A Longitudinal Look at Resident Cosmetic Experience

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Introduction

- Aesthetic surgery experience key part of plastics training
  - ASPS: 15.9 million cosmetic procedures performed in 2015
  - ACGME recently doubled minimum cosmetic case numbers
  - 71.3% of programs nationwide have resident cosmetic clinic

- Resident aesthetic clinic allows for:
  - Independent surgical planning
  - Preoperative conference review
  - Hands-on execution of procedures
  - Longitudinal follow up
Introduction

- **Goal of study**
  - Evaluate the spectrum of cosmetic procedures performed by residents as it pertains to ACGME requirements
    - Retrospective chart review of quantity and type of cosmetic cases seen by each resident from 2013-2016
    - Inclusion of all surgical patients from resident cosmetic clinic during their 3 years of training
  - Appraise the safety outcomes
    - Reviewed complication rates arising from this patient population
Methods

- Retrospective evaluation of quantity and type of cosmetic cases seen by each resident in all 3 years of their training from 2013-2016
- Reviewed complication rates arising from this patient population
Results

- N=71 cases
- 2 residents
Results

Year 2

- Botox
- Fillers
- Lasers
- Liposuction
- Abdominoplasty
- Augmentation
- Mastopexy
- Genioplasty
- Otoplasty
- Blepharoplasty
- Facelift
- Rhinoplasty

Resident 1

Resident 2
Results

Year 3

- Botox
- Fillers
- Lasers
- Liposuction
- Abdominoplasty
- Augmentation
- Mastopexy
- Genioplasty
- Otoplasty
- Blepharoplasty
- Facelift
- Rhinoplasty

- Resident 1
- Resident 2
## Results

<table>
<thead>
<tr>
<th>Major complications</th>
<th>n=</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hematoma</td>
<td>2</td>
<td>2.8%</td>
</tr>
<tr>
<td>Pulmonary embolus</td>
<td>0</td>
<td>0.0%</td>
</tr>
<tr>
<td>Deep venous thrombosis</td>
<td>0</td>
<td>0.0%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Minor complications</th>
<th>n=</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infection</td>
<td>1</td>
<td>1.4%</td>
</tr>
<tr>
<td>Neuropraxia</td>
<td>1</td>
<td>1.4%</td>
</tr>
<tr>
<td>Dog ear</td>
<td>1</td>
<td>1.4%</td>
</tr>
<tr>
<td>Columellar show</td>
<td>1</td>
<td>1.4%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>8</td>
<td>8.4%</td>
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</tbody>
</table>
Discussion

- 16 ASAPS endorsed post-graduate fellowship programs dedicated to aesthetic surgery
- Resident cosmetic clinic integral part of training
  - Independent operating
  - Access to wide spectrum of minimally invasive, body, breast, and facial cosmetic procedures
  - Complications within specialty standards
- Conclusion
  - Effective and safe tool of training
  - Limitations – single institution, short term follow-up