. Rosenfield, MD, FACS
Clinical Professor, Department of Plastic Surgery,
Department of Surgery, University of California-
San Francisco; Adjunct Clinical Instructor, Department
of Surgery, Plastic Surgery, Stanford University Medical
Center, Stanford, California

J. Peter Rubin, MD, FACS
Director, Life After Weight Loss Body Contouring
Program, Associate Professor of Surgery, Division of
Plastic Surgery, University of Pittsburgh, Pittsburgh,
Pennsylvania

Anderson Saciloto, MD
Plastic Surgery Resident, Department of Plastic Surgery,
Pontificia Universidade Católica, Curitiba, Paraná,
Brazil

Cristianna Bonetto Saldanha, MD
Resident Doctor, Department of General Surgery, Santa
Casa of Santos Hospital, São Paulo, Brazil

Osvaldo Ribeiro Saldanha, MD
Chairman, Department of Plastic Surgery, Santa Cecília
University, Santos, São Paulo, Brazil

Osvaldo Ribeiro Saldanha Filho, MD
Resident Doctor, Department of General Surgery, Santa
Casa of Santos Hospital, Santos, São Paulo, Brazil

Renato Saltz, MD, FACS
Medical Director, Saltz Plastic Surgery and Spa Vitória,
Salt Lake City and Park City; Former Associate Professor
of Plastic Surgery, Department of Surgery, University of
Utah, Salt Lake City, Utah

Andrea Sbarbati, MD, PhD
Professor in Human Anatomy, Department of
Morphological and Biomedical Sciences, Anatomy and
Histology Section, University of Verona, Verona, Italy

David Shafer, MD
Attending Surgeon, Department of Plastic Surgery,
Manhattan Eye, Ear and Throat Hospital, New York,
New York

Robert K. Sigal, MD
Medical Director, The Austin-Weston Center for
Cosmetic Surgery, Reston, Virginia

Sirunya Silapunt, MD
Assistant Professor, Department of Dermatology,
University of Texas Medical School at Houston,
Houston, Texas

Phillip J. Stephan, MD, FACS
Clinical Instructor, Department of Plastic Surgery,
University of Texas Southwestern Medical Center,
Dallas, Texas

Alexander Stoff, MD, PhD

Department of Plastic and Reconstructive Surgery,
Dreifaltigkeits Hospital, Wesseling, Germany

James M. Stuzin, MD

Associate Professor of Surgery (Plastic) (Voluntary),
Department of Plastic Surgery, University of Miami
Leonard M. Miller School of Medicine, Miami, Florida

Edward O. Terino, MD, FACS

Medical Director, The Plastic Surgery Institute of
Southern California, Thousand Oaks, Los Angeles,
California

André Ricardo Dall'Oglio Tolazzi, MD, MSc

Plastic Surgeon and Post-Graduate in Surgery (PhD),
Department of Plastic Surgery, Federal University of
Paraná, Curitiba, Paraná, Brazil

Patrick L. Tonnard, MD

Assistant Clinical Professor, Department of Plastic
Surgery, Gent University Hospital; Director, Coupure
Centrum Voor Plastische Chirurgie, Esthetisch Medisch
Centrum (E:MC²), Gent, Belgium

Dean M. Toriumi, MD

Professor, Division of Facial Plastic and Reconstructive
Surgery, Department of Otolaryngology-Head and Neck
Surgery, University of Illinois at Chicago, Chicago,
Illinois

Jonathan Toy, MD

Body Contouring Fellow and Clinical Instructor,
Department of Plastic Surgery, University of Pittsburgh
Medical Center, Pittsburgh, Pennsylvania

Matthew J. Trovato, MD

Fellow, Department of Surgery, Division of Plastic and
Reconstructive Surgery, UMDNJ-New Jersey Medical
School, Newark, New Jersey

Carlos Oscar Uebel, MD, PhD

Associate Professor, Division of Plastic Surgery,
Pontificia Universidade Catolica do Rio Grande do Sul;
Full Member, the Brazilian Society of Plastic Surgery,
Porto Alegre, Brazil

Alexis M. Verpaele, MD

Assistant Clinical Professor, Department of Plastic
Surgery, Gent University Hospital; Director, Coupure
Centrum Voor Plastische Chirurgie, Esthetisch Medisch
Centrum (E:MC²), Gent, Belgium

William J. Vinyard, MD

Vinyard Institute of Plastic Surgery, Guntersville,
Alabama

Simeon Wall, Jr., MD, FACS

Assistant Clinical Professor, Department of Surgery,
Louisiana State University Health Sciences Center;
Private Practice, The Wall Center for Plastic Surgery,
Shreveport, Louisiana

Robert A. Weiss, MD, FAAD

Associate Professor, Department of Dermatology,
Johns Hopkins University School of Medicine,
Baltimore, Maryland; Director, The Maryland Laser
Skin and Vein Institute, Hunt Valley, Maryland

George W. Weston, MD

The Austin-Weston Center for Cosmetic Surgery, Reston,
Virginia

Scott Woehrle, PA-C

Physician Assistant, Capella Plastic Surgery, Ramsey,
New Jersey

V. Leroy Young, MD, FACS

President, BodyAesthetic Research Center, St. Louis,
Missouri

美容外科学 ■

The Art of Aesthetic Surgery

Preface to the Chinese Edition



It was with much excitement and enthusiasm that I learned that the second edition of the *Art of Aesthetic Surgery* was being translated into Chinese. I am of course honored and it is with much humility that I present this work to my colleagues in China.

Over the last decade the worldwide growth of aesthetic surgery and cosmetic medicine has been rapid with little sign of a slowdown. This is especially so in China, where the growth has been phenomenal, so much so that according to the worldwide procedural statistics compiled by The International Society of Aesthetic Plastic Surgery (ISAPS) China has the third highest number of annual cosmetic procedures, numbers of plastic surgeons and in both categories the highest in all of Asia. Given this high level of interest I believe this Chinese edition is timely and will be of value not only to trainees and those who are just starting in practice, but also those who are already established surgeons. I trust that the book will serve the educational needs of all during this time of increasing demand for aesthetic enhancements.

The *Art of Aesthetic Surgery* 2nd edition is a comprehensive, up-to-date book covering all aspects of aesthetic surgery and non-invasive cosmetic treatments. Patient selection, details of the surgical techniques and “pearls” from experts are included in each of the highly-illustrated chapters. Other chapters introducing each major anatomic region focus on applied anatomy, and clinical decision-making chapters provides readers with a unique overview of the various options for each problem, together with preferred solutions.

The practice of aesthetic surgery and cosmetic medicine differs from the rest of medicine. The patients' expectations are different, as are their needs. A whole section in the book is dedicated to organization and management of the practice including the role of social media, and the evaluation and care of the patient.

The dramatic rise of the role of injectables and fat has significantly changed our approach to facial rejuvenation. Skin resurfacing with peels and lasers are now common in facial rejuvenation to enhance surgical results. These non-surgical cosmetic treatments offer alternatives to surgical treatments and their popularity has surpassed surgical procedures. Given the importance of these treatments a large section of the first volume details the selection of fillers and toxins and their applications in facial rejuvenation.

According to the ISAPS statistics mentioned above, the top five procedures in China are Lipoplasty, Breast augmentation, Blepharoplasty, Abdominoplasty and Rhinoplasty. Volumes two and three of the book

discuss the latest in surgical techniques in these areas in great detail, with chapter 29 focused on Asian blepharoplasty. Chapters on the emerging fields of body contouring following massive weight loss and female genital rejuvenation contain the latest procedures.

The books are accompanied by seven DVDs which showcase over 20 different surgical operations, specifically structured to step the reader through each procedure.

The contributors to this book are all accomplished clinicians who are acknowledged experts in the art of aesthetic surgery. The techniques and procedures they describe have universal appeal and applications.

It is my wish that the book will be of great value to readers, and lead to enhanced patient outcomes and patient satisfaction. If it succeeds in doing so I will have reached the goals I had set when I undertook this work.

Foad Nahai

中文版序

当得知《美容外科学》(第2版)被翻译成中文时,我感到无比激动和兴奋。当然,能把我的工作呈现给中国的同行们,是我的荣幸,更让我感到诚惶诚恐。

在过去的十年里,美容外科和美容医学在全世界一直迅速增长,没有一丁点儿放缓的迹象。特别是在中国,那里一直以惊人的速度在增长,根据国际美容整形外科学会(ISAPS)的统计,其美容手术操作例数和整形医生人数都达到了全球第三,在亚洲范围内排名第一。鉴于此,我认为这个中文版的推出恰逢其时,它不但对那些学生、刚开始操刀的新手,甚至对那些专家们都会非常有价值。我相信,本书将在这个美容需求不断增加的时候满足教育的需要。

《美容外科学》(第2版)是一本全面、前沿的教科书,覆盖了美容外科和无创美容操作的各个方面。病人的选择、手术操作细节和专家的“秘技”都被纳入了每个充分图解的章节中。其他介绍每个主要解剖部位的章节会重点解决应用解剖,关系临床决策的章节会向读者提供对于每个问题的各种选项的独特概述,以及优选的解决方案。

美容外科和美容医学的临床实践不同于其他医学领域。患者的期望,以及他们的需求,都是不一样的。本书中专门设立了一个部分来讲解临床工作的组织和运营,包括社会媒体的作用,以及对求美者的评估和护理等。

注射和脂肪移植的角色出现了重大变化,并显著地改变了我们在面部年轻化方面的操作流程。在面部年轻化方面,剥脱和激光换肤已经成为提升手术效果的常见补充。这些非手术的美容治疗提供了手术治疗的替代方式,其受欢迎程度已经超过了外科手术。因为这些治疗的重要性,在第一卷中用了大的部分来详细描述充填剂和肉毒素的选择,以及它们在面部年轻化中的应用。

根据上面提到的 ISAPS 统计数据,在中国排名前五的手术操作分别为吸脂、隆乳、脸成形术、腹壁成形以及鼻整形。本书的第二卷和第三卷非常详细地讨论了这些部位最新的外科手术技术,而且第29章专门对亚洲人脸成形术进行了讨论。在关注体重大量降低后体形塑造以及女性生殖器美容手术等新兴领域的章节中,也都包含了最新的手术操作。

本书还同时附有7张DVD,展示了20种不同的外科手术,通过特别的组织结构,让读者一步步地了解每个手术。

本书的作者们都是在美容外科领域中公认的临床专家。他们描述的技术和步骤在全世界都受到关注和推广应用。

我希望本书能给读者们带来价值,并因此改善求美者的效果和提升术后满意度。如果能达到这一目的,我就算实现当初开始这项工作的初衷了。

Foad Nahai

(李战强 译)

译者序



近十年来,美容外科在中国大地上的空前发展已经是不争的事实。作为整形外科的一个重要组成部分,美容手术和相关操作数量的增加满足了我们服务对象的需求,改善了人民生活品质,也推动了整个学科的技术进步和服务水平的提升。与此同时,我们也很忧虑地看到:国内的美容外科领域仍然存在着诸多乱象,包括从业人员培训不足、体制不顺、服务理念落后、行业自我净化能力不强等。在这个机遇与挑战并存的时代,我们需要做一些工作,引导这个行业向着健康、有序、积极与创新的方向发展,为后人打下良好的基础。

我在成为一名科学家之前,作为一名整形外科临床医生在上海第九人民医院工作了多年,还曾经成功完成过国内首例大面积头皮撕脱伤的再植手术。我非常能理解,作为一名整形外科的临床医生,需要对细节保持时时刻刻的关注,而手术的成功与否,就是取决于这些细节是否处理到位。美容外科是一门“锦上添花”的工作,就诊的求美者绝大多数都没有严重的畸形或缺损,而是生理意义上的健康人。他们把自己的身体和人生幸福的希望交托到我们医生的手里,我们更需要从方方面面的细节上去关注他们,力求让他们获得现阶段“最佳的”服务和效果。可惜目前国内在这方面做的工作还远远不够。一些有经验的专家,要么是不愿意,要么是说不出,不能把自己好的经验分享出来,去教育年轻一代或是和同行切磋,这样的做法会严重影响整个行业的发展与进步。

在这方面,国际同行们走在了我们的前面。这本由 Foad Nahai 主编的《美容外科学》(第2版)便是代表作之一。Foad Nahai 是国际美容外科领域非常有影响的人物。他曾经在美国的学术机构工作过,后又创办了他自己的美容机构。他曾经担任过 ISAPS 的主席,与我们中华医学会整形外科分会在香山合作举办过国际会议,出版过肌瓣与肌皮瓣的教材,还是 APS 杂志的编委。Foad Nahai 在美容手术方面造诣精深,拥有丰富的临床经验和敏感的市场嗅觉,而且多年来笔耕不辍,孜孜不倦地坚持将自己的体会与经验以各种形式与国际同行们分享。在这本书里,他还邀请了目前在美国美容外科各个领域中的领军人物,完成相应的章节,可以说,这本教材代表了目前美国在美容外科专业方面最为前沿的系统理论和经验,也是国际美容外科领域的集大成者。纵观全书,这本书最大的特点就在于“细”——从临床医生每日工作的角度,讨论医生可能面对的各个细节问题,以及各位专家们优选出的解决方案。这样的教材,不但具有学术上的经典意义,同时也是一部有实际指导意义的案头工具书。

鉴于此,我们组织了国内部分专家对这部教材进行了翻译引进。在人民卫生出版社的大力支持下,本书中文版终于得以面世。这对于提升国内美容外科领域的学术水平,促进从业人员进步,缩短国内与国际差距等方面,都具有非常重要的意义。我本人也希望,每一位对美容外科有兴趣,

致力于此方面的从业人员,都能细致地通读此书,不但要丰富自己的知识,开阔视野,更要向国际同行们学习,如何成为一名学术型的临床医生,如何承担更多的社会责任,最终更好地服务于我们的患者。

曹谊林

2014年7月于北京