



Vth WORLD CONGRESS OF PLASTIC SURGEONS

OF LEBANESE DESCENT September 19-21, 2019 - Beirut - LEBANON

Hilton Beirut Habtoor Grand Hotel

Organized by
ASSOCIATION OF PLASTIC SURGEONS OF LEBANESE DESCENT

APSLD

in collaboration with
LEBANESE SOCIETY OF PLASTIC, RECONSTRUCTIVE, AND AESTHETIC SURGERY

LSPRAS

LEBANESE SOCIETY OF RECONSTRUCTIVE MICROSURGERY

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With the participation of
PAN ARAB FEDERATION FOR RECONSTRUCTIVE MICROSURGERY

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INTERNATIONAL CONFEDERATION
OF PLASTIC SURGERY SOCIETIES
MEMBER SOCIETY



*Federación Ibero Latinoamericana
de Cirugía Plástica*



ORGANIZING COMMITTEE

It is our privilege and enormous pleasure to welcome you on September 19-21, 2019, to the Vth World Congress of Plastic Surgeons of Lebanese Descent (APSLD) organized by the Association of Plastic Surgeons of Lebanese Descent in collaboration with the Lebanese Society of Plastic, Reconstructive and Aesthetic Surgery (LSPRAS), member of the European Association of Societies of Aesthetic Plastic Surgery (EASAPS) and the Lebanese Society of Reconstructive Microsurgery (LSRM), corresponding member of the European Federation of Societies for Microsurgery (EFSM).

After 4 successful meetings in Beirut (2010), Cancun (2012), Beirut (2014), and São Paulo (2017), we meet again in Beirut for yet another memorable scientific, cultural, and emotional gathering further strengthening ties of common heritage and friendship.

The bi-annual APSLD scientific congresses are instrumental in promoting exchange of knowledge and collaboration between Plastic Surgeons in Lebanon and their colleagues spread across the wide Lebanese diaspora in Europe as well as in North and South America whether these colleagues are of Lebanese descent or not. These congresses are as well the occasion for our trainees to meet with world renowned Plastic Surgeons and to become aware of the enormous contribution, influence and notoriety Plastic Surgeons of Lebanese descent have worldwide.

With renowned international and local speakers, we can guarantee that the Congress will be a rewarding scientific exchange in many aspects of Plastic and Reconstructive Surgery. The program is broad and varied in content and should include topics of interest to all Plastic and Reconstructive Surgeons. All colleagues of Lebanese descent or not are welcome to participate.

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I. KADDOURA – A. Prf., AUBMC
A. IBRAHIM – LSPRAS Past Treasurer

VENUE

HILTON BEIRUT HABTOOR GRAND HOTEL *** - Beirut, Lebanon**

LANGUAGE

The official language of the congress is English; there will be no simultaneous translation

PROGRAM AT A GLANCE _ Vth WCPSLD 2019

THURSDAY Sept. 19			
8:00-9:00	S1	Aesthetics Breast 1	S1' Reconstructive Surgery & Microsurgery - 1
9:00-9:30			Industry Symposium - 1
9:30-10:00		Coffee Break	
10:00-10:20	S2	Aesthetics Breast 2	Industry Symposium - 2
10:20-11:30		ROUND TABLE: Breast Surgery	S2' Body Contouring 1
11:30-12:55	S3	Aesthetics Face – Minimally Invasive 1	S3' Intimate Rejuvenation
12:55-13:15			Industry Symposium - 3
13:15-14:30		LUNCH	
14:30-15:40	S4	Aesthetics Face 1	S4' Regenerative Surgery & Medicine 1 - Burns
15:40-16:00			Industry Symposium - 4
16:00-16:30		Coffee Break	
16:30-18:00	S5	Body Contouring 2	S5' Regenerative Surgery & Medicine 2
18:15-19:30	OPENING - Ricardo Baroudi Lecture		
19:30	GROUP PICTURE		
FRIDAY Sept. 20			
8:00-9:30	S6	Body Contouring Course - BCC1	S6' Aesthetics Face – Minimally Invasive 2
9:30-10:00		Coffee Break	
10:00-11:30	S7	Body Contouring Course - BCC2	S7' Aesthetics Face – Minimally Invasive 3
11:30-13:00	S8	Body Contouring Course - BCC3	S8' Aesthetics Face 2
12:45-13:15			Industry Symposium - 5
13:15-14:30		LUNCH	
14:30-15:30	S9	Body Contouring 3	S9' Aesthetics Face 3
15:30-16:00		Industry Symposium - 6	
16:00-16:30		Coffee Break	
16:30-17:30	S10	Body Contouring 4	10' Aesthetics Breast 3
17:30-18:45	S10''	Reconstructive Surgery & Microsurgery - 2	
SATURDAY Sept. 21			
8:00-9:15	S11	Rhinoplasty 1	S11' Breast Reconstruction 1
9:15-10:00			S11'' Lymphedema
10:00-10:30		Coffee Break	
10:30-12:00	S12	Rhinoplasty 2	S12' Breast Reconstruction 2

**To claim CME credit hours, confirmation of attendance by nametag barcode scanning is mandatory
Certificate of Attendance will be issued upon submission of evaluation form**

THURSDAY Sept. 19

7:00-8:00

REGISTRATION

7:00-8:00		8:00- 9:30	
HALL A S1	Aesthetics Breast 1 Moderators: <i>Michel Alain Danino, Foued Hamza, Fadi Abi Azar</i>	HALL B S1'	Reconstructive Surgery & Microsurgery - 1 Moderators: <i>Gaby Doumit, Dimitri Anastakis, Joseph Bakhach</i>
8:00-8:10	S1-1 Gynecomastia and Pseudogynecomastia, About 100 Cases <i>(8 min)</i> <i>Riad Abi Saleh</i>	8:00-8:10	S1'-1 Facial Aesthetic Improvements Through Orthognatic Surgery <i>(8 min)</i> <i>Fouad Najjar</i>
8:10-8:20	S1-2 Treatment of Severe Gynecomastia after Massive Weight Loss: Analysis of Long-Term Outcomes <i>Paolo Perischetti</i>	8:10-8:20	S1'-2 From Orthognatic Surgery to Face Transplant <i>(8 min)</i> <i>Gaby Doumit</i>
8:20-8:30	S1-3 A Simple Classification and a Simplified Treatment's Algorithm for Ptotic Breasts <i>Bouraoui Kotti</i>	8:20-8:30	S1'-3 Use Of CAD CAM Technology in Craniofacial Surgery <i>(8 min)</i> <i>Gaby Doumit</i>
8:30-8:40	S1-4 Mastopexy with Implant Insertion Using the Raquette Technique <i>Farid Hakme*, Rawad Baroud, Tannous Frangieh</i>	8:30-8:40	S1'-4 Facial Reanimation in Bilateral Facial Paralysis <i>Georgious Psaras</i>
8:40-8:50	S1-5 A Multidisciplinary Approach to Augmentation Mastopexy <i>Nicolas Chami</i>	8:40-8:50	S1'-5 Restoring Form and Function The Impact of our Work on the Central Nervous System <i>Dimitri Anastakis</i>
8:50-9:00	S1-6 The Internal Bra Mammoplasty <i>(8 min)</i> <i>Fabio Nahas</i>	8:50-9:00	S1'-6 Marsupialization of the Parotid Gland Secondary to Iatrogenic Total Destruction of the Stensen Duct after Buccal Fat Pad Removal <i>Kevin Malouf</i>
9:00-9:15	S1-7 Recurrent Breast Ptosis: Tips and Tricks <i>(13 min)</i> <i>Moustapha Hamdi</i>		
9:15-9:30	DISCUSSION (29 min)		DISCUSSION (12 min)
		9:00-9:30	INDUSTRY SYMPOSIUM 1
9:30-10:00	COFFEE BREAK		

10:00-11:30			
HALL A S2	Aesthetics Breast 2		Moderators: <i>Moustapha Hamdi, Bouraoui Kotti, Tarek Husami</i>
	10:00-10:15	S2-1 (13 min)	Understanding Breast Implants Rare Complications: Anaplastic Large-Cell Lymphoma, Late Seromas, and Double Capsules <i>Michel Alain Danino</i>
	10:15-10:30	S2-2 (13 min)	BIR-ALCL: Should we Approach Implant Surgery Differently? <i>Eid Mustafa</i> DISCUSSION (4 min)
10:30-11:30	S2-RT	ROUND TABLE Breast Surgery Pre-Pectoral Breast Reconstruction <i>Roy de Vita</i> Why Polyurethane Implant is still my Favorite One <i>Moustapha Hamdi</i> BIA-ALCL: What you Need to Know <i>Roy de Vita</i>	
10:00-10:20			
		INDUSTRY SYMPOSIUM 2	
11:30-13:15			
HALL A S3	Aesthetics Face – Minimally Invasive 1		Moderators: <i>Romeu Fadul, Patrick Tonnard, Fadi Sleilati</i>
HALL B S2'		Body Contouring 1	
		Moderators: <i>Fabio Nahas, Stefan Danilla Enei, Antoine Abi Abboud</i>	
10:20-10:30	S2'-1 (8 min)	Achieving Best Results in Abdominoplasties <i>Ricardo Cavalcanti Ribeiro</i>	
10:30-10:40	S2'-2 (8 min)	Highlights In Abdominoplasty <i>Fabio Nahas</i>	
10:40-10:50	S2'-3 (8 min)	Secondary Abdominoplasties <i>Fabio Nahas</i>	
10:50-11:00	S2'-4 (8 min)	Secondary Abdominoplasty Cases: How to Resolve Them <i>Aris Sterodimas</i>	
11:00-11:10	S2'-5 (8 min)	Tropical Suited Lower Scar-Circumferential Abdominoplasty and Belt Lipectomy <i>Alexander Mansur</i>	
11:10-11:20	S2'-6 (8 min)	Scarless Tummy Tuck (a Personal Technique) <i>Noureddine Gharib*, A.Khairi, J.Hafidi, S.El Mazouz, A.Abbassi</i>	
11:20-11:30	S2'-7 (8 min)	How to Achieve a Fitness Look in Lipoabdominoplasty? RAFT Lipoabdominoplasty <i>Stefan Danilla Enei</i> DISCUSSION (14 min)	
HALL B S3'		Intimate Rejuvenation	
		Moderators: <i>Catherine Bergeret-Galley, Horacio F. Mayer, Nazareth Papazian</i>	

11:30-11:45	S3-1 (13 min)	Volumetric Facelift: Surgery and Nonsurgical Modalities to Achieve the Perfect Harmony <i>George Bitar</i>	11:30-11:40	S3'-1 (8 min)	75 Cases of Labiaplasty over 30 Months: A Canadian Review <i>Patricia Barbari</i>
11:45-12:00	S3-2 (13 min)	Face Lift, Fat Grafting and Fillers <i>André Mattos</i>	11:40-11:50	S3'-2 (8 min)	Intimate Female Surgery: Aesthetic and Functional Improvement of the Vulvogenital Area. The Contribution of Plastic Surgery <i>Catherine Bergeret-Galley</i>
12:00-12:15	S3-3 (13 min)	Contour Face Lift: A Soft Rejuvenation Procedure <i>Béatrice Lafarge Claoue</i>	11:50-12:00	S3'-3 (8 min)	Indications, Techniques and Complications of Labiaplasty <i>Horacio Mayer</i>
12:15-12:30	S3-4 (13 min)	Face Lifting – Maximal Results with Minimal Invasion <i>José Carlos Daher</i>	12:00-12:10	S3'-4 (8 min)	Differences in Aesthetic and Functional Outcomes Between Penile Skin and Rectosigmoidal Graft in Neovaginoplasty for Transgender Surgery <i>William Wafqa*, C Schaffer, S Krähenbühl, W Raffoul, O Bauquis, Pietro G di Summa</i>
12:30-12:45	S3-5 (13 min)	Hybrid Face Lifting: Minimal Face Lifting Combined with SEL™ <i>Aris Sterodimas</i>	12:10-12:20	S3'-5 (8 min)	Star Ninfoplasty <i>Marcelo Daher</i>
12:45-12:55	S3-6 (8 min)	Facial Central Zone Improvements in Neck Rejuvenation Modalities in Facelifting Study <i>Alvaro Daher</i>			DISCUSSION (10 min)
12:55-13:15		DISCUSSION (32 min)			Wound Healing
			12:20-12:30	S3'-6 (8 min)	The Use of Negative Pressure Wound Therapy with Instillation and Dwell (NPWTd-i) for Management of Complex Wounds; a New Tool in Burns Units <i>Edouard Coeugniet*, Antoine Duong, Johnny Ionut Efanov, Laurence Paek, Michel Alain Danino, Ali Izadpanah</i>
			12:30-12:40	S3'-7 (8 min)	The Miracle of Manuka Honey <i>Enrique Monclús Fuertes</i>
			12:40-12:55	S3'-8 (13 min)	10 Years of Experience in Dermal Matrices <i>Enrique Monclús Fuertes</i>
					DISCUSSION (6 min)
			12:55-13:15		INDUSTRY SYMPOSIUM 3
13:15-14:30	LUNCH				

Buffet Lunch at "Le Ciel" Restaurant, Hilton Beirut Habtoor Grand Hotel, 31st floor
Lunch tickets for accompanying person/s available at the registration desk

14:30-16:00					
HALL A S4	Aesthetics Face 1		HALL B S4'	Regenerative Surgery and Medicine 1 - Burns	
	Moderators: <i>Sam Hamra, Béatrice Lafarge Claoue, Bishara Atiyeh</i>			Moderators: <i>Ali Ghanem, Enrique Monclús Fuertes, Ali Nasser</i>	
14:30-14:40	S4-1 <i>(8 min)</i>	Building the Composite Face Lift <i>Sam Hamra</i>	14:30-14:40	S4'-1 <i>(8 min)</i>	Factors Affecting Length of Stay Among Pediatric and Adult Patients Admitted to the Lebanese Burn Center: a Retrospective Study <i>Joseph Bourgi</i>
14:40-15:10	S4-2	VIDEO: Composite Rhytidectomy <i>Sam Hamra</i>	14:40-14:50	S4'-2 <i>(8 min)</i>	Plastic Surgery Biobank, Lausanne Experience <i>Wassim Raffoul*, Lee Ann Applegate</i>
15:10-15:25	S4-3 <i>(13 min)</i>	Eutrophic Rhytidoplasty <i>Marcelo Daher</i>	14:50-15:00	S4'-3 <i>(8 min)</i>	The Most Important Developments in Burn Care in Lausanne Burn Center <i>Michelle Chemaly*, Wassim Raffoul</i>
15:25-15:40	S4-4 <i>(13 min)</i>	Centrofacial Rejuvenation: How to Change the Emotional Expression of a Face <i>Patrick Tonnard* and Alex Verpaele</i>	15:00-15:05	S4'-4 <i>(5 min)</i>	A New Method for Securing Dermal Substitutes and Skin Grafts to Difficult Portions of the Face Using a Custom 3D-Printed Facemask <i>Horacio F. Mayer*, Hermán A. Aguilar</i>
15:40-15:55	S4-5 <i>(13 min)</i>	What's New in Face Lifting <i>Farid Hakme*, Rawad Baroud, Tannous Frangieh</i>	15:05-15:10	S4'-5 <i>(5 min)</i>	Use of Infrared Non-contact Thermometer in the Diagnosis and Treatment of Extremity Soft Tissue Infections <i>Georgio Atallah*, Fadi Ghieh, Rita Ayoub, Zakaria Obeid, Abdul-Rahman Bizri, Salim Saba</i>
15:55-16:00		DISCUSSION <i>(13 min)</i>	15:10-15:20	S4'-6 <i>(8 min)</i>	Why Should We Have a Septic Unit in Any Hospital? The Role of Plastic Surgeons <i>Ramzi Mahmoud*, Wassim Raffoul</i>
			15:20-15:30	S4'-7 <i>(8 min)</i>	The Role of Mesenchymal Stem Cells in Grafting of the Mandible by Iliac Bone Grafting, Experimental and Clinical Studies <i>Raja Kummoona</i>
			15:30-15:40		DISCUSSION <i>(20 min)</i>
			15:40-16:00		INDUSTRY SYMPOSIUM 4

16:00-16:30		COFFEE BREAK		16:30-18:00	
HALL A S5	Body Contouring 2		HALL B S5'	Regenerative Surgery and Medicine 2	
	Moderators: <i>Ricardo Cavalcanti Ribeiro, Nouredine Gharib, Mohamad Kodeih</i>			Moderators: <i>Michele Zocchi, Aris Sterodimas, Wassim Raffoul</i>	
16:30-16:40	S5-1 (8 min)	Brachial Lifting <i>Fabio Fantozzi</i>	16:30-16:45	S5'-1 (13 min)	Fat Grafting: Current Trends and the Future <i>Aris Sterodimas</i>
16:40-16:50	S5-2 (8 min)	Mommy Make Over. How to Make it Safe and Improve Time in Surgery <i>Ricardo Ventura Herrera</i>	16:45-17:00	S5'-2 (13 min)	Microfat, SNIF, Nanofat: From Volume Augmentation to Cell Therapy <i>Patrick Tonnard* and Alex Verpaele</i>
16:50-17:00	S5-3 (8 min)	Body Contouring after Massive Weight Loss – Tips and Tricks <i>Zaher Jandali</i>	17:00-17:15	S5'-3 (13 min)	New Concepts in Adipose Tissue Physiopathology and Adipose Derived Stem Cells (A.D.S.C.) <i>Michele Zocchi</i>
17:00-17:10	S5-4 (8 min)	Dermo Adhesion Baroudi's Suture in Post Bariatric Surgeries <i>Roger Fakhouri</i>	17:15-17:30	S5'-4 (13 min)	A New Approach to Regenerative Medicine and Surgery: The Bio-Active Composite Grafts <i>Michele Zocchi</i>
17:10-17:20	S5-5 (8 min)	A Retrospective Analysis of Abdominal Body Contouring Complications in Post Massive Weight Loss Patients <i>Mohammed Mater*, Tawfik Al Yafi, Ahmed Al jefri</i>	17:30-17:40	S5'-5 (8 min)	Aesthetic Regenerative Medicine – The Potential vs the Evidence <i>Ali Ghanem</i>
17:20-17:30	S5-6 (8 min)	Strategies To Reduce Complications in Body Contouring Surgery after Massive Weight Loss <i>Horacio F. Mayer</i>	17:40-17:50	S5'-6 (8 min)	Stem Cell Enriched Fat Transfer to Breast - Dubai Bioscience Experience: MRI Studies up to 4 Years <i>Firas Hamdan</i>
17:30-17:40	S5-7 (8 min)	Combining Non-Surgical Body Contouring Modalities for Optimal Results <i>George Bitar</i>	17:50-18:00	S5'-7 (8 min)	Micro Fat Grafting: Endless New Indications Beyond Volume Replacement <i>Joachim Von Finckenstein</i>
17:40-17:50	S5-8 (8 min)	Prevention of Venous Thromboembolism (VTE) in Plastic Surgery patients <i>Guilherme Yazbek</i>			DISCUSSION (14 min)
17:50-18:00	S5-9 (8 min)	Advances in Minimally Invasive Surgical Treatment of Varicose and Spider Veins <i>Antoine Ferneini</i>			
		DISCUSSION (18 min)			

18:15-19:30

OPENING

Sami Saad, President Lebanese Society of Plastic, Reconstructive, and Aesthetic Surgery - LSPRAS

Alejandro Duarte y Sanchez, President Federación Ibero-Latinoamericana de Cirugía Plástica - FILACP

Niveo Steffen, President Sociedade Brasileira de Cirurgia Plástica - SBCP

Bishara Atiyeh, President Association of Plastic Surgeons of Lebanese Descent - APSLD

1st RICARDO BAROUDI LECTURE – Dirk Richter (President ISAPS) - How To Reduce Complications In Body-Contouring

19:30

GROUP PICTURE

RICARDO BAROUDI LECTURE



Ricardo Baroudi was born in 1932 in São Paulo. He was the fourth son of a Lebanese couple. His father is from Tripoli in north Lebanon and his mother was originally from Beirut. All through his life, he was very proud of his origins. From 1969 to 1973, he developed the Plastic Surgery Department of the Medical School of Campinas University, São Paulo State, where he became Chief. During this active period, he combined scientific activities and his private clinic work with the administration of national and international Plastic Surgery societies. Founder and President of APSLD since 2010, he was its Honorary President. The Association of Plastic Surgeons of Lebanese Descent—APSLD has now matured into a solid organization with members spread across the vast Lebanese diaspora bound by sincere friendship and deep emotions. This achievement definitely could not have been possible without the inspiration and enthusiastic input of Ricardo Baroudi. With his loss, we have lost a pioneer and innovator in Plastic and Reconstructive Surgery, a great teacher, and a unique human being. However, his spirit will never be lost and will remain the prime driving force behind the Association of Plastic Surgeons of Lebanese Descent.



We are thankful to Dr. Dirk Richter, ISAPS® President, Clinical Professor for Plastic Surgery, University of Bonn, Chairman of the Department for Plastic Surgery Oculofacial and Posbariatric Center of Excellence, Wesseling, Germany, for his contribution in giving the 1st Ricardo Baroudi Lecture for the occasion of the Vth World Congress of Plastic Surgeons of Lebanese Descent.

FRIDAY Sept. 20

7:00-8:00	REGISTRATION	
HALL A S6	Body Contouring Course – BCC1 J.F. Pascal, R. Abs, M.Abboud	8:00-9:30
8:00-9:30	BODY LIFT Jean François Pascal	HALL B S6'
		Aesthetics Face – Minimally Invasive 2
		Moderators: <i>Arturo Ramirez-Montañana, Alejandro Duarte y Sanchez, Saad Dibo</i>
		<i>Angel Pecorelli Capozzi</i>
		<i>Bertha Torres Gomez</i>
		<i>Romeu Fadul</i>
		<i>Michel Moutran</i>
		<i>Elias Sawaya*, Charlotte Berhaut, Jean Claude Guimberteau</i>
		<i>Mark Bishara</i>
		<i>Joachim Von Finckenstein</i>
9:30-10:00	COFFEE BREAK	

Association of Plastic Surgeons of Lebanese Descent

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<https://www.facebook.com/pages/Association-of-Plastic-Surgeons-of-Lebanese-Descent-APSLD/350753135094707>

10:00-11:30			
HALL A S7	Body Contouring Course – BCC2 J.F. Pascal, R. Abs, M. Abboub	HALL B S7'	Aesthetics Face – Minimally Invasive 3
			Moderators: <i>Dirk Richter, Mo Banki, Sami Saad</i>
10:00-11:30	NEW CONCEPTS OF BODY RESHAPING Marwan Abboud	10:00-10:10	S7'-1 <i>(8 min)</i> Etiology of Jowls. Correction of the Lower Third of the Face on Light Faces with a Short Incision <i>Iskender Kachkinbaev</i>
	S7-1 A New Concept in Body Remodeling: Dissociation, Reorganization and Molding of Tissues Using P.A.L.L.L.	10:10-10:20	S7'-2 <i>(8 min)</i> Perioral Rejuvenation: More Than a Filler <i>Patrick Tonnard* and Alex Verpaele</i>
	S7-2 High Definition Gluteal Augmentation From Fat to Threads	10:20-10:35	S7'-3 <i>(13 min)</i> Global Approach to Facial Injectology: From Sculpture to Rejuvenation <i>Bouracoui Kotti</i>
		10:35-10:50	S7'-4 <i>(13 min)</i> Complications of Minimally Invasive Facial Cosmetic Surgery: Pearls for Management and Prevention <i>Elie Ferneini</i>
		10:50-11:05	S7'-5 <i>(13 min)</i> Antibiotics in Facial Cosmetic Surgery: Where is the Evidence? <i>Elie Ferneini</i>
		11:05-11:20	S7'-6 <i>(13 min)</i> Surgical Treatment of Filler Complications in the Face <i>Dirk Richter</i>
		11:20-11:30	DISCUSSION <i>(22 min)</i>

Photographs of all events organized by the Association of Plastic Surgeons of Lebanese Descent, The Lebanese Society of Plastic, Reconstructive, and Aesthetic Surgery, and the Lebanese Society of Reconstructive Microsurgery can be viewed on the following link:

<https://onedrive.live.com/redir?resid=28541A1CEA8DBB24!104&authkey=!AGGCgt2KDX3XZes&ithint=folder%2c>

		11:30-13:15	
HALL A S8	Body Contouring Course – BCC3 J.F. Pascal, R. Abs, M. Abboud	HALL B S8'	Aesthetics Face 2 <i>Moderators: Elie Ferneini, Paolo Perischetti, William Watfa</i>
11:30-13:00	BUTTOCKS AESTHETIC SURGERY Richard Abs	11:30-11:40 S8'-1 <i>(8 min)</i>	Browlift Using ELASTICUM.ca <i>Jean Rahme</i>
		11:40-11:50 S8'-2 <i>(8 min)</i>	Ocular Anatomy Related to Oculoplastics <i>Isabel Habeyche Cardoso</i>
		11:50-12:00 S8'-3 <i>(8 min)</i>	Blepharoplasty <i>Mo Banki</i>
		12:00-12:10 S8'-4 <i>(8 min)</i>	Upper Blepharoplasty <i>Arturo Ramirez-Montañana</i>
		12:10-12:20 S8'-5 <i>(8 min)</i>	Asian Eyelid Surgery (Blepharoplasty) <i>Iskender Kachkinbaev</i>
		12:20-12:30 S8'-6 <i>(8 min)</i>	Transcutaneous Septal Re-enforcement Lower Blepharoplasty <i>Naresh Joshi</i>
		12:30-12:45 S8'-7 <i>(13 min)</i>	The Volumetric Upper Blepharoplasty and Internal Brow Pexy <i>Dirk Richter</i>
			DISCUSSION (14 min)
13:00-13:10	S8-1 <i>(10 min)</i> Measuring Outcomes in Plastic Surgery: The Body-QoL Instrument <i>Stefan Danilla Enei</i>	12:45-13:15	INDUSTRY SYMPOSIUM 5
13:10-13:15	DISCUSSION (5 min)		
13:15-14:30	LUNCH		

Lunch at "Le Ciel" Restaurant, Hilton Beirut Habtoor Grand Hotel, 31st floor
Lunch tickets for accompanying person/s available at the registration desk

14:30-16:00						
HALL A S9	Body Contouring 3			HALL B S9'	Aesthetics Face 3	
	Moderators: <i>Zaher Jandali, Fabio Fantozzi, Riad Abi Saleh</i>				Moderators: <i>Bertha Torres Gomez, José Carlos Daher, Elias Zgheib</i>	
14:30-14:40	S9-1 <i>(8 min)</i>	Buttocks Surgery Principles and Indications <i>Ricardo Cavalcanti Ribeiro</i>		14:30-14:40	S9'-1 <i>(8 min)</i>	PRESTO Facelift Technique <i>Wolfgang Funk</i>
14:40-14:50	S9-2 <i>(8 min)</i>	Golden Rules to a Safe and Optimized Results in Buttock Augmentation with Fat Graft <i>Foued Hamza</i>		14:40-14:50	S9'-2 <i>(8 min)</i>	PRESTO Necklift <i>Wolfgang Funk</i>
14:50-15:00	S9-3 <i>(8 min)</i>	Buttock Augmentation-Make your Practice Fit and Safe for the New Boom Surgery <i>Aris Sterodimas</i>		14:50-15:00	S9'-3 <i>(8 min)</i>	Neck Enhancement in Young Patients <i>Arturo Ramirez-Montañana</i>
15:00-15:10	S9-4 <i>(8 min)</i>	The Legs and Buttocks Reshaping - A Combination of Liposuction and Lipofilling <i>Catherine Bergeret-Galley</i>		15:00-15:10	S9'-4 <i>(8 min)</i>	Neck Rejuvenation Modalities <i>Mohammad Abozeid</i>
15:10-15:20	S9-5 <i>(8 min)</i>	Calf Implants: An Easy and Secure Approach to Enhance the Calf Size <i>Ricardo Ventura Herrera</i>		15:10-15:20	S9'-5 <i>(8 min)</i>	Necklift in Men: Fat and Platysmectomy from a Submandibular Approach <i>Joachim Von Finckenstein</i>
15:20-15:30	S9-6 <i>(8 min)</i>	Medial Thigh Lifting and its Complications <i>Zaher Jandali</i>		15:20-15:30	S9'-6 <i>(8 min)</i>	Minimal Incisions to Neck of Males <i>Alejandro Duarte y Sanchez</i>
		DISCUSSION <i>(12 min)</i>		15:30-15:40	S9'-7 <i>(8 min)</i>	Sequelae in Rhytidoplasty <i>Alejandro Duarte y Sanchez</i>
				15:40-15:55	S9'-8 <i>(13 min)</i>	Complications Associated with Rhytidectomy (Facelift Surgery): Avoidance and Correction <i>Charles Castiglioni</i>
				15:55-16:00		DISCUSSION <i>(21 min)</i>
15:30- 16:00	INDUSTRY SYMPOSIUM 6					
16:00-16:30	COFFEE BREAK					

		16:30-18:45			
HALL A S10	Body Contouring 4		HALL B S10'	Aesthetics Breast 3	
	<i>Moderators: Alexandre Mansur, Ricardo Ventura Herrera, Elie Abdelhak</i>			<i>Moderators: Joachim Von Finckenstein, Mohammad Abozeid, Ziad Sleiman</i>	
16:30-16:40	S10-1 <i>(8 min)</i>	Hi Def. Body Sculpting (Surgical Body Building) <i>Firas Hamdan</i>	16:30-16:40	S10'-1 <i>(8 min)</i>	Mc Kissock Breast Reduction Revisited <i>Mohammad Abozeid</i>
16:40-16:50	S10-2 <i>(8 min)</i>	A New Classification and Algorithm for Abdominal Etching <i>Joseph El Khoury*, Rana Shalhoub, Larry Lickstein, George Bitar</i>	16:40-16:50	S10'-2 <i>(8 min)</i>	Breast Pexy Versus Breast Augmentation, an Alternative or a Two Stages Treatment? <i>Joachim Von Finckenstein</i>
16:50-17:00	S10-3 <i>(8 min)</i>	Tips and Tricks for a High Definition Liposculpture <i>Hiba El Hajj*, Nicolas Abboud, Marwan Abboud</i>	16:50-17:00	S10'-3 <i>(8 min)</i>	Lipoaugmentation in Mastopexy: My Technique, Technology and Tips <i>Kourosh Tavakoli</i>
17:00-17:15	S10-4 <i>(13 min)</i>	High Definition Liposculpture: Key Aspects for a Natural Result <i>Stefan Danilla Enei</i>	17:00-17:10	S10'-4 <i>(8 min)</i>	Breast Shaping and Auto Augmentation in Massive Weight Loss Patients <i>Zaher Jandali</i>
17:15-17:30	S10-5 <i>(13 min)</i>	Vaser Lipo for 3D: The Next Level in Body Contouring <i>Ricardo Ventura Herrera</i>	17:10-17:20	S10'-5 <i>(8 min)</i>	Preventing Capsular Contracture: Evidence Based Medicine <i>Bertha Torres Gomez</i>
		DISCUSSION <i>(10 min)</i>	17:20-17:30	S10'-6 <i>(8 min)</i>	Vertical Reduction Mammoplasty in Gigantomastia and Severe Breast Ptosis <i>Foued Hamza</i>
HALL A S10''	Reconstructive Surgery & Microsurgery 2		17:30-17:45	S10'-7 <i>(13 min)</i>	Autologous Fat Transfer for Breast Augmentation and Augmentation Mastopexy <i>Foued Hamza</i>
	<i>Moderators: Eric Chang, Marco Innocenti, Samer B. Habre</i>		17:45-18:00	S10'-8 <i>(13 min)</i>	Lipomodeling of The Breasts, An Alternative to Breast Implants. Our Experience and Evolution of the Technique <i>Catherine Bergeret-Galley</i>
17:30-17:45	S10''-1 <i>(13 min)</i>	Achieving Function and Aesthetics with Microsurgery <i>Marco Innocenti</i>	18:00-18:15	S10'-9 <i>(13 min)</i>	Regenerative Breast Surgery: A Analysis of 325 Consecutive Cases <i>Aris Sterodimas</i>
17:45-17:55	S10''-2 <i>(8 min)</i>	Innovative Surgery in Head and Neck Microsurgical Reconstruction <i>Marco Innocenti</i>	18:15-18:30	S10'-10 <i>(13 min)</i>	27 Years Experience in Large Volume Breast Fat Transfer: Technical Evolutions and Safety Aspects <i>Michele Zocchi</i>
17:55-18:05	S10''-3 <i>(8 min)</i>	Restoring Form and Function in Complex Head and Neck Reconstruction <i>Edward Chang</i>	18:30-18:45		DISCUSSION <i>(35 min)</i>

18:05-18:15	S10"-4 (8 min)	Clinical Outcomes of the Furlow Z-Plasty for Primary Cleft Palate Repair: A Single Surgeon's Experience 1989-2017 <i>Charles Castiglioni</i>
18:15-18:25	S10"-5 (8 min)	Functional Recovery After Lower Limb Salvage After Microsurgical Reconstruction <i>Eric Chang</i>
18:25-18:35	S10"-6 (8 min)	One Stage Knee Functional Reconstruction Using Composite Anterolateral Thigh Flap with Vascularized Fascia Lata <i>Gianluca Sapino*, P Zaugg, S Cherix, O Borens, SJ Lo, W Raffoul, P G di Summa</i>
18:35-18:45	S10"-7 (8 min)	Reverse-Flow Versus Perforator-Propeller Lateral Arm Flap for Elbow Reconstruction: Is There a Better Way? <i>Pietro G di Summa*, G Sapino, A Hart, W Raffoul</i>
18:45-18:50	S10"-8 (5 min)	Reconstructive Microsurgery at the Service of Hand Function and Cosmesis <i>Joseph Bakhach</i>
	(16 min)	DISCUSSION



“APSLD Cedar Tree” Planting Ceremony

At the conclusion of the Vth World Congress of Plastic Surgeons of Lebanese Descent the “APSLD Cedar Tree” Planting Ceremony to honor the memory of Ricardo Baroudi will take place Saturday Sept. 21 at the Shouf Cedar Nature Reserve at 4:00 PM
Arrangements may be made for you if you wish to plant a tree bearing your name

ADOPT A CEDAR TREE - CEDARS FOREVER PROGRAM (shoufcedar.org)

The Cedars Forever program was developed to ensure the continuity of the Cedar of Lebanon – a species in danger of extinction. In order to restore Lebanon's mountains to their original glory, Cedars Forever is setting out to plant trees in Lebanon, to start with, namely in Barouk, a forest which constitutes a major part of the Shouf Nature Reserve. As a first step, Cedars Forever plans to plant hundreds of thousands of Cedar trees over a period of 10 years, in a completely deforested 14 million square meter area. In the future it hopes to expand to other areas in Lebanon.

Individuals and organizations wishing to contribute to the program may do so by adopting a Cedar.

For a \$150, a Cedar will be planted bearing the name of the person who adopted it as well as a serial number

Adoption includes a 3-year guarantee: if for some reason or other your Cedar does not survive, another one will be planted in its place.

For information: Ms. Nadine Gemayel @ **REGISTRATION DESK**

“A man does not plant a tree for himself: he plants it for posterity”
Alexander Smith (1830-1867)

SATURDAY Sept. 21

		8:00- 10:00			
HALL A S11	Rhinoplasty 1	HALL B S11'	Breast Reconstruction 1		
		Moderators:			Moderators:
		<i>Georgious Psaras, Steven Hopping, Antoine Farah</i>		<i>Wolfgang Funk, Edward Chang, Amir Ibrahim</i>	
8:00-8:10	S11-1 <i>(8 min)</i>	8:00-8:10	S11'-1 <i>(8 min)</i>		
	New Concepts in Rhinoplasty <i>Raymond Challita*, Georges Ghanimeh</i>		Thoracodorsal Flip-Over Flap With Loops and Lipofilling (TD FOLL): A New Concept in Breast Reconstruction <i>Nicolas Abboud*, Hiba El Hajj, Marwan Abboud</i>		
8:10-8:20	S11-2 <i>(8 min)</i>				
	10 Year Experience with Non-Surgical Rhinoplasty <i>George Bitar</i>				
8:20-8:30	S11-3 <i>(8 min)</i>	8:10-8:20	S11'-2 <i>(8 min)</i>		
	Medical Rhinoplasty: Indications and Limitations <i>Bouraoui Kotti</i>		Breast Reconstruction: From Fat to Threads <i>Hiba El Hajj *, Nicolas Abboud, Marwan Abboud</i>		
8:30-8:40	S11-4 <i>(8 min)</i>				
	None Surgical Rhinoplasty. Avoiding Complications <i>Steven Hopping</i>	8:20-8:35	S11'-3 <i>(13 min)</i>		
8:40-8:50	S11-5 <i>(8 min)</i>		Same-Stage Fine Tuning of Immediate DIEP Flaps: The Wise-Pattern Mastectomy <i>Joseph Bou-Merhi*, Arij El Khatib</i>		
	Dorso Domal Discrepancy in Rhinoplasty <i>Arturo Ramirez-Montañana</i>	8:35-8:45	S11'-4 <i>(13 min)</i>		
8:50-9:00	S11-6 <i>(8 min)</i>		Reconstruction after Prophylactic Mastectomy: Considerations and Technique <i>Joseph Bou-Merhi</i>		
	Closed Rhinoplasty and New Tactics <i>Jose Zarhi</i>	8:45-9:00	S11'-5 <i>(13 min)</i>		
9:00-9:10	S11-7 <i>(8 min)</i>		Free Flap Breast Reconstruction: Faster Versus Safer <i>Moustapha Hamdi</i>		
	Gender-Oriented Rhinoplasty: Definition of "Gender Angle" in 1774 Patients <i>Paolo Perischetti</i>	9:00-9:15			
9:10-9:20	S11-8 <i>(8 min)</i>				
	Secondary Rhinoplasty <i>Basim Matti</i>				
9:20-9:30	S11-9 <i>(8 min)</i>				
	Tips and Secrets in Secondary Rhinoplasty <i>Panagiotis Mantalos</i>				
9:30-9:50	S11-10 <i>(18 min)</i>				
	Nasal Osteotomy in Rhinoplasty <i>Niveo Steffen</i>				
9:50-10:00	DISCUSSION <i>(30 min)</i>				




Lymphedema

Moderator:

Moustapha Hamdi, Edward Chang

9:15-9:25	S11'-7 <i>(8 min)</i>	MR Lymphography as GPS for Surgical Planning of Lympho-Venous Bypass in Lymphedema Patients? <i>Karl Waked, Assaf Zeltzer, Randy De Baerdemaeker, Gabriele Giunta, Moustapha Hamdi</i>
9:25-9:35	S11'-8 <i>(8 min)</i>	Decreasing Donor Site Morbidity after Vascularized Lymph Node Transfer <i>Lisa Ramaut, Assaf Zeltzer, Randy De Baerdemaeker, Gabriele Giunta, Moustapha Hamdi</i>
9:35-9:50	S11'-9 <i>(13 min)</i>	Optimizing Quality of Life for Patients with Breast Cancer Related Lymphedema: A Prospective Study Combining DIEP Flap Breast Reconstruction and Lymphedema Surgery <i>Edward Chang</i>
9:50-10:00		DISCUSSION <i>(16 min)</i>

10:00-10:30 **COFFEE BREAK**



VIth WORLD CONGRESS OF PLASTIC SURGEONS OF LEBANESE DESCENT

Washington, DC – April 24-27, 2021

georgebitar@bitarinstitute.com

10:30-12:00					
Rhinoplasty 2			Breast Reconstruction 2		
HALL A S12	Moderators: <i>Niveo Steffen, George Bitar, Georges Ghanimeh</i>		HALL B S12'	Moderators: <i>Eid Mustafa, Joseph Bou-Merhi, Michel Moutran</i>	
10:30-10:50	S12-1 <i>(18 min)</i>	The Need for More SCIENCE in the Art and Science of Rhinoplasty <i>Georgious Psaras</i>	10:30-10:45	S12'-1 <i>(13 min)</i>	The Use of a Simulator Software and Customized 3D Printed Breast Molds as a Method to Optimize Abdominal-Based Flap Breast Reconstruction <i>Horacio F. Mayer</i>
10:50-11:00	S12-2 <i>(8 min)</i>	Rhinoseptoplasty: Evaluation of the Morphological, Functional Outcome and Patient Satisfaction. A homogeneous series of 150 cases <i>Achraf Khairi*, K.El Khatib</i>	10:45-11:00	S12'-2 <i>(13 min)</i>	Robotic Harvesting of Flaps <i>Amir Ibrahim</i>
11:00-11:10	S12-3 <i>(8 min)</i>	Multiple Grafts for Tip Enhancement in Rhinoplasty <i>Roberto Bitar</i>	11:00-11:15	S12'-3 <i>(13 min)</i>	Aesthetic Approaches for Breast Reconstruction <i>Ricardo Cavalcanti Ribeiro</i>
11:10-11:20	S12-4 <i>(8 min)</i>	Autologous Shield Grafts for Tip Projection in Primary and Revision Rhinoplasty <i>Steven Hopping</i>	11:15-11:30	S12'-4 <i>(13 min)</i>	Aesthetic Considerations in Breast Cancer Reconstruction <i>Edward Chang</i>
11:20-11:30	S12-5 <i>(8 min)</i>	Versatility of Costal Cartilage Graft (CCG) in Reconstruction and Aesthetic Rhinoplasty <i>Nasir Nasser*, Ali Ghanem</i>	11:30-11:45	S12'-5 <i>(13 min)</i>	Botched: Salvage of Poor Cosmetic Outcomes after Breast Reconstruction <i>Eric Chang</i>
11:30-11:40	S12-6 <i>(8 min)</i>	Temporalis Fascia Graft in Augmentation Rhinoplasty <i>Nicolas Chamí</i>	11:45-12:00		DISCUSSION <i>(25 min)</i>
11:40-11:50	S12-7 <i>(8 min)</i>	Nasal Tip Reconstruction with Crus of Helix Composite Free Flap <i>José Carlos Marques de Faria</i>			
11:50-12:00		DISCUSSION <i>(24 min)</i>			

Claim your Certificate of Attendance at the Registration Desk upon submission of your Evaluation Form
Each participant can only receive the number of credits he/she is entitled to according to his/her actual participation at the event

FACULTY & SPEAKERS

ABBOUD Marwan – Belgium
ABBOUD Nicolas – Belgium
ABI SALEH Riad – Lebanon
ABOZEID Mohammad – Egypt
ABS Richard – France
ANASTAKIS Dimitri – Canada
ATALLAH Georgio – Lebanon
BAKHACH Joseph – Lebanon
BANKI Mo – USA
BERBARI Patricia – Canada
BERGERET-GALLEY Catherine – France
BISHARA Mark - USA
BITAR George – USA
BITAR Roberto – Ecuador
BOU-MERHI Joseph – Canada
BOURGI Joseph – Lebanon
CAVALCANTI RIBEIRO Ricardo – Brazil
CASTIGLIONE Charles – USA
CHALLITA Raymond – Lebanon
CHAMI Nicolas – Switzerland
CHANG Edward – USA
CHANG Eric – USA
CHEMALY Michele – Switzerland
COEUGNIET Edouard – Canada
DAHER Alvaro – Brazil
DAHER José Carlos – Brazil
DAHER Marcelo – Brazil
DANILLA ENEI Stefan – Chile
DANINO Michel Alain – Canada
De VITA Roy – Italy
Di SUMMA Pietro – Switzerland
DOUMIT Gaby – Canada
DUARTE y SANCHEZ Alejandro – Mexico
EL HAJJ Hiba – Belgium
EL KHOURY Joseph – USA
FADUL Romeu – Brazil
FAKHOURI Roger – Brazil
FANTOZZI Fabio – Italy
FERNEINI Antoine – USA
FERNEINI Elie – USA
FUNK Wolfgang – Germany
GHANEM Ali – UK
GHARIB Nouredine – Morocco
HABEYCHE CARDOSO Isabel – Brazil
HAKME Farid – Brazil
HAMDAN Firas – Lebanon
HAMD Moustapha – Belgium
HAMRA Sam – USA
HAMZA Foued – France
HOPPING Steven – USA
IBRAHIM Amir – Lebanon
INNOCENTI Marco – Italy
JANDALI Zaher – Germany
JOSHI Naresh – UK
KACHKINBAEV Iskender – Kyrgyzstan
KHAIRI Achraf – Morocco
KOTTI Bouraoui – Tunisia
KUMMOONA Raja – Iraq
LAFARGE CLAOUÉ Béatrice – France
MALOUF Kevin – Guatemala
MAHMOUD Ramzy – Switzerland
MANSUR Alexandre – Brazil
MANTALOS Panagiotis – Greece
MARQUES de FARIA José Carlos – Brazil
MATER Mohammed – Saudi Arabia
MATTI Basim – UK
MATTOS André – Brazil
MAYER Horacio F. – Argentina
MONCLÚS FUERTES Enrique – Spain
MOUTRAN Michel – Lebanon
MUSTAFA Eid – USA
NAHAS Fabio – Brazil
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PERISCHETTI Paolo – Italy
PSARAS Georgios – Cyprus
RAFFOUL Wassim – Switzerland
RAHME Jean – France
RAMAUT Lisa – Belgium
RAMÍREZ-MONTAÑANA Arturo – Mexico
RICHTER Dirk – Germany
SAPINO Gianluca – Italy
SAWAYA Elias – France
STEFFEN Niveo – Brazil
STERODIMAS Aris – Greece
TAVAKOLI Kourosh - Australia
TONNARD Patrick – Belgium
TORRES GOMEZ Bertha – Mexico
VENTURA HERRERA Ricardo – Dom. Rep.
Von FINCKENSTEIN Joachim – Germany
WAKED Karl – Belgium
WATFA William – Lebanon
YAZBEK Guilherme – Brazil
ZARHI José – Chile
ZOCCHI Michele – Italy

VENUE

The conference venue is **HILTON BEIRUT HABTOOR GRAND HOTEL** (Sin el Fil) – September 19-21, 2019.

ACCREDITATION STATEMENT

This program has been reviewed by the Educational Council and is officially Endorsed by the International Society of Aesthetic Plastic Surgery (ISAPS). Endorsement is not approval for Continuing Medical Education (CME) credit. The organizers may at their discretion provide separate CME credit. The Board of Directors and the Education Council gratefully acknowledge the local organizers of this meeting for their contribution to the ISAPS global mission of "Aesthetic Education Worldwide®"

The **Vth WORLD CONGRESS OF PLASTIC SURGEONS OF LEBANESE DESCENT - Beirut Lebanon, 19/09/2019 - 21/09/2019** has been accredited by the European Accreditation Council for Continuing Medical Education (EACCME®) with **18 European CME credits (ECMEC®s)**. Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity."

"Through an agreement between the Union Européenne des Médecins Spécialistes and the American Medical Association, physicians may convert EACCME® credits to an equivalent number of **AMA PRA Category 1 Credits™**. Information on the process to convert EACCME® credit to AMA credit can be found at www.ama-assn.org/education/earn-credit-participation-international-activities

Live educational activities, occurring outside of Canada, recognised by the UEMS-EACCME® for ECMEC®s are deemed to be Accredited Group Learning Activities (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada.

EACCME® credits

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This activity was assessed by EthicalMedTech and was found to be compliant with MedTech Europe Code of Ethical Business Practice and Mecomed Code of Business Practice

ORGANIZERS & FACULTY DISCLOSURE

In accordance with the Standards for Commercial Support, resolution of all Organizers and Faculty conflicts of interest to ensure CME activities are free of commercial bias is required.

The following have indicated that they may have a relationship, which in the context of their presentation(s), could be perceived as a potential conflict of interest:

Fabio Nahas	Receives royalties for the sales of book "the art of body contouring"
Michel Alain Danino	Consultant and speaker for Allergan inc Johnson & Johnson inc and establishment lab Inc.
Patrick Tonnard	Royalties from Tulip and Thieme
Ricardo Herrera Ventura	Sponsored speaker
Roger Khouri	Own Shares in Lipocosm and receives royalties from own patents on Lipografter
Stefan Danilla Enei	Financial support from Polytech for travel and accommodation
Guilherme Yazbek	Sponsored speaker - Bayer

All others have indicated they have no relationship, which in the context of their presentation(s), could be perceived as a potential conflict of interest.

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Congress organizers are not liable for personal accidents, losses of or damage to any private property of registered attendees or any accompanying persons during the Congress.

REGISTRATION AND ACCOMMODATION

For registration, hotel accommodation and social program reservations contact
Ms. Nadine Gemayel: executive5@trustandtraders.com Tel: 961-3-874 800

Registration fee	APSLD, LSPRAS members	Delegates	International Trainees
Before June 30	400\$	450\$	150\$
July 1 st - August 31 st	450\$	500\$	150\$
On Site	500\$	550\$	200\$

Free Registration for Interns and Residents of Lebanese Plastic Surgery Training Programs

Registration fees include entry to all scientific sessions and exhibit hall, lunch on Sept. 19 and 20, 2019 and daily morning and afternoon Coffee Breaks, congress bag and copy of the printed program with CD of Faculty information and Abstracts.

Limited Special Registration

Dermatologist: Sept. 19-20 (S3, S4, S5, S6, S7) 150\$

Oculoplastic Surgeon: Sept. 20 (S8) 50\$

INSURANCE

For your peace of mind, we strongly recommend that you obtain travel and international health insurance prior to your travel to Lebanon.

CLIMATE

In September, weather conditions in Lebanon make it a good trip destination. The average temperature in Beirut would be between 24°C and 31°C. Some rain may be expected and temperatures as low as 16°C are possible mainly in the mountains and particularly at night.

CURRENCY

The Lebanese Pound (LBP) is the currency of Lebanon and the most popular LBP exchange rate is the LBP to U.S. dollars (USD) rate. LBP and USD can be used interchangeably everywhere in Lebanon (1USD = 1500 LBP). If you plan to use USD, it is advisable to bring small bills (US\$1 to US\$20 notes). ATMs are also widely available in Beirut and larger cities and will usually dispense both USD and LBP. Major Credit Cards are acceptable in almost all hotels, restaurants and major stores.

SOCIAL PROGRAM

RESERVATION & PRE-PAYMENT REQUIRED



THURSDAY Sept. 19 – LEBANESE DINNER

Burj El Hamam - Broummana: When you say real authentic Lebanese mezza, few choices come to mind. Bourj El Hamam, the ambassador of Lebanese cuisine in almost all Arab capitals, certainly tops the list. Lebanese restaurants have specific standards: High quality ingredients, generosity, variety, cleanliness, and well-trained waiters. Burj Al Hamam in Broummana is one of the best Lebanese restaurants, serving traditional cuisine with a twist. The wide variety of food on the menu will amaze you. Savor the best Lebanese delicacies from tabouleh, fatouch and hummus to cold mezze and hot mezze, not to forget traditional Lebanese barbecue. At the end of your meal, you will be spoiled with seasonal fresh fruits, honey, Arabic sweets and most of all, traditional Lebanese coffee.

(65\$) - Bus departs from Metropolitan Palace hotel at 8:00 PM



FRIDAY Sept. 20 – GALA DINNER

The Peninsula Garden - Dbayeh: As usual, Gala Dinners organized in Lebanon for the occasion of APSLD congresses are always special. In addition to the well-known exceptional Lebanese hospitality and a gourmet dinner in an upscale elegant venue, live entertainment never ceases to dazzle all participants. For the 2019 Congress, a special entertainment program is planned that will make the Vth World Congress of Plastic Surgeons of Lebanese Descent a memorable event.

(150\$ for accompanying person/s) - Bus departs from Metropolitan Place Hotel at 7:30 PM

TOUR, LIGHT LUNCH, TRADITIONAL SNACK, DINNER - SATURDAY Sept. 21



Al-Shouf Cedar Nature Reserve and the Cedars Forever Program: The largest of Lebanon nature reserves, Al-Shouf Cedar Nature Reserve stretches from Dahr Al-Baidar in the north to Niha Mountain in the south. The Reserve is a popular destination for hiking and trekking, with trails matching all levels of fitness.



Discover **Deir el Kamar**, a typical Lebanese village with its historical center, souk (market), museum, mosque & churches. Visit the magnificent **Beiteddine palace**, built at the beginning of the 19th century by Emir Bechir II, who reigned over Lebanon for more than 50 years. When first laying eyes on Beiteddine Palace it's easy to see why it is seen as one of Lebanon's greatest cultural treasures with its elaborate architecture, historic mosaics, and priceless decorations. The palace features all manner of amenity including a lush personal apartment for the Emir, a harem, and a rich guesthouse that was often offered to passing luminaries and dignitaries. Many of the surfaces were inlaid with intricate mosaics and designs, many of which have survived remarkably well to this day. With its arcades, galleries and rooms decorated by artists from Lebanon, Damascus and Italy, this building is a model of eastern architecture. Today the palace houses a museum of feudal weapons, costumes and jewelry as well as an archeological museum and a museum of Byzantine mosaics.



Mir Amin Palace: The Mir Amin Palace was once a residence of the last Emirs of Lebanon back in the 19th century, and has been elegantly restored. Walking through the entrance, one side takes you to the lobby and the other opens out on to the inner court where a fountain enchants the area. Old stones, high ceilings, big rooms and a terrace offering a view of the Shouf will certainly dazzle the visitor. The Palace is not only a national monument but also a luxurious and splendid five-star hotel where good food is served. It has a spacious terrace and a restaurant overlooking Beiteddine Palace with spectacular mountain valley views to the sun kissed terraces and the shimmering Mediterranean below.

(125\$) - Bus departs from Metropolitan Palace Hotel at 12:30 PM

(65\$) - Dinner only (participant must arrange own transportation)

OPTIONAL ADDITIONAL TOURS

Optional Tours are available on demand. Advanced booking is required.

For information you are requested to contact the organizers: executive5@trustandtraders.com



Beirut Historical (half day)

Get under the skin of old Beirut on this convenient guided half-day tour that includes door-to-door transportation. Start by discovering Lebanese history at the National Museum of Beirut. Then enjoy a walking tour of downtown, including the souks, the Roman baths, the Mohammad Al-Amin Mosque, St. George's Cathedral, and the waterfront. Finally, drive to Raouche to see the Pigeon Rocks.



Byblos and Jeita Grotto Day Trip

This day trip from Beirut includes stops at Byblos and Jeita—two of Lebanon's most famous destinations. Experience the wonder of one of the world's oldest towns and take in the beauty of the incredible Jeita Grotto with the knowledge and expertise of your friendly local guide. Learn about the 24 civilizations that came out of Byblos, which is widely recognized as one of the nation's top archeological sites, and navigate the limestone caves of the enchanting Jeita Grotto on this memorable day-long tour.



Cedars of Lebanon, Kozhaya, and Bcharre Day Trip

Discover the Lebanon of old Cedars on this full-day trip from Beirut. Traveling by air-conditioned coach with an expert guide, visit the UNESCO World Heritage-listed Holy Valley, famous for its early Christian monasteries and churches. Take a guided walking tour around Besharreh, the birthplace of poet Gibran Kahlil Gibran, and explore the Gibran Museum and religious sites before an included lunch stop. Then, visit the Monastery of St Anthony in Kozhaya and admire the magnificent Cedars of Lebanon, where towering cedar trees — once part of the country's prized ancient forests — still flourish.



Anjar, Baalbek, and Ksara Day Trip

Explore the ancient ruins and winemaking heritage of Lebanon on this full-day trip from Beirut, including lunch. With an expert guide, visit the age-old ruins at Baalbek, a stunning complex of Roman temples and buildings that made up the Roman city of Heliopolis. After a tour of the 8th-century Ommayad ruins at Anjar, finish at the Ksara Caves, a series of ancient caverns used as wine cellars by Lebanon's oldest winery, Chateau Ksara. Tour the winery and cave cellars, and sample some delicious wines before your return to Beirut.

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THURSDAY Sept. 19
9:00-9:30 - INDUSTRY SYMPOSIUM 1



THURSDAY Sept. 19
10:00-10:20 - INDUSTRY SYMPOSIUM 2



THURSDAY Sept. 19
12:55-13:15 - INDUSTRY SYMPOSIUM 3



THURSDAY Sept. 19
15:40-16:00 - INDUSTRY SYMPOSIUM 4



FRIDAY SEPT. 20
12:45-13:15 - INDUSTRY SYMPOSIUM 5



FRIDAY SEPT. 20
15:30-16:00 - INDUSTRY SYMPOSIUM 6



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