

UKAAPS CAPSCO

BAM 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

13:30pm

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: Sheild 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 curs release and hidden sutures for superior pole, bridge concepts

Management of the prominent lobule, release of cauda helicis

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
08:50	Paul Wilson	Forehead Reduction
09:20	Rana Das Gupta	Neck Lift - Assessment and Personal Approach, Dealing With Ageing Neck
09:40	Naresh Joshi	Masterclass Overview of Oculoplastic Surgery Evolution - 40 Years Personal Perspective
10:10	Andre Ismail	Dealing With Complications of Blepharoplasty
10:30	Chiara Botti	Personal Perspective of My Facelift Journey
11:00	TEA BREAK	
11:30	Holger Gassner	Delaminating Extended Deep Plane Facelift
12:20	Hemin Sherriff	Comprehensive Facial Rejuvenation - A Surgical Approach To Harmony
12:40	Shailesh Vadodaria	Otoplasty
13:00	LUNCH	
13:30	Louise Veneegaard	Preservation Deep Plane Facelift
14:00	Patrick Tonnard	Evolution of MACS Facelift
14:30	Tim Marten	Lip Lift and Fat Grafting for Oral Aesthetics - <i>Virtual</i>
15:00	Samir Ghoraba	Personal Perspective of Oculoplastic Rejuvenation
15:30	James McDiarmid	Comprehensive Facial Rejuvenation
16:00	TEA BREAK	
16:30	Jag Chana	Facelift Combined With Skin Rejuvenation - Improving Outcome
17:00	Ajay Mahajan	<ol style="list-style-type: none"> 1. AM Lift - Dawn To A New You 2. The Extended Upper Blepharoplasty
17:15	Christopher Rowland Payne	Complications of Toxins, Fillers and Facial Lasers
17:30	MEETING CLOSE	

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Thursday 14th May 2026 - Rhinoplasty And Breast Surgery

Time	Speaker	Topic
08:30	Registration	
08:50	Muhammad Riaz and Tariq Ahmad	Welcome
09:00	Tariq Ahmad	Complex Revision For The Multiply-Operated Rhinoplasty Patient
09:30	Lok Huei Yap	Oriental Rhinoplasty Rhinoplasty - My Experience and Lessons
10:00	Makarand Tare	Learned Along The Way Preserve Or Rebuild? The 2026 Hybrid
10:20	Fas Arshad	Rhinoplasty Algorithm-Dorsal Preservation And Mid-Vault Stability
10:40	Jag Chana	Personal Approach Of My Rhinoplasty
11:00	TEA BREAK	
11:30	Lucian Ion	Management Of High Septal Deviations
12:00	Alwyn D'Souza	Pros And Cons Of Preservation Rhinoplasty
12:30	Holger Gassner	Endo Nasal Approaches To Rhinoplasty
13:00	LUNCH <i>Masterclass - Holger Gassner</i> <i>Tricks Of The Trade For Facial Rejuvenation And Rhinoplasty</i>	
14:00	Eva Siolo	Fat Transfer To The Breasts
14:20	Paul Banwell	Towards Minimally Invasive Tissue Preservation Breast Aesthetics Including Selection Of Breast Implants
14:40	Moustapha Hamdi	Breasts After Weight Loss - How To Reshape The Female Chest
15:00	Medha Bhawe	Management Of Accessory Axillary Breast
15:20	Bhagvat Mathur	Correction Of Recurrent Inverted Nipple
15:40	Taimur Shoaib	<ol style="list-style-type: none"> 1. Safety Of Augmented Mastopexy 2. Journey With Minimally Textured Implants - 5 Years Of Personal Perspective
16:00	TEA BREAK	
16:20	Jeyaram Srinivasan	Personal Perspective Of Augmented Mastopexy Comparative Analysis Of Male
16:40	Amin Yousaf	Chest Contouring By Traditional Liposuction And HD Liposuction
17:00	Garrick Georgeu	15 Years Of Polyurethane Breast Implants. Philosophy Of Use, Tips And Results
17:15	Umar Khan	Dynamic Breasts. Pathophysiology And Its Treatment Using High Transverse Capsuloplasty Muscle Splitting Technique
17:30	MEETING CLOSE	

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Friday 15th May 2026 - Body Contouring

Time	Speaker	Topic
08:30	Registration	
08:50	Omar Tillo And Abid Rashid	Welcome
09:00	Tim Brown	Nutritional Management Of Post Bariatric Patients
09:20	Dan Del Vecchio	Evolution Of Fat In Cosmetic Breast Surgery
09:50	Dan Del Vecchio	Muscle Contouring With Fat Grafting
10:10	Medha Bhave	Large Volume Liposuction
10:30	Jafar Jorjani	LLA Approach
11:00	TEA BREAK	
11:30	Dan Del Vecchio	A safe BBL - The Science Behind The Practical Redo BBLs Under Fire:
12:00	Alex Aslani	How To Survive When Your Second On The Job Dan Del Vecchio, Alex
12:30	ROUND TABLE Chair - Omar Tillo	Aslani, Martin Jugenburgh - BBL; A Wealth of Experience Shaped By Process, Challenges, Lessons Learned and Disciplined Execution
13:00	LUNCH TAIMUR SHOAI B - MASTERCLASS A Cycle Of Developing And Existing Aesthetic Plastic Surgery Business/Clinic	
13:30	Paulo Michels	Minimally Invasive Full Body Remodelling
14:00	Martin Jugenburgh	Large Volume Liposuction And Review Of Surgical Risks
14:30	Alex Aslani	Disaster-Proof Body Contouring - The 5 Catastrophies That Can Ruin Your Case And How To Stay 5 Steps Ahead
15:00	Paul Drake	Appraisal Of Labiaplasty Techniques
15:15	Hagen Schumacher	Wedge Vs Trim Technique
15:30	Shirin Lankani	Non Surgical Genital Aesthetics
15:40	ROUND TABLE Chair/s - James McDiarmid and Jonathan Britto	Bryan Mayou, Jim Frame, Brent Tanner, Mark Henley, Hiroshi
16:00	TEA BREAK	
16:20	Fulvio Urso-Baiarda	When To Contour, When To Excise And How To Decide
16:40	Rieka Taghizedeh	Minimising Complications In Abdominoplasty Patients With High BMI
17:00	Navid Jallali	Pearls Of Wisdom From Responsible Officers To Minimalise Litigation And Regulatory Complaints
17:20	James McDiarmid	CHAIRMANS CLOSING COMMENTS
17:30	MEETING CLOSE	

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