

UKAAPS CAPSCO

B / A M 2026

THE BRITISH AESTHETIC MEETING

PROGRAMME 2026

Monday 11th May 2026 - UCL Facial Dissection

8:30am Registration and Introduction

9:00 - 11AM

Facelift Surgery - Rhytidectomy

Preoperative considerations, skin management, infiltration, incisions

Facelift terminology and their appropriate use

Skin elevation: technique, extent and cautions

Identification of SMAS, and SMAS anatomy

MACS lift: basic technique and indications

SMAS elevation techniques and danger zones

Sub-SMAS dissection and facial nerve

SMAS management: plication, imbrication and suspension, suspension vectors and their appropriate use

Deep plane technique

Skin re-draping, earlobe management, skin closure and immediate post-operative care

Lip lift and Management of the neck:

platysmal bands, submental pre and retro-platysmal lipectomy, platysmaplasty, and other allied procedures

11:00am Coffee Break

11:30am

Midface approaches: Transtemporal, Transconjunctival, Transblepharoplasty

Dimple creation

Lip lift procedures

12:30pm Lunch

The logo for Spring Thread, featuring the words "SPRING" and "THREAD" in a serif font, with a stylized thread and needle icon between them.

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13:00pm

Facial implants: Zygomatic, mandibular and chin implants.

Forehead/Brow and Hairline lowering procedures:

Direct browlift

Mid forehead browlift

Temporal lift

Forehead incisions (Coronal, Bitemporal, Pretrichial - Trichophytic, Endoscopic)

Subcutaneous brow lift

Subperiosteal lift

Endoscopic technique

Upper Lid Blepharoplasty

Assessment and pre-operative considerations

Marking and safe skin excision planning and infiltration

Orbicularis muscle and fat – orbital and ROOF management

Eyelid ptosis and blepharoplasty: safe management

Trans-blepharoplasty brow lift technique

15:00pm Coffee

15:20pm Lower Lid Blepharoplasty

Anatomy, assessment and pre-operative evaluation and considerations

Marking and infiltration

Transconjunctival approach: when and how

Sub ciliary /transcutaneous approach: skin muscle flap

Fat compartment identification, inferior oblique identification and preservation, fat excision and re-draping techniques

Canthopexy and canthoplasty techniques including tarsal strip

Soof fat and festoon anatomy and management

Orbitomalar suspension suture technique

Skin management closure and post-operative care

Tuesday 12th May 2026 - UCL Facial Dissection

8:30am Registration introduction

9:00am

Rhinoplasty/Septorhinoplasty: Structure and preservation techniques

Preoperative considerations and choice of technique: planning, morphing and sequencing surgical manoeuvres

Nasal preparation: local infiltration, decongestion and other essentials

Incisions: Commonly used incisions and variations

Elevating the skin soft tissue envelope: dissection planes

Adequate exposure of the nasal skeleton and assessment: Endonasal approach and open approach

Septoplasty and septal harvesting/high strip/mid and low strip

Septoplasty techniques: mucosal tunnels and septal exposure

“K” area and its management

Rhinoplasty – Dorsum

Hump reduction techniques: recommendations and variations: discussion on various methods including powered instrumentation.

Open roof deformity and its reconstruction

Osteotomies: open and closed technique, including powered instrumentation/ letdown and push down osteotomies.

Reconstruction of middle-third (nasal valve surgery): spreader grafts, auto-spreader grafts, extended spreaders, layered spreaders

Reconstruction of saddle nose deformity: Solid grafts, crushed cartilage, creation of septal support, use of soft tissue for augmentation and refinement

Radix management: Radix assessment: augmentation or reduction

Grafts in rhinoplasty: indications, types, sources, sculpting, techniques: pros and cons

10:40am Coffee Break

11:00am Tip-plasty

Nasal tip anatomy, assessment and sculpting techniques

Non-delivery techniques – cartilage splitting / Retrograde methods

Delivery technique: closed approach

Open technique

Tip modification: management of tip bulk, asymmetry and other deformities: cephalic trimming, turn-in flap, tip sutures, grafting techniques

Tip projection/deprojection

Tip rotation/de-rotation

13:00pm Lunch

14:00pm Rhinoplasty continued

Lengthening and shortening the nose: techniques what works well

Wide nose: middle third and lower third management, alar base management

Suture materials and other allied procedures in rhinoplasty

Discussion: post-operative care and revision procedures

Tip Suture techniques: trans-domal and inter-domal sutures, flare control sutures, lateral crural flattening suture, septo-columellar suture

Tip grafts: Shield and cap grafts

Dorsal onlay grafts

Caudal septal extension grafts

Alar batten grafts

Lateral crural strut graft

Columella strut grafts

Alar rim graft

Alar base: Wedge Excision, Sill Excision

Spare parts rhinoplasty practical discussion

Rib graft harvesting

Discussion: post-operative care and revision procedures

15:20pm Tea

15:40 Otoplasty - Pinnaplasty

Surgical anatomy, assessment and appropriate technique selection

Infiltration and skin incisions

Creation of antihelical fold: rasping, scoring and suture (Mustarde suture) techniques

Conchal setback: sutures (Furnas suture), cartilage excision and cartilage preservation/mastoid flaps

Superior cusp release and hidden sutures for superior pole, bridge concepts

Management of the prominent lobule, release of cauda helix

Skin excision

16:45pm Concluding remarks and certificates

17:00 Close

Wednesday 13th May 2026 - Facial Surgery

Time	Speaker	Topic
08:30	Registration	
08:50	James McDiarmid and Shailesh Vadoaria	Welcome
Chairpersons - Jeyaram Srinivasan & Hagen Schumacher		
08:50	Paul Wilson - UK	Forehead Reduction
09:00	Rana Das Gupta - UK	Neck Lift - Assessment and Personal Approach, Dealing With Ageing Neck
09:10	Hagen Schumacher - UK AestheticFellow - SukhDubb	Making buccal fat debulking simple and safer
09:20	Afzaal Bashir - PAKISTAN	Fat and PRP face pigmentation and Rhytides
09:30	Parag Telang - INDIA	Orbicularis suspension lower eyelid bleph: can we avoid canthopexy
09:40	Chiara Botti - KEY NOTE ADDRESS - ITALY	Personal Perspective of My Facelift Journey
10:20	Naresh Joshi - MASTERCLASS - UK	Masterclass Overview of Oculoplastic Surgery Evolution - 40 Years Personal Perspective
11:00	TEA BREAK	
Chairpersons - Adam Sawyer & Noemi Kelemen		
11:20	Shanks Sankar - UK	Lipolift Using Targeted liposuction with WAL & Endolift
11:30	Holger Gassner - MASTERCLASS - GERMANY	Delaminating Extended Deep Plane Facelift
12:20	Hemin Sherriff - IRAQ	Comprehensive Facial Rejuvenation - A Surgical Approach To Harmony
12:40	Chiara Botti - KEY NOTE ADDRESS - ITALY	Algorithm of decision making between browlift and upper blepharoplasty
13:00	LUNCH	
Chairpersons - Sultan Hassan & Oliver Harley		
13:30	Louise Veneegaard - DENMARK	Preservation Deep Plane Facelift
13:50	Samir Ghoraba - Egypt	Deep plane facelift: Fundamentals to finesse
14:20	Tim Marten - USA	Lip Lift and Fat Grafting for Oral Aesthetics - Virtual
14:55	Jaffer Khan - DUBAI	Recent advances in anti ageing regenerative medicine
15:15	Samir Ghoraba - EGYPT	Fundamentals of endoscopic facelift
15:30	Kallirroi Tzafetta - UK	Improving facial aesthetics in pre-existing facial asymmetry including facial nerve palsy
15:45	Fas Arshad	Submandibular gland contouring: a novel technique with coblation device
16:00	TEA BREAK	
Chairpersons - Nadir Ali & Hazem Alfie		
16:20	Parag Telang - INDIA	Preservation Deep Plane facelift: logic and technical nuances
16:40	Ajay Mahajan - UK	AM Lift - Dawn To A New You
17:00	Jonathan Britto - UK	Mid face lift
17:15	Christopher Rowland Payne - UK	Complications of Toxins, Fillers and Facial Lasers
17:30	MEETING CLOSE	

Thursday 14th May 2026 - Rhinoplasty And Breast Surgery

Time	Speaker	Topic
08:30	Registration	
08:50	Anca Breaahna and Tariq Ahmad	Welcome
Chairpersons - Elaine Sassoon &Tim Brown		
09:00	Rajan Uppal - UK	Cross cephalic flaps for tip balance
09:15	Santdeep Paun - uk	Managing the thick skin rhinoplasty
09:30	Azhar Iqbal	Complex Rhinoplasty
09:45	Alwyn D'Souza	Minimally invasive interventions to optimise rhinoplasty results
10:00	Mamoon Rashid	Walking a path on the boundary between Reconstructive and Aesthetic Surgery
10:20	Holger Gassner - <i>MASTERCLASS - GERMANY</i>	<i>Tricks Of The Trade For Facial Rejuvenation</i>
11:05	TEA BREAK	
Chairpersons - Jamil Ahmed & Richard Karoo		
11:20	Santdeep Paun - UK	Cadaveric frozen rib in rhinoplasty - an 8 year experience
11:30	Lucian Ion - UK	Management Of High Septal Deviations
11:45	Alwyn D'Souza - UK	Pros And Cons Of Preservation Rhinoplasty
12:00	Holger Gassner - GERMANY	Personal perspective of prominent ear correction
12:20	Holger Gassner - GERMANY	Endo Nasal Approaches To Rhinoplasty
12:40	Tariq Ahmad - UK	Complex Revision For The Multiply-Operated Rhinoplasty Patient
13:00	LUNCH - <i>MASTERCLASS CYCLE OF AESTHETIC PLASTIC SURGERY PRIVATE PRACTICE - BEGINNING TO THE END ? TAIMUR SHOAIB</i>	
Chairpersons - Noemi Kelemen & Helen Antoniadou		
13:55	Polytech **SPONSOR**	
14:00	Moustapha Hamdi - Belgium	Inner Bra Mammoplasty: 20 year fighting gravity from mesh to scaffold
14:40	Eva Siolo - SOUTH AFRICA	Fat Transfer To The Breasts
15:00	Paul Banwell - UK	Towards Minimally Invasive Tissue Preservation Breast Aesthetics Including Selection Of Breast Implants
15:15	Elena Prousskaia - UK	Secondary corrective breast surgery
15:30	Medha Bhave - INDIA	Management Of Accessory Axillary Breast
15:50	Bhagvat Mathur - UK	Correction Of Recurrent Inverted Nipple
16:00	TEA BREAK	
Chairpersons - Rishi sharma & jonathan adamwaithe		
16:15	Taimur Shoaib - UK	Safety of augmented mastopexy
16:25	Taimur Shoaib - UK	Journey With Minimally Textured Implants - 5 Years Of Personal Perspective
16:40	Amin Yousaf - UK	Comparative Analysis Of Male Chest Contouring By Traditional Liposuction And HD Liposuction
16:55	Dr. Karl Hasenöhrli SILIMED **SPONSOR**	Soft Plus® in Transaxillary Breast Augmentation: Indications, Surgical Strategy, and Differentiating Characteristics for Optimized Outcomes
17:15	Umar Khan - UK	subglandular pocket conversation to muscle splitting pocket for rippling in implant exchange with or without mastopexy
17:30	MEETING CLOSE	

Friday 15th May 2026-Body Contouring

Time	Speaker	Topic
08:30	Registration	
08:50	Omar Tillo And Abid Rashid	Welcome
Chairpersons - Hyder ridha & Manaf Khatib		
09:00	Tim Brown - AUSTRALIA	Nutritional Management Of Post Bariatric Patients
09:20	Dan Del Vecchio - USA - 25 mins each	A 20-year evolution of fat transfer to the breasts
09:45	Paulo Michels - UAE	Full body remodeling minimally invasive
10:05	Moustapha Hamdi - Belgium	mastopexy augmentation: demystifying the mythe
10:30	Jafar Jorjani - GERMANY	LLA Approach
11:00	TEA BREAK	
Chairpersons - Omar Tillo & Alok Misra		
11:20	Dan Del Vecchio - USA	Revision BBL - Procedure influx
12:00	Alex Aslani - SPAIN	Redo BBLs Under Fire: How To Survive When Your Second On The Job
12:30	ROUND TABLE Chair - Omar Tillo	DanDelVecchio,AlexAslani,Martin Jugenburgh - BBL; A Wealth of Experience Shaped By Process, Challenges, Lessons Learned and Disciplined Execution
13:00	LUNCH	
Chairpersons - Elaine Sassoon & Ashutosh Kotwal		
13:30	Paulo Michels - UAE	Restructuring the abdominal wall in tummy tuck: a new approach to correct muscle laxity
14:00	Medha Bhavne - INDIA	Large Volume Liposuction
14:20	Martin Jugenburgh - CANADA	Large Volume Liposuction And Review Of Surgical Risks
14:50	Alex Aslani - SPAIN	Disaster-Proof Body Contouring - The 5 Catastrophies That Can Ruin Your Case And How To Stay 5 Steps Ahead
15:20	Hagen Schumacher - UK	Auxiliary reduction
15:35	Paul Drake - UK	Appraisal Of Labiaplasty Techniques
15:45	Shailesh Vadodaria - UK	Audit outcome of 105 consecutive labia minora reduction - tips and tricks of making the procedure safe
16:00	TEA BREAK	
Chairpersons - George Christopoulos & Richard Karoo		
16:30	Fulvio Urso-Baiarda - UK	When To Contour, When To Excise And How To Decide
16:50	ROUND TABLE Chair/s - James McDiarmid and Jonathan Britto	Pearls of wisdom - Bryan Mayou, Jim Frame, Brent Tanner, Hiroshi
17:20	James McDiarmid - UK	CHAIRMANS CLOSING COMMENTS
17:30	MEETING CLOSE	