

**BAAPS REGIONAL AESTHETIC TRAINING DAY
THE ROYAL COLLEGE OF PHYSICIANS AND SURGEONS
FRIDAY 4 SEPTEMBER 2026**

9:00-9:20 REGISTRATION & WELCOME REFRESHMENTS

9:20-9:30 Welcome *Alastair Lowrie*

9:30-10:00 Facial Rejuvenation – Basic Science / Anatomy *Stephen Morley*

- Normal facial anatomy and its common variants, including clear understanding of the blood supply, sensory and motor innervation facial musculature and the course and distribution of the facial nerve
- The fascial planes of the face and the brow and the pattern of fascial compartments of the brow, face and neck
- Cosmetic units of the face
- The effect of sun exposure on the texture and elasticity of the skin and the patterns of aging
- Anatomy of the SMAS layer
- Facial fat pads and how they change with time

10:00-10:30 Face & Neck Lift *Russell Bramhall*

- Preoperative assessment – history, exam, non-surgical options
- Incisions
- How the SMAS layer may be modified - deep plane, SMAS plication / excision, MACS
- Neck lift – anterior neck lift vs lateral pull
- Submental lipectomy
- Platysmaplasty
- Management of SMGs & digastric muscles

10:30-11:00 Blepharoplasty, Facial Liposuction & Fat Transfer *Dan Saleh*

- Anatomy and ageing of the eyelids
- Preoperative assessment – history, exam, non-surgical options
- Applications, indications, limitations and complications of blepharoplasty alone and in combination with other techniques.
- Designs and variations of blepharoplasty, upper and lower
- Liposuction and facial fat transfer

11:00-11:30 COFFEE BREAK

11:30-12:00 Brow Lift *Taimur Shoaib*

- Brow anatomy and ageing
- Preoperative assessment – history, exam, non-surgical options
- Indications for, and design of, endoscopic and open browlift and foreheadplasty
- Fixation methods in brow lift

12:00-12:30 Rhinoplasty

Alastair Lowrie

- Anatomy of the nose including detailed description of the bone, cartilage, soft tissue structures, aesthetic units
- Blood supply of the nose including ophthalmic artery, facial artery and angular artery as well as nerve supply
- Physiological functions of the nose and how these may be affected by nasal surgery
- Preoperative assessment - facial aesthetics including the psychological implications of rhinoplasty surgery
- Dismorphophobia and recognises clinical features of condition
- Local anaesthesia and the use of topical agents such as cocaine

12:30-13:00 Approaches & Management of the Dorsum

John Biddleston

- Approaches and management of the dorsum
- Techniques of endonasal and open approaches, including appropriate selection of surgical technique
- Techniques to manage the nasal dorsum including dorsal hump reduction and dorsal augmentation
- Different osteotomy techniques including placement of osteotomies

13:00-14:00 LUNCH

14:00-14:30 Management of the Nasal Tip & Septum

Paul Wilson

- Management of the alar cartilages and septum including resection, dome suturing and cartilage grafting techniques for control of shape, projection and rotation
- Management of septal trauma
- Application of internal and external nasal splints
- Drainage of septal haematoma
- Nasal packing for bleeding

14:30-15:00 Grafts, Complications & Secondary Rhinoplasty

Awf Quaba

- Harvesting cartilage graft from septum, ear and costochondral junction
- Complications of rhinoplasty surgery including functional complications
- Secondary rhinoplasty techniques with indications for same

****This programme is subject to change without notice.***