



THE AMERICAN BOARD OF FACIAL COSMETIC SURGERY

Manoli G. Manolakakis, D.M.D., F.A.C.S.

The Bearded Word

As facial cosmetic surgery providers we are constantly providing support to our patients not only for their aesthetic concerns but also for their emotional ones as well. Dare I say that both are equally important? Yes, delivering excellent aesthetic results is a must but your emotional support to your patients is the true essence of creating that bond and trust. As providers, we too require support and/or positive feedback from our patients, our staff and our families. Life has an interesting way of throwing curve balls at you when things are most difficult. As healthcare providers we are expected to put on our “game face” and support everyone around us. How do we cope with this? What life lessons do we call upon to handle the adversity we are presented with? Adversity and pain are experiences that help shape our character. It is how we handle these situations that allows us to grow into extraordinary humans and doctors. It requires a tremendous amount of mental strength and perseverance to put aside your personal “stuff” and to focus on others. This is part of the job. Let it not be lost that the same amount of attention that you provide to your patients and to others in your personal lives must also be given to yourself and your well being. Meditation, exercise, nutrition, and sleep are essential for the contemporary facial cosmetic surgeon to maintain a balance and to continue to offer sound advice to all who depend on you.



Manoli G. Manolakakis, D.M.D.,
F.A.C.S. Newsletter Editor

“Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most all, love of what you are doing and learning to do.”- Pele

Manolis G. Manolakakis, D.M.D., F.A.C.S.

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Letter from the Executive Director

David G. Clark, J.D.

Welcome to the ABFCS newsletter. Newsletter content comes from our members so everyone is invited and encouraged to submit articles or notes to our newsletter committee Chairman, Dr. Manolis Manolakakis, or directly to the central office at info@ambrdfcs.org.

The date for the 2019 written and oral certification exams is right around the corner. This is the first year for our new Computer Based Testing (CBT) written exam which was developed with, and is being administered by, the National Board of Osteopathic Medical Examiners (NBOME). The advantage of CBT is that applicants challenging the written exam can sit for the exam at a testing center near them instead of sitting all together in a hotel ballroom with a paper and pencil exam as in the past. The oral exam is still conducted “face to face” with the oral exam team jointly organized by the ABCS and ABFCS. This year the oral exam is taking place in Chicago near O’Hare International Airport. It is hoped that separating the written and oral exams by a few weeks will lower the exam stress level for our applicants.



David G. Clark, J.D.
Executive Director

We are also looking forward to attending the annual AACS conference in February 2020. We hold our annual Board of Trustees meeting and install our new slate of officers at this meeting. I hope to see and meet all of you who are attending the AACS conference during that week. Please stop by our informational table set up outside the exhibit hall and bring along a colleague who is not yet ABFCS certified so that we can meet them and explain the benefits of being a Diplomate of our board.

David G. Clark, JD
Executive Director
American Board of Facial Cosmetic Surgery

Do you know Jeuveau?

Four months ago I began to incorporate Evolus' Jeuveau (prabotulinumtoxinA) into my clinical practice, which consists solely of cosmetic procedures performed by me. Up until this point I was exclusively using Allergan's Botox Cosmetic (onabotulinumtoxinA), for the following reasons: brand recognition by patients, consistency of results, and my own familiarity with the product in terms of storage, reconstitution and injection. These preferences mirrored the results of a survey published in our monthly newsletter from December 2017 (Volume 1, Issue 6) and evaluated by Dr. Alan Brackup. Over the past decade I have at one time or other attempted to switch from Botox Cosmetic to a competitor, in an effort to reduce practice costs and improve patient satisfaction. Quicker onset, longer duration and less discomfort with injection are the main criteria I have used as checkpoints for improving patient satisfaction. For the most part, none of the competitors could make a significant enough difference in any of these areas to justify the switch in my practice. The other neurotoxins I have used include Ipsen Biopharm's Dysport (abobotulinumtoxinA) and Frankfurt, Germany-based Merz Pharma's Xeomin (incobotulinumtoxinA). Anecdotally, I found Dysport began to work slightly faster than Botox, but not consistently so throughout all my patients. I also had more diffuse spread of the toxin's effects with both Dysport and Xeomin, which I personally found made treating more sensitive areas such as the lower eyelid rhytids more prone to unpredictable results.



Kevin Kalwerisky, MD, FAACS

Jeuveau is branded as the first known 900 kDa molecule in the US since Botox Cosmetic, it has the same reconstitution as Botox Cosmetic, and in clinical trials has been proven noninferior to onabotulinumtoxinA*. Over the past four months I have used Botox Cosmetic exclusively on all patients in my West Coast office, and Jeuveau exclusively on all patients in my East Coast office. Results have been consistent, patient satisfaction remains high and complications remain low. I have noticed, again anecdotally, that Jeuveau begins to show effect more quickly than Botox Cosmetic, with maximal effect typically seen within 7 days.

I personally would be unable to tell which of my patients I have treated with Jeuveau, and which with Botox Cosmetic, with the only possible clue being the earlier onset of positive results with Jeuveau. The predictability of Jeuveau has allowed me to use it off-label in more sensitive areas, including the middle and lower thirds of the face, with confidence in obtaining safe and predictable results. My practice has enjoyed some nominal cost savings with Jeuveau, but more important, I have retained satisfied customers who continue to experience excellent results, and I suspect that we will begin incorporating Jeuveau into our West Coast office shortly.

*A Multicenter, Randomized, Double-Blind, Placebo-Controlled, Single-Dose, Phase III, Non-Inferiority Study Comparing PrabotulinumtoxinA and OnabotulinumtoxinA for the Treatment of Moderate to Severe Glabellar Lines in Adult Patients

Berthold-Josef Rzany, MD, ScM, Benjamin Ascher, MD, Rui L Avelar, MD, Jesper Bergdahl, MD, Vince Bertucci, MD, Isaac Bodokh, MD, James Alastair Carruthers, MD, Hugues Cartier, MD, Henry Delmar, MD, Ralf Denfeld, MD, John E Gross, MD, FACS, Marc Heckmann, MD, Per Hedén, MD, Said Hilton,

Lumenis Acupulse Fractionated CO2 Laser Unit

This laser unit is a fantastic investment in minimally invasive facial rejuvenation. I have been using fractionated CO2 laser technology for 10 years now and feel that it is the best technology out there when considering the marriage of great results and little downtime. All of my patients who have had fractionated CO2 laser resurfacing enjoy the benefits of the removal of facial dyschromias, fine lines, acne scarring, and skin tightening. The face does peel and appears raw for about 4-5 days, but by day 7-8 the skin is for the most part, back to “normal again”.



The Acupulse fractionated CO2 laser unit made by Lumenis is extremely user friendly. Out of the units that I tested prior to purchasing, the Lumenis unit offered the most in terms of ease of use, cost, and portability. The settings for the unit are essentially pre-programmed in and a simple chart is given to the practitioner



King Kim, DMD

for recommended wattage, superficial vs. deep (combo mode setting), and superpulse vs. continuous wave modes. The dual capability of superpulse and continuous modes offers a huge advantage. The superpulse mode penetrates deeper into the skin (around 700 microns) and is the setting utilized for the facial resurfacing. The continuous mode penetrates approximately 200 microns and is more ideal for removing moles, performing soft tissue biopsies, or making incisions for blepharoplasties.

The scanners that are included with the Lumenis system make the system so versatile. They vary from the fractional scanner which is used for full face resurfacing to the fine touch scanner used for pigmented lesions. Also included is a handpiece that can be used to make precise incisions for blepharoplasty.



All in all, I feel that the Lumenis Acupulse laser system is the best bang for the buck. The price point is very fair compared to other systems, the versatility is outstanding, and best of all the patients love their results. One more thing to add is that the customer service is superior. I have had two issues in the past four years of owning this laser unit and a technician was there to fix the problem within 48 hours. They offer full training of the unit (which is simple to begin with) for doctor and staff.

As a disclaimer, I do not have any personal affiliation with Lumenis, nor am I paid to speak on their behalf. I simply love this laser system and want to share my knowledge with others.

Thank you very much and please don't think twice about contacting me with any questions. I can be reached at reykimes@yahoo.com or (321) 255-7724.

Dr. King Kim

Melbourne, FL

DIPLOMATES



Erik J. Nuveen, M.D., D.M.D., F.A.A.C.S. has been an active participant in the art and science of cosmetic surgery since his first residency in Oral and Maxillofacial Surgery in 1994. His early interest was fortified by fellowship in facial and general cosmetic surgery in 2003 under the supervision of Brent Kennedy, M.D., D.D.S. and Lane Smith, M.D., F.A.C.S. in Salt Lake City, Utah. Dr. Nuveen has performed 100% cosmetic surgery since completion of fellowship. He has consistently had one of the busiest practices of

cosmetic surgery in the United States for more than 17 years, performing more than 1,000 cosmetic surgical procedures per year. He has been director of an AACS Accredited fellowship since 2005 and has maintained active involvement in resident and fellow education and publication in the area of cosmetic surgery throughout his career. In 2016, Dr. Nuveen joined strengths with **Courtney J. Caplin, M.D., D.M.D., F.A.A.C.S.** after completion of fellowship with E. Tony Mangubat, M.D. in Seattle, Washington. Dr. Caplin’s experience brought greater diversity to the practice to including subspecialized cosmetic surgical care for patients with massive weight loss and facial and body gender reaffirmation.



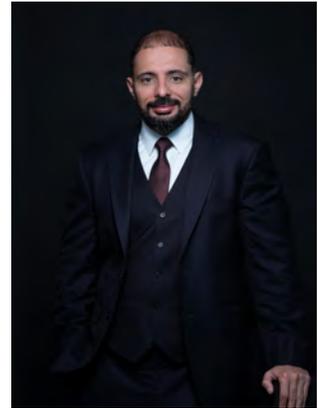
Dr. Nuveen and Caplin have been able to maintain a rare blend of a busy clinical practice with dedication to clinical studies, research and education. Recent areas of research and have included outpatient bodylift surgery, neck recontouring procedures, and breast reconstruction for gender transition. Our training facility has been host to more than 110 residents and practicing physicians from throughout the world.

The practice has welcomed proven and effective technology. In just this last 6 months, we have welcomed Renuvion and Vivace to our practice. Renuvion (ionized helium combined with radiofrequency energy) has significantly impacted patient outcomes with its capacity to reduce or even eliminate skin resection common to brachioplasty, mini abdominoplasty and necklift surgery. Vivace (microneedling with radiofrequency energy) has provided a beacon of satisfied patients with its effective and minimally invasive skin tightening results.

As trends evolve rapidly, Dr. Nuveen and Caplin have remained steadfast in their dedication and focus on surgical management of the cosmetic patient; optimal safety, efficiency and patient satisfaction. It remains their passion.

Mohammed Alsufyani, MD

He is a board certified Dermatologist and did his fellowship in Cosmetic and Dermatologic Surgery at the Mount Sinai school of Medicine, New York City. He is also the first Saudi to become a diplomate of the international division of the American Board of Cosmetic Surgery, the American Board of Facial Cosmetic Surgery, and a fellow of the American Academy of Cosmetic Surgery. Past Chairman of the Department of Dermatology and Dermatologic Surgery at Prince Sultan Medical Military City in Riyadh, Saudi Arabia. Participated in many national and international conferences and published multiple peer-reviewed articles mainly in the field of cosmetic surgery. He is a key opinion leader (KOL) for fillers companies and is considered the go-to surgeon for autologous fat transfer and high-definition liposuction in the region and had many physicians trained under his supervision.



Dr. Behnam Bohluli

Commonly considered a leader in facial cosmetic surgery. He decided to focus on facial cosmetic surgery after graduating as an oral and maxillofacial surgeon in 2001. He has practiced across a variety of facial cosmetic surgery scopes since then.

He has performed more than 4,000 primary and several hundred secondary rhinoplasties over his 17-year career. Dr. Bohluli is especially interested in revising failed surgical cases, as he believes a successful revision procedure can be indispensable in achieving the patient's goals.

In addition to his busy clinical practice, he is actively involved in academia and scientific research. He has frequently lectured in international meetings, and his scientific efforts have led to 45 publications in major surgical journals and 25 book chapters commonly referenced in this field.

Dr. Bohluli has collaborated with many key figures in facial cosmetics and plastic surgery. In 2009, he served as General Secretary for the first Dubai rhinoplasty symposium; there, along with a brilliant multidisciplinary team consisting of Dr. Jack Gunter, Dr. Shahrokh Bagheri, and Dr. David Kim held one of the most memorable meetings.

Dr. Bohluli has had the opportunity to teach at the University of Toronto over the past three years. This has allowed him to become accustomed to North American perspectives with regard to surgical concepts. Moreover, he has the honor of being certified by three prestigious North American boards: the American Board of Facial Cosmetic Surgery, the American Board of Oral and Maxillofacial Surgery, and the Canadian Board of Oral and Maxillofacial Surgery.



Jeffrey Blaine Marvel, M.D.

I've been in practice for 27 years. I practice in Nashville and 2 other locations in the greater Nashville area. I practice facial as well as General cosmetic surgery. I've been a Fellow of the AACS since 1999, and a Diplomate of the ABCS since 2003. I currently serve as a trustee for the ABCS, and the Fellowship Training g committee for the AACS.

For the past 3 years I have hosted a training fellow in General Cosmetic Surgery. I have 2 associates who are ABCS Diplomate. I am an assistant professor of surgery at Meharry College of Medicine in Nashville. My hobbies include playing classical guitar, traveling, and outdoor fitness.



In Remembrance of Dr. Brent Alan Murphy

On August 8, 2019, Brent Alan Murphy of Atlanta, Georgia, died of natural causes at his home. He was born on January 22, 1962, in Pittsfield, MA. He is survived by his loving wife Nichole N. Murphy of Atlanta, GA, his father, Wilton Wesley Murphy of Louisville, KY, his brother Brian Murphy, sister-in-law Monica Murphy of Buffalo, NY, and sister Kristin Sydnor and brother-in-law Gary Sydnor of Siler City, NC; and his children Blair Wesley Murphy, Evan Vincent Murphy, Samantha Kay Garrett, Taylor Leigh Garrett, and Natalie Marie Garrett. Brent is also survived by a large circle of friends and co-workers who meant the world to him. Dr. Murphy is a double Board-certified surgeon who has practiced in the metro Atlanta area for more than 20 years. Originally recruited from academics at the University of South Alabama, he specialized in both cosmetic and reconstructive Oculofacial plastic surgery. In 2018, he decided to establish his own private practice in Sandy Springs. Dr. Murphy attended college and medical school at the University of Kentucky graduating from both with honors. Following the completion of his residency in Ophthalmology at the University of South Florida, Dr. Murphy completed a two-year fellowship in Ophthalmic Plastic and Reconstructive surgery while also serving on the clinical faculty at [Vanderbilt University](#). He then joined the faculty of the University of South Alabama as assistant professor and Director of Ophthalmic Plastic and Orbital Surgery. After relocating to Atlanta in 1997, he attained board certification in facial cosmetic surgery by the American Board of Cosmetic Surgery. This subspecialty board is now the American Board of Facial Cosmetic Surgery, of which Dr. Murphy is a founding member. Dr. Murphy was happily married to his wife Nichole. They have five grown children, two boys and three girls. They all enjoy spending time together boating at Lake Lanier on weekends. Both Dr. Murphy and his wife enjoy gardening and cooking especially on The Big Green Egg. Other interests include listening to U2, travel, hiking and SEC sports; but particularly, Kentucky Wildcat basketball. Dr. Murphy touched so many lives with his kindness. He will be deeply missed by so many.

NASAL SURVEY QUESTIONNAIRE

Nasal Survey Questionnaire

Use of Silastic nasal splints and peri-operative antibiotics in nasal surgery: What is the common practice?

Many current textbooks iterate the need for the use of antibiotics after nasal surgery specifically when intra-nasal splints/packing are present. However, there is a lack of high quality randomized control studies to show if antibiotics are indicated in such situations. The purpose of this questionnaire is to find out what the common practice is among surgeons and to elucidate if there are any variations in practice patterns regarding antibiotic usage with intra-nasal splint/packing or other nasal surgery scenarios.

Link: [Google Survey Here](https://forms.gle/CYavRb5p2b9w1NKE6) (<https://forms.gle/CYavRb5p2b9w1NKE6>)

DATES TO REMEMBER

1. ABFCS Written Examination/Computer Based Testing - October 5, 2019
2. ABFCS Oral Examination - Held in Chicago, IL on October 19, 2019
3. 2020 AACS Annual Scientific Meeting - Held on February 27-29, 2020 in Las Vegas, NV

THE AMERICAN BOARD OF FACIAL COSMETIC SURGERY DUAL BOARDING POLICY

In the interest of patient safety and the integrity and legitimacy of the board certification process it is the policy of the Board of Trustees of the American Board of Facial Cosmetic Surgery (“ABFCS”) that diplomates who join the ABFCS through the “dual boarding” process maintain their American Board of Cosmetic Surgery (“ABCS”) certification as a “principal board certification.” This policy includes compliance with the ABCS re-certification exam requirement ten (10) years after passing the initial certification examination. The cancellation of board certification of a cosmetic surgeon by the ABCS shall automatically and simultaneously cancel the board certification of the same cosmetic surgeon by the ABFCS. This requirement is in addition to the requirement that the diplomate also maintain their “primary board certification” in their primary specialty as set forth in the credentialing requirements for board certification in general cosmetic or facial cosmetic surgery.