Book Review

ISBN-10: 0702031682

Reviewed by: Renato Saltz, MD, FACS
DOI: 10.1177/1090820X11410968

This elegantly written book is the product of many years of aesthetic surgery experience by world-renowned New York plastic surgeon Dr. Sherrell Aston. He leads his coeditors, Drs. Douglas Steinbrech and Jennifer Walden, and a superb group of authors through their coverage of the topic in this concise and practical text. With excellent illustrations and a helpful DVD, this is a resource that both novice and senior aesthetic surgeons must have in their libraries.

*Aesthetic Plastic Surgery* is based on concepts adopted at the annual aesthetic surgery symposium hosted by the Manhattan Eye, Ear, and Throat Hospital (MEETH). I was honored to be invited as a faculty member for the 2010 symposium and witnessed firsthand the value of converting the lessons of the symposium into this textbook. The book is divided into 13 different sections covering all aspects of modern and safe aesthetic plastic surgery, and each of the chapters is up-to-date with the latest developments in the field.

The book opens with a well-written foreword by Dr. Thomas Rees, Dr. Aston’s mentor and longtime co-chair of the MEETH symposium. He gives the book a high compliment by stating that “it comes as close to reproducing an actual operating room environment” as is possible in book form. The layout of the book, with color-coded chapters according to topic, is reader-friendly and allows for easy retrieval of information. The medical illustrations are clear and accurate, and the clinical images are very well done and tastefully presented. Each chapter contains numerous case examples that precisely demonstrate the point the author is trying to make. The accompanying DVD contains surgical demonstrations by the main authors and is quite helpful.

Section 1 offers a practical guide on how to set up a successful aesthetic practice. This is a difficult and expensive task that is often overlooked during a plastic surgeon’s residency or fellowship training. Section 2 includes three interesting chapters on anesthesia in aesthetic surgery, one on patient safety. Patient safety is currently a critical topic during residency training and in our Continuing Medical Education, so this chapter is a “must-read.” Sections 3 through 12 discuss many anatomical areas and procedures—including the brow, eyelids, face, nose, ears, neck, and breast—along with autologous and nonautologous contouring of the facial skeleton and body contouring after massive weight loss. Section 13 covers the many different aspects of cosmetic medicine and nonsurgical procedures. This is the fastest growing area of a busy, modern aesthetic practice and is in high demand by our patients. I congratulate the editors and authors for a superb job in covering this extremely important topic, which is often ignored by most traditional textbooks of aesthetic surgery.

The different authors, all experts in their respective fields, sometimes present opposing views on each topic. This style provides a balanced approach that adds to the value of the book. On a personal note, I’d like to add that I faced a few difficult secondary rhinoplasty cases while reading *Aesthetic Plastic Surgery* in preparation for this review. I enjoyed very much the chapters on that particular topic, and I found them to be helpful in devising my surgical plan and executing these difficult revisionary cases.

Dr. Saltz is a plastic surgeon in private practice in Salt Lake City, Utah.

Corresponding Author:
Dr. Renato Saltz, 5445 South Highland Drive, Salt Lake City, UT 84117, USA.
E-mail: rsaltz@saltzplasticsurgery.com
I strongly recommend this book to both young and senior colleagues interested in the field of aesthetic surgery. All of the basics are well presented and accessible for someone beginning to venture into this arena; likewise, because the book is cutting edge and the information is so current, even experienced aesthetic surgeons would benefit from reading it.

Dr. Aston states in the preface that he wants this book to be analogous to Dr. Cameron’s *Current Surgical Therapy* for surgical residents, a book that I carried throughout my five years of general surgery training. I can attest that, since *Aesthetic Plastic Surgery* has quickly become my new favorite companion, he has done a fantastic job at meeting his stated goal. This book is a “must-have,” and I recommend it enthusiastically.

**Disclosures**

The author declared no conflicts of interests with respect to the authorship and publication of this article.