

27-29  
September  
2024



“ All my published  
techniques  
A step by step  
Keynote + Live Surgery ”



LANGUAGE



LOCATION

Full Keynote Masterclass + Live

25 Limited Seats

# Eyelid Surgery

The Fullest Course About Cosmetic Eyelid



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S E A  
C L I N I C  
SURGERY ESTHETIC ADVANCED



DR. NABIL FAKHRI





**NABIL FAKIH** MD. MSC. FFPS.  
CRANIO-MAXILLO-FACIAL SURGERY



Speaker/Surgeon

Dr. Nabil Fakh



Assistant Surgeon

Dr. Cristina Muñoz



Course Director Sea Clinic

Mrs. Marisa Ibáñez



Course Director FACEPERT

Mrs. Cianith Florez

## PROFILE

Dr. Nabil Fakh Gomez, is one of Lebanon & Spain leading facial surgeons & recognized worldwide expert in the field of **Facial Plastic & Cranio-Maxillo-Facial Surgery**. He is the **Vice-President** of the Spanish Society of Facial Plastic Surgery & **Chairman of Oculoplastic Surgery** of the European Academy of Facial Plastic Surgery & associate member of the American Academy of Facial Plastic & Reconstructive Surgery. He is Member of Honor of the Argentinian Society of Aesthetic & Functional Rhinoplasty & International Advisory Board in the American Journal of Cosmetic Surgery. He is specialized in **Cranio-Maxillo-Facial Surgery** from the most prestigious Hospitals of Spain. He is devoted to furthering the field of facial plastic surgery. He has **authored or co-authored several scientific manuscripts** and books on facial plastic and reconstructive surgery. He is an **international educator** with keen to sharing knowledge & advance the training of surgeons being the former Director of Fellowship Program of the Spanish Society of Facial Plastic Surgery & educator in the International Academy of Aesthetic and Facialis Academy. His international scientific recognition has led him to be selected as a Key Opinion Leader for several medical brands. He is Owner and Medical Director of Fakh Hospital being the **Chief of Department of Facial Plastic, Cranio-Maxillo-Facial & Reconstructive Surgery** at Fakh Hospital. His wide experience on stage by transmitting science & passion, and his insuperable lectures with tips and tricks has led him to be in more than **400 course/conference** lecturing about facial plastic surgery and cosmetic medicine.



English Language



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## WHY THIS MASTERCLASS ?



Speaker/Surgeon

Dr. Nabil Fakhri



Assistant Surgeon

Dr. Cristina Muñoz



Course Director Sea Clinic

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## WHY ?

The most complete course of Dr. Nabil Fakhri Techniques who he have published with successful results and stories.



- Step by Step Keynote Lectures
- Clinical Assessment of all the peri-orbital region
- Advanced anatomical knowledge
- Step by Step surgical marking
- Step by step of surgical all published techniques
- 4 Patients Live Transmission Surgery
- Tips & tricks of all procedures
- How to avoid pitfalls

## PROGRAM

**3 Days with Full Immersion - all around eyelid surgery with Keynote Lectures + Live Surgery**



**Course Language**

English

**Step by Step Keynote Lectures**

- Direct Browlift Surgery (1 Hour)
- Fronto-Temporal Browlift Surgery (1 Hour)
- Upper Blepharoplasty Volumetric Contouring Concept (1 Hour)
- Lower Blepharoplasty Boomerang Technique (1 Hour)
- Lower Blepharoplasty X3 Vector Suspension Technique (1 Hour)
- Fat Grafting: Microfat and Nanofat (1 Hour)



**Step by Step Live Surgery from Operating Room**

- Direct Browlift Surgery (1 Hour)
- Upper Blepharoplasty Volumetric Contouring Concept (1 Hour)
- Lower Blepharoplasty Boomerang Technique (1 Hour)
- Lower Blepharoplasty X3 Vector Suspension Technique (1 Hour)
- Fat Grafting: Microfat and Nanofat (1 Hour)



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## WHAT DOES IT INCLUDES ?

**3 Days**

**Keynotes**

**Live Surgery**



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## LOCATION OF COURSE

### Sea Clinic Alicante

Location : Carrer Alemania, 6, 03003 Alicante, Spain



Registered facility for surgical and non-surgical treatments with operating room and recovery room

## FEES



- **Early Bird Registration : 6500 Euros (Until 1 AUGUST 2024)**

- **Registration after 1 AUGUST 2024 : 7500 Euros**

After registration & approval, payment is proceeded.

For registration : send a copy of specialty certificate

If resident : paper confirming speciality

Only for : Maxillofacial, Plastic, ENT & Ophthalmology

**25 Limited Seats = First register, First secure seat - By order of registration**

The price includes :

- Lectures by Dr. Nabil Fakh
- Live Surgery by Dr. Nabil Fakh
- Anesthesia + Anesthesiologist + Hospital
- Coffee Break & Lunch

## PARTICIPANTS REGISTRATION

- Kindly seek approval via email for seat confirmation prior to making any payment. To complete registration, please submit a copy of your specialty certificate. If you are a resident, include a document validating your specialty.
- When attending the course, ensure you bring surgical scrubs for all three days.
- A certificate will be issued upon completion of the course.

## PARTICIPANTS REGISTRATION

- As an opportunity, we offer valuable post-course assistance in surgeries. Upon completion, Dr. Fakh and his assistant are available to travel to your Hospital/Clinic to provide dedicated support.
- Participation in this assistance program requires a fee of 15,000 Euros for 1 Surgery, which covers Dr. Fakh's services along with expenses for accommodation, transportation, and lodging.
- Should you wish to take advantage of this opportunity to enhance your surgical practice, please reach out to us for further details and arrangements.



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## SCHEDULE



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Assistant Surgeon

Dr. Cristina Muñoz



Course Director Sea Clinic

Mrs. Marisa Ibáñez



Course Director FACEPERT

Mrs. Cianith Florez

### 27 SEPTEMBER 2024

08:00-08:30 Registration

08:30-09:30: Keynote Upper Eyelid Volumetric Contouring

09:30-10:00: Marking

10:00-14:00: Surgery Upper Eyelid Volumetric Contouring

14:00-15:00: Lunch

15:00-16:00: Keynote Lower Blepharoplasty Boomerang

16:00-16:30: Marking

16:30-20:00: Surgery: Lower Blepharoplasty Boomerang

### 28 SEPTEMBER 2024

08:30 - 09:30 : Keynote: Direct Browlift with Suspension

09:30-10:00: Marking

10:00-14:00: Surgery: Direct Browlift with Suspension

14:00-15:00: Lunch

15:00-16:00: Keynote Fronto-Temporal Browlift

16:00-17:00: Fat Grafting: Microfat and Nanofat

17:00-19:00: Case Discussion & Marking Plans

### 29 SEPTEMBER 2024

08:30-09:30 : Keynote Lower Blepharoplasty with Fat Transposition & X3 Vector Suspension Technique

09:30-10:00: Marking

10:00-10:30: Coffee Break / Early Lunch

10:30-16:30: Surgery: Lower Blepharoplasty X3 Vector Susp.

16:30-17:30: Surgery: Fat Grafting

17:30-18:00: Case Discussion & Q/A

18:00-18:30: Certificate / End of Course

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Live Surgery is transmitted from the Operating Room to the Audience Room. Morning & afternoon Coffee Break will be available during morning and afternoon surgery in case participant wants to have a break.



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## PROGRAM

### 1 Direct Browlift Surgery

Restricted access | Research article | First published online September 16, 2022

Contemporary Direct Brow Lift With Suspension Technique

[Nabil Fakh-Gomez, MD, MSc](#), [Juan Martin Zarate, MD, MSc](#), [Samir Rodriguez-Chaker, MD, Mohammad Haneef, MDS](#), [Daniella Fakh, MD](#), and [Ibrahim Fakh-Gomez, MD](#)  
[OnlineFirst](#) | <https://doi.org/10.1177/07488068221126250>

The American Journal of Cosmetic Surgery

Brow ptosis is one of the earliest signs of periorbital aging. To surgically correct the aging brow, several brow lift procedures have been documented with varying amounts of success. Direct brow lift is regaining its popularity as it is a simple direct surgery that allows the surgeon a precise positioning, elevation, and shaping of the brow. However, unaesthetic scarring is a potential handicap of this technique. To reduce scarring, many methods have been proposed from different design markings, beveling the incision, and tissue suspension. The versatility of direct brow lift lies in its design, execution, tissue management, and reduction of tension in the scar. In this article, we present a refined modification of the classic direct brow lift technique. The procedure is based on anatomical landmarks with a versatile and reproducible design, a 20° beveled incision, and periosteal suspension of the orbicularis muscle. In our experience, the use of this technique has enabled us to attain long-term stable aesthetic results.

### 2 Fronto-Temporal Browlift Surgery

Restricted access | Research article | First published online May 16, 2023

Frontotemporal Brow lift With Suspension to Frontal Bone

[Lessandro Martins, MD, Juan Martin Zarate, MD, MSc, PhD](#) (i.), and [Nabil Fakh-Gomez, MD, MSc](#)  
[OnlineFirst](#) | <https://doi.org/10.1177/07488068231175582>

The American Journal of Cosmetic Surgery

Brow position is a key feature to define a fresh and youthful appearance of the periorbital region. Frontotemporal brow lift implies the elevation of both the medial brow and lateral brow and can be performed through an open (coronal), endoscopic, or combined approach. While endoscopic brow lift has the advantage of minimal incisions compared with the open coronal approach, it requires specific equipment, a longer learning curve, and has been associated with high recurrence rates. Herein, the authors' technique for frontotemporal brow lift is presented, an approach that includes complete access under direct vision to the lateral brow and glabellar area, through 2 limited frontotemporal incisions and a novel method of 3-vectoring suspension to the frontal bone. It has proved to be predictable with long-lasting results.



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### 3 Upper Blepharoplasty Volumetric Contouring Concept

Restricted access | Research article | First published online April 29, 2023

Contemporary Upper Blepharoplasty: Volumetric Contouring Concept

[Nabil Fakh-Gomez, MD, MSc](#), [Juan Martin Zarate, MD, MSc, PhD](#), [Lessandro Martins, MD](#), [Luis Miguel Lindo Delgadillo, MDS](#), and [Ibrahim Fakh-Gomez, MD](#)

OnlineFirst | <https://doi.org/10.1177/07488068231171313>

The American Journal of Cosmetic Surgery

Upper blepharoplasty has traditionally involved subtractive approaches with excision of different amounts of skin, muscle, and fat. However, this approach often results in iatrogenic acceleration of the normal volume depletion and bone resorption associated with aging, which leads to deepening of the superior sulcus, A-shape deformity and generalized hollowness. In recent years, the concept of periorbital volume restoration and augmentation has shifted the paradigm toward fat preservation and gland repositioning procedures. Herein, we describe the volumetric contouring concept, a contemporary approach for upper blepharoplasty that includes gland repositioning, suspension of the levator aponeurosis, fat transposition or reposition, and adjunctive filling procedures. This concept seeks for long-term restoration of the eyelid-brow complex by addressing every involuntional aspect of the aging process, while treating and preventing hollow eyes and A-shaped deformity. In our experience, this approach has enabled us to attain optimal and long-lasting aesthetic results.

### 4 Lower Blepharoplasty Boomerang Technique

Restricted access | Research article | First published online September 16, 2022

The Boomerang Technique: Redefining Skin-Only Lower Blepharoplasty

[Nabil Fakh-Gomez, MD, MSc](#), [Mohammad Haneef, MDS](#), [Juan Martin Zarate, MD, MSc](#), [Samir Rodriguez-Chaker, MD](#), and [Ibrahim Fakh-Gomez, MD](#)

Volume 40, Issue 3 | <https://doi.org/10.1177/07488068221124720>

The American Journal of Cosmetic Surgery

Most patients seeking cosmetic surgery of the lower eyelid are mostly concerned with excess skin, fat bags underneath their eyes, and a tired-looking appearance. A variety of techniques and approaches have been described for aesthetic alteration of the lower lid complex. For skin-only transcutaneous lower blepharoplasty, 2 surgical techniques have been described: the only skin flap and the skin pinch. In our experience, many patients seek only skin corrective resection fearing changes in their eye shape and some others have only excess skin. In this article, we will outline our approach to skin-only lower blepharoplasty. The boomerang technique is based only on skin removal with a superolateral vector design and can be incorporated, if needed, with other adjunctive procedures. To our knowledge, no previous article has described a precise and calculated design for skin removal. This serves the purpose of producing an aesthetic reproducible result with additional advantages inherent to the design over other techniques.



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### 5 Lower Blepharoplasty X3 Vector Suspension Technique

Restricted access | Research article | First published online December 11, 2023

Lower Blepharoplasty With Fat Transposition and Three-Vector Suspension Technique

Nabil Fakih-Gomez, MD, MSc

OnlineFirst | <https://doi.org/10.1177/07488068231213410>

### The American Journal of Cosmetic Surgery

The aging appearance of the lower eyelids is multifactorial, involving changes in the skin, orbital fat, orbicularis muscle, soft tissue of the midface, tear trough, and tear valley. Traditional techniques of lower blepharoplasty are based on transcutaneous or transconjunctival approaches with skin removal, followed by adjunctive procedures, such as canthal suspension, fat resection, or repositioning. However, these approaches can hardly achieve excellent transitions simply because they do not effectively address every age-related issue affecting the lower eyelid. Conversely, the approach presented herein, focuses on blending the lid-cheek junction by means of skin resection, fat transposition, and three periosteal suspension vectors, including canthal, skin-muscle flap, and sub-orbicularis oculi fat (SOOF) suspensions. It provides adequate volume restoration in the tear trough and tear valley, along with enhanced support and stability to the eyelid with canthopexy, double muscle flap, and SOOF suspension. The aim of this article is to provide a detailed step by step description of this technique along with the results of 269 patients who underwent this procedure from 2019 to 2023. This technique offers a safe and effective solution for lower eyelid aging, yielding long-lasting aesthetic results with excellent transitions.

### 6 Fat Grafting : Microfat & Nanofat

Free access | Research article | First published online April 28, 2020

Nanofat in Facial Rejuvenation: Step-by-Step Procedure, Patient Evaluation and Recovery Process

Nabil Fakih-Gomez, MD, MSc, Enosh Steward, MDS, and Maria del Carmen Orte Aldea, MD  
Volume 38, Issue 1 | <https://doi.org/10.1177/0748806820919935>

### The American Journal of Cosmetic Surgery

Several reports have been published wherein intradermal filling with nanofat has been used for skin rejuvenation, texture improvement & scars. A study was conducted between 2017 and 2018 which included 20 female patients having wrinkles, hyperpigmentation, erythema, and enlarged pores. Nanofat was injected intradermally in all the facial regions. All patients filled a questionnaire at sixth month post treatment which consisted of questions regarding pain, bumps area and resolution, grade of improvement of skin (wrinkles, smoothness, wrinkles, pores and redness), recovery of donor area, time to reincorporate to normal routine, nanofat-time efficacy and recommendation of the treatment. Patients undergoing it with sedation had less bruising and pain. Lateral thigh as the donor area had less pain in the recovery period. The residual bumps persisted for more time in non-mobile areas while average time to disappear was 3.6 weeks. Patients started to notice the change after nanofat injections at about 1.12 months later. The improvement was noticed for smoothness of skin (100% patients), wrinkles (40% patients), pore size reduction (15% patients), improvement in redness (10% patients). The effect of nanofat was felt by patients for an average time of 3.85 months. All the patients were satisfied and recommended it. No major complications were reported. Nanofat treatment is safe and it conveys beneficial effects on skin rejuvenation as per the post-operative skin texture changes and the satisfaction of patients.



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Secretary

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