Plastic Surgery Made Easy®

Plastic Surgery Made Easy®

Third Edition

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Dedicated to

The fond memory of my Mother and Father, Rosey and Dhanraj, who taught me the value of life and to face difficulties with strength, courage and grace. "Mum, Dad you were a source of great inspiration through all my difficult moments, in every step encouraging and guiding me. Although you are not here today, I know and feel your guiding spirits, which are as strong and vibrant as ever. I also know that you will be proud of all my achievements". I thank God for all His blessings and my wonderful family.

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Foreword

It is indeed a privilege and honor to be asked by Dr Prema Dhanraj, Professor and Head Department of Plastic and Reconstructive Surgery, Christian Medical College and Hospital, Vellore, to write a Foreword to this book, which is a creative work of Dr Prema. But there is another point of importance in my writing this introduction.

This is a unique event, as I believe that this is the first time a patient who was treated by me for burns, ultimately became a specialist in the discipline of plastic surgery and burns management, and has written a book on burns.

The interaction between Dr Prema and me began when she was about 8 or 9 years old. She was admitted in my surgical unit, Christian Medical College and Hospital, with severe burns trauma. Her reconstruction was a challenge to me and to my colleagues in my unit. But this was not the only procedure. Prema underwent several other procedures of excision and grafting and she was discharged after five months, with a reasonably satisfactory result.

Every single procedure caused pain at the time of removal of dressings, and as a young girl she would, of course, cry and be angry with some of the junior doctors, if they removed the dressings in a hurried or rough manner. When she was discharged, she had hardly hair on her head, and there were yet some more procedures necessary on her face, which were done much later.

During her stay in the hospital, I was impressed very much by Prema's fortitude under very difficult circumstances, and her courage to overcome her handicap of a scarred face. When Prema left CMC Hospital, I made two promises to her. First, I promised to donate a part of my hair to replace her

lost hair. Secondly, I told her to become a doctor and a specialist in plastic surgery with a specific interest in the management of burns.

Thereafter, I lost track of Prema for over fifteen years. One day, a young lady walked into my office (I was the Director of Christian Medical College and Hospital, Vellore, by then), and said, "Sir, I am your former patient, Prema. I have come to make you fulfill your promises". She seemed to be a dynamic young lady, with charm and poise. Of course, I recognized her immediately as my former patient of almost two decades.

Prema then went on to say, "I have qualified to become a doctor in my local city. Now I want you to make me a plastic surgeon, with a special interest in burns."

I was delighted to see her after so many years. Of course, I could not fulfill my first promise of donating my hair—I was quite bald by then and was in need of a donation myself!! But the second part of the promise I fulfilled. Very soon, she joined the Department of Surgery in CMC Hospital, Vellore, as a Surgical Postgraduate Trainee in General Surgery, and passed the Master of Surgery examination in her first attempt, such a qualification being a prerequisite for further training and a Master's qualification in plastic surgery.

At CMC Hospital, Ludhiana, Dr Prema received excellent training and she really blossomed. She was an excellent student and trained extremely well in the specialty. She had skilled hands, but more so she had a compassionate mind.

I received nothing but words of appreciation and admiration from Dr Prema's teachers and colleagues. But more so, for her patience in the Burns unit. I visited the Burns unit in that hospital more than once (one of the best Burns unit in India) and noticed the "look of adoration" in the eyes of young women in that unit being treated for burns. I could almost read the thoughts of these young women—if you, Dr Prema, like us,

who also suffered from severe burns, particularly of the head and face, ***could make a success of your life as a doctor, then we have also hope for our future****.*

That is the most important contribution Dr Prema has made, and continues to make, to the victims of burns, young or old, men or women—restoration of hope among those who have lost all hope, and who only looked forward to a bleak future of rejection, loneliness, depression, unhappiness and even suicide. Dr Prema gives courage, hope and the prospect of bright future to all the unfortunate victims of burns that ***makes them put away all pessimistic thoughts and by her example, she demonstrates that all is not lost in life and that there is yet a future****.*

To give hope to those who have lost hope, to give courage to those who live in fear of the future, to give confidence to those who have lost this gift and a purpose and meaning to life—this continues to be Dr Prema's mission.

More than once, I have asked my former patient, Dr Prema the following question:

"Prema when you were my patient many, many years ago, did you think that our future (yours and mine) would be as has happened." And her emphatic answer was, "No, Sir, but God has been good to me and to you". She is right, absolutely right.

Dr Prema is not only a national figure, but is known widely internationally. She has spent a few years in the United States of America, adding to her knowledge and skills in Plastic and Reconstructive Surgery. And, more recently, she has had a very good contact with an academic center in Norway, some specialist doctors in the city of Bergen, and in Ethiopia. She has established a training program for doctors in Ethiopia to train under her in plastic surgery, particularly in the management of burns, in her Department of Plastic and Reconstructive Surgery here in Vellore (Tamil Nadu), supported by resources

from Norway. Now, the Medical Council of India and the University in this state recognized her Department for the training of postgraduate students in her specialty, leading to an MCh qualification. Thus, her knowledge and skills in the area of her discipline is being shared not only within India but also abroad.

I have briefly reviewed her book on Plastic Surgery. It is "very easy" to read and understand not only by doctors, medical students, nurses and nursing students but also by those who are not medically qualified.

This is the reason why I am so delighted to write a Foreword to Dr Prema's book on Plastic Surgery. I would like to conclude that Dr Prema, her life and her achievements are an example of the creative work of God in a human being, and one cannot but wonder and feel a sense of awe at God's mighty power and accomplishment through Dr Prema and be grateful.

What of Prema's future? What lies ahead of her? Is the writing and the publication of this book the highest point of her illustrious career so far? Certainly not! I cannot see "beyond the horizon—Prema's horizon". But I believe firmly that Prema will achieve much in her life, of her service to others, the unfortunate others and will be a beacon of hope to many. Her talents are not merely in her eyes and fingers, but in her mind also. And so, there is yet an acme in Prema's life, the Mount Everest, for her to conquer and I hope I will have the privilege of knowing her entire career and lifetime of devoted work, perhaps even writing another "foreword" to her autobiography!!

(Late) LBM Joseph
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Preface to the Third Edition

The third edition of *Plastic Surgery Made Easy*—Being aware of more important changes, developments and new ideas affecting our specialty, we have strived to keep it updated and have compiled to include some information from all aspects of Plastic Surgery, keeping the main objectives—pocket size book and format. We have included few more topics under different chapters. In addition, 20 years question paper from various universities have been sorted out under different chapters to make it easy for our readers to answer the questions after reading each chapter. This edition also has topics for Dental students from Oral and Maxillofacial specialty, which focuses on reconstructive surgery. This book can be used by the medical students, house surgeons, postgraduate general surgery registrars, practicing physicians, dental students from Oral and Maxillofacial specialty, paramedical, nursing students as well as Plastic Surgery Specialty residents and Plastic Surgery consultants. I thank the authors for their contribution in updating this book and appreciate their commitment and dedication.

Prema Dhanraj

Preface to the First Edition

Plastic and reconstructive surgery had its beginning before Christ when surgeons in India reconstructed the nose by transferring a flap from the forehead.

Plastic surgery is a specialized area, but because of the breadth of the discipline, this book may be read by medical, paramedical and nursing students, as well as specialty residents.

Most interns, senior house surgeons and residents are not exposed to this specialty. Hence, it is more than likely that they do not know what is done under the name of plastic surgery. Many of them are bewildered when they enter this new territory. This book is written to dispel their confusions and misconceptions.

Prema Dhanraj

Acknowledgments

I thank all my medical, paramedical and nursing students who continue to question me and are fascinated by the creativity and artistic approach of plastic surgery. Their enthusiasm inspired me to write this book in a simple manner.

Great effort has also been made to make the topics easier by presenting them in a power point format with lots of clinical color pictures to have a lasting impression of the subject. This book, will definitely inspire students to learn more about plastic surgery cases.

I also wish to thank Shri Jitendar P Vij (Group Chairman), Mr Ankit Vij (Managing Director), Mr MS Mani (Group President), Ms Chetna Malhotra (Senior Director – Professional Publishing, Marketing and Business Development), Ms Pooja Bhandari (Production Head) and Nikita Chauhan (Senior Development Editor), M/s Jaypee Brothers Medical Publishers (P) Ltd, New Delhi, India, for their untiring efforts in bringing out this book. It was a pleasure working with all the publishing team at M/s Jaypee Brothers Medical Publishers (P) Ltd, New Delhi, India, for the book.

Contents

1. **What is Plastic Surgery? 1**
2. **Wound Healing 53**
3. **Skin and Subcutaneous Tissue 76**
4. **Skin Grafts 185**
5. **Skin Flaps 218**
6. **Muscle Flaps 267**
7. **Fasciocutaneous Flaps 299**
8. **Microsurgery 309**
9. **Head and Neck 335**
10. **Breast and Chest Wall Deformities 458**
11. **Upper Extremity 478**
12. **Lower Extremity 495**
13. **Thermal Injury 560**
14. **Esthetic Surgery 742**
15. **Radiology in Plastic Surgery 790**

Exam Questions 799

Index 815

Online Contents

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Online Learning Resource

Chapter 1
- Introduction to Plastic Surgery
- Basic Suturing Technique

Chapter 2
- Wound Healing
- Types of Wound and Healing
- Vacuum-assisted Closure (VAC)

Chapter 3
- Hypertrophic Scar
- Benign Skin Lesions
- Neurofibromatosis
- Vascular Anomalies
- Premalignant Lesions
- Basal Cell Carcinoma
- Squamous Cell Carcinoma
- Melanoma

Chapter 4
- Skin Grafting

Chapter 5
- Skin Flaps
- Ear Lobe Reconstruction

Chapter 6
- Muscle Flaps

Chapter 7
- Fasciocutaneous Flaps

Chapter 8
- Basics of Microvascular Surgery
- Microvascular with Clinical Cases

Chapter 9
- Development of the Face
- Classification of Cleft Lip and Palate
- Cleft Lip
- Cleft Lip and Palate
- Cleft Palate
- Cleft Lip and Palate Surgery
- Secondary Deformities of Cleft Lip and Palate
- Facial Cleft
- Soft Tissue Injury
- Facial Fractures
- Mandible Fractures
- Maxilla Fractures
- Fracture Zygoma
- Faciomaxillary Trauma
- Temperomandibular Joint Ankylosis
- Lip Reconstruction
- Carcinoma Oral Cavity
- Head and Neck
- Craniosynostosis
- Cleft Rhinoplasty
- Speech in Cleft Palate
- Velopharyngeal Incompetence

Chapter 10
- Breast Reconstruction
- Tram Flap
- Gynecomastia

Chapter 11
- Syndactyly

Chapter 12
- Lower Extremity Reconstruction
- Hypospadias
- Lymphedema
- Pressure Ulcers

- Flaps for Lower Extremity
- Diabetic Foot

Chapter 13

- Burn Management
- Burn Fluid Resuscitation
- Burn Etiology
- Burn Care
- Burn Pathophysiology
- Acute Management of Burns
- Management of ARDS in Burns
- Burn Nutrition
- Basics of Burn Injury
- Acute and Reconstructive Management of Burns
- Burn Shock
- Wound Cover
- Skin Substitutes
- Burn Reconstruction
- Chest Burn
- Burned Nipple Areola Complex
- Burn Upper Extremity
- Burn Axillary Contracture
- Hand Burns
- Burn -Lower Extremity
- Tissue Engineering
- Burn Rehabilitation
- Camouflage Make Up
- Healicoll as Dermal Substitute
- Chemical Burn
- Electrical Burns
- Tissue Bank

Chapter 14

- Hair Restoration
- Abdominoplasty
- Botox
- Chemical Face Peel
- Fillers in Plastic Surgery
- Laser Resurfacing of Skin
- Minimally Invasive Procedures
- Comparison between Cosmetic Procedures
- Rhinoplasty
- Face Lift
- Soft Tissue Augmentation
- Liposuction