ACS(I) for You(th)

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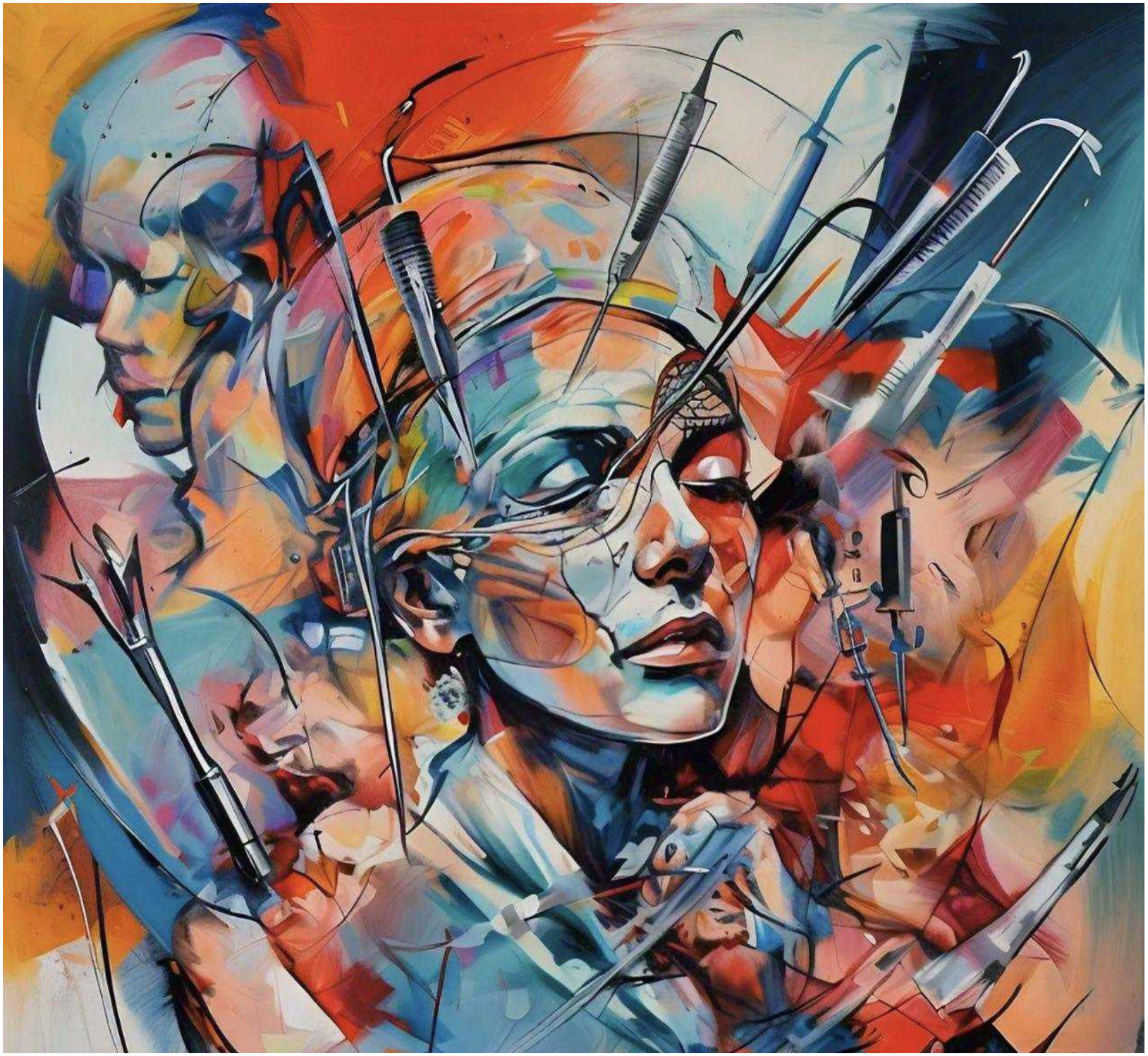


A Newsletter for You(th) by the ACS(I) Young Brigade

CONTENT

"A pupil, otherwise well-read, but uninitiated, in the practise (of medicine or surgery) is not competent to take in hand the medical and surgical treatment of disease"

Susruta Samhita (Father of Surgery)

MESSAGE FROM

ACS(I) PRESIDENT : DR T SALIM

The ACS(I) Young Brigade team deserves high praise for their tireless efforts in producing this outstanding newsletter. Born from a vision to inspire and mentor the next generation of Dermatosurgeons, this dynamic group has become a beacon of guidance and support. With representatives from diverse regions across the country, they have consistently delivered engaging and informative events throughout the year. We are confident that their dedication will enrich the lives of young Dermatologists everywhere. Kudos to Dr. Pooja Kanumuru and Dr. Nandita Patel for their editorial expertise. We also commend the ACS(I) Young Brigade members for their outstanding contributions and wish the incoming team all the best in their future pursuits.

Dr T Salim
President, ACS(I)

MESSAGE FROM
SECRETARY GENERAL: DR.PRADEEP KUMARI

In a constantly evolving society & field of ours, new ideas & innovations work as the catalyst to growth. New ideas and acceptance to them is more in young & open minds. Our young brigade is a team constantly open to exploring newer vistas and opening their wings and searching for the quintessential "How I can make this better." I take this opportunity to thank our young brigade members and Dr.Pooja Kanumuru & Dr.Nandita in particular for their outstanding efforts to help ACSI do better and enthusiasm with which the newsletter was prepared.

ACSI's strength lies in its young brigade and I'm sure that we'll fly high & create big strides in the advancement of science of Dermatosurgery.

Dr.Pradeep Kumari
Secretary General ACS(I)

EDITORIAL MESSAGE

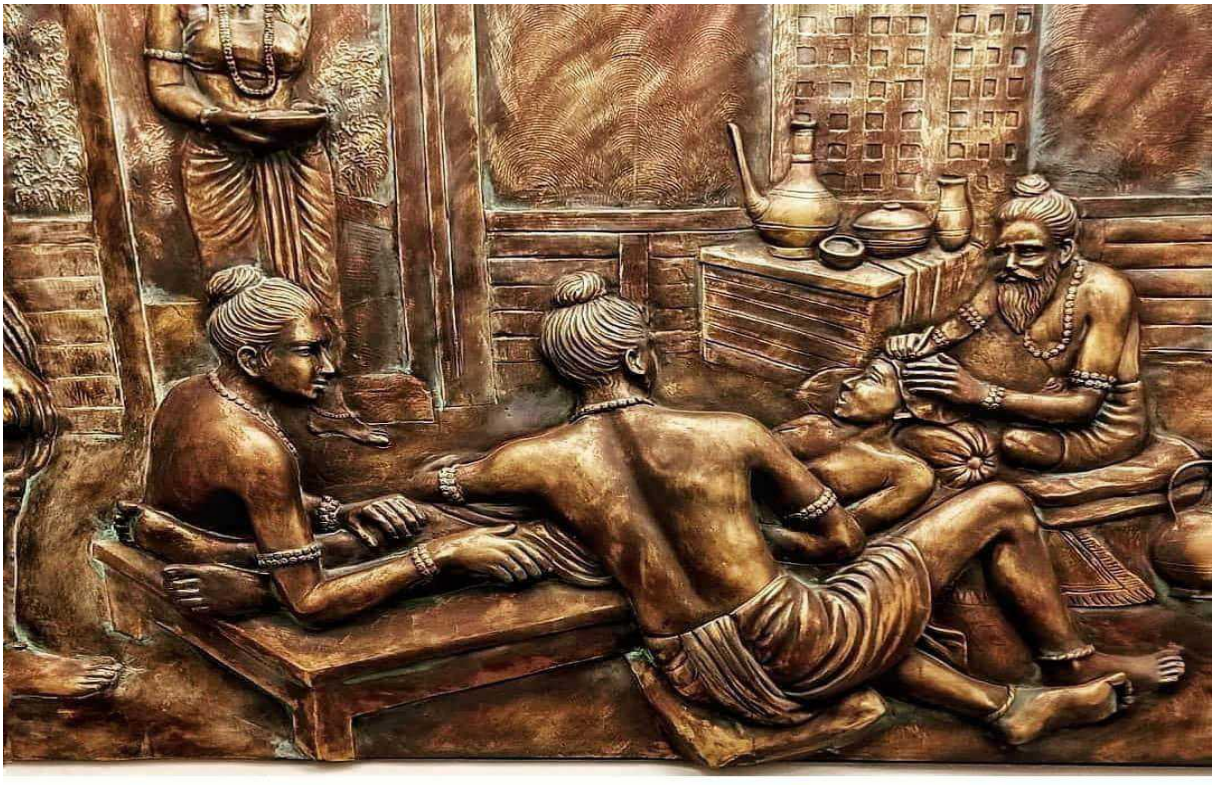
We're thrilled to present the third edition of ACS(I) for You(th), a newsletter created by and for our vibrant community! We extend our sincere appreciation to Dr. T Salim, Dr. Pradeep Kumari, Dr. Yogesh Bhingradiya for their invaluable guidance and enthusiasm. It was fun working with my co-editor, Dr. Nandita Patel, for her dedication and attention to detail that has made this issue shine.This edition is packed with engaging articles and entertaining content, carefully curated for your enjoyment. We hope you savor every moment reading it! A huge thank you to all the talented authors who shared their insights and expertise with us.

Dr.Pooja Kanumuru,
MD,FRGUHS(Aesthetic Dermatology)

We are pleased to introduce the third edition of ACS(I) for You(th), a newsletter designed by our energetic community with fresh perspectives in mind! Special thanks go to Dr. T Salim, Dr. Pradeep Kumari, and Dr. Yogesh Bhingradiya for their inspiring leadership and continuous support. Collaborating with Dr. Pooja Kanumuru has been a rewarding experience, and her thoroughness has truly enhanced this edition. This issue is brimming with insightful articles and engaging content that we've carefully put together for your interest. We trust that you'll find it both enjoyable and informative! We also extend our deepest gratitude to all the exceptional contributors who shared their knowledge and passion with us.

Dr.Nandita Patel,
MD,DVL

AN ODE TO SUSHRUTA - FATHER OF SURGERY



Sushruta, often hailed as the "Father of Surgery," revolutionized ancient medicine with his groundbreaking work, the *Sushruta Samhita*. This ancient text, which dates back to around 600 BCE, is one of the earliest known surgical compendiums and remains a cornerstone in the history of medicine. Sushruta's innovative techniques, such as rhinoplasty using forehead flaps, laid the foundation for modern plastic surgery. His treatise detailed over 1,100 diseases, surgical procedures including skin grafts, and the use of over 700 medicinal plants. Sushruta's teachings emphasized the importance of anatomical knowledge, urging students to study human bodies through dissection, a practice that was revolutionary for its time. His work not only shaped ancient Indian medicine but also influenced surgical practices globally for centuries. We, as Indians, take immense pride in Sushruta's heritage, as his teachings continue to inspire and inform surgical practices worldwide.

"In the art of surgery, courage and a steady hand are indispensable."
- Sushruta

Hair transplantation in India: In conversation with Dr.Venkataram Mysore

Dr.Venkataram Mysore,
MBBS,DVD,MD,DNB,DipRCPath(London),
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Consultant Dermatologist,
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1. What motivated you to specialise in this area?

The interest in hair transplantation started accidentally in 1998 or 1999 when a relative asked for my opinion about getting a hair transplant.I had seen punch hair transplants at an Institute in Delhi in 1986-87, but I wasn't impressed back then.My curiosity led me to research more, and I discovered that significant advancements had been made, including Follicular Unit Transplantation by Bernstein and Rashman.These new techniques piqued my interest in the field.By that time, I was already a dermatopathologist with some surgical experience, and hair transplantation felt like a natural progression.The challenge then was finding the right place to learn these advanced techniques.

2. What steps did you take early in your career to establish yourself in the field of hair transplant surgery?

Hair transplantation was almost nonexistent in India, so I sought international expertise.Initially, I reached out to Dr. Rashman, but his fees of $1000 per case seemed too high.I discovered Dr. Jung Chul Kim in South Korea, who co-developed the same technique and called it "bundles."While I was in Bahrain, I connected with a doctor in Saudi Arabia who had trained with Dr. Kim.I travelled to Daegu, South Korea, spent a week learning the technique despite language barriers, and returned impressed.By that time, I had already advanced in dermatology, with experience in anaesthesia, plastic surgery, and dermabrasion.In 2000-2001, I deepened my knowledge by attending a conference and workshop in Chicago hosted by the International Society of Hair Restoration Surgeons.Upon returning to India in 2003, I began offering hair transplantation, becoming one of the pioneers in the country.The response was very positive, boosted by radio and TV interviews.I further refined my skills by inviting Dr. Alex Ginberg from Israel to India, where we performed five cases in two days and trained my team.

3. How was your experience during the early days of hair transplant surgery?

We began by focusing solely on learning and improving our skills, having completed about 6 or 7 cases initially. Earning money wasn't a priority; I was just grateful for patients willing to undergo the procedure. Over the next couple of years, we reached the 1000 graft stage. From there, the practice steadily grew.

4. What were the key challenges that you faced in the early career with hair transplant surgeries?

I learned FUT, which was technically challenging, especially the strip dissection. Despite my surgical background, it was still difficult, but I had help from my wife- Dr. Jayashree, a gynecologist. Microscopic dissection was easier for me since I was used to using a microscope as a dermatopathologist.I initially used KNU and CHO implanters but later switched to pre-made slits with forceps and needles.The main challenges were building a team and finding time, as procedures could take 7 hours. We often worked on Sundays, starting early and finishing late,

but it was a rewarding experience.We enjoyed the learning curve and quickly gained recognition as pioneers in the field.Our efforts paid off, as patients from all over India and abroad started coming to us, leading to rapid growth.

5. What are the key skills and attributes which are essential for anyone to be successful in the hair transplant field?

Hair transplantation requires hand-eye coordination similar to that needed in microsurgery, which plastic surgeons easily adapt to, but dermatologists take longer to master.The challenges lie in the repetitive nature and long hours of the procedure, which can become tedious without passion. Dermatologists are used to short procedures, but hair transplantation demands focus and stamina over extended periods. Passion for the job is crucial to overcome the monotony and succeed in this field. The skill required isn't extraordinary; even those with basic surgical training can perform it.The challenge isn't in the complexity of the surgery but in maintaining the focus needed for large-scale procedures.Building and leading a skilled team is also essential for success in hair transplantation.Different techniques, like FUE and FUT, require different skills, but the key to success is a genuine passion for the work.

6.What practical experiences would you recommend to build proficiency in hair transplant techniques?

When I first learned hair transplantation, resources were scarce, so we had to piece together knowledge from various sources. At that time, a 1000-graft session was considered a major accomplishment, but now mega sessions range from 3000 to 6000 grafts. Beginners today face more challenges in catching up due to the increased complexity and competition. Access to training has improved with many centers offering courses, though not all are recognized.In Fact, we've initiated a one-year fellowship in trichology and hair transplantation at our center too
Training duration varies: A plastic surgeon might excel in a month, while a dermatologist without a surgical background, it's essential to observe and have hands -on experience with at least 50 cases—ideally 100—over three to six months, depending on the case volume. This hands-on experience is crucial for mastering techniques and performing at least 1,000 grafts.
Sadly many are relying on technicians for procedures, which I strongly advise against. It's crucial for doctors to master hair transplantation themselves rather than depending on external technicians.

7. What do you think are the key factors to consider when you start the practice of hair transplant?

Firstly good training and second most important thing is handling the staff. Teamwork is crucial in surgery, especially in hair transplants, where nurses, assistants, and technicians play a significant role. For example, preparing 2,000 grafts requires meticulous coordination and skill from the entire team.It's essential to build a strong team and work in a facility that meets NMC's strict guidelines.

8.How do you ensure high standards for your patients?

Every graft in hair transplantation is crucial; each one contributes to the overall result. Like Vincent Van Gogh said, great things are achieved by many small actions coming together. In dermatology, even one small imperfection can overshadow many successful procedures. For instance, a single pigmented DPN can detract from an otherwise flawless removal of 19 others.Similarly, in hair transplants, even if 90% is perfect, the remaining 10% can impact

patient satisfaction.Striving for perfection in every step is challenging but essential for the best outcomes.

9.How do you handle complications or unsatisfactory outcomes in hair transplant procedures?

- Cosmetic procedures like Hair transplant address both physical appearance and the psychological mindset of patients.Understanding and managing patient expectations is challenging but crucial for success.
- A key strategy is to "under-promise and over-deliver" to ensure patient satisfaction.
- Even minor issues, like a few grafts not growing, can lead to patient dissatisfaction.
- It's important to maintain consistent focus and quality in every part of the procedure.
- Communication and reassurance are vital when complications arise; patients should feel supported.
- Strong networking is essential for handling issues, especially with patients abroad.
- Staying updated, publishing, and speaking at conferences help build a reliable professional network.
- Experience and early involvement in the field can make managing challenges easier.
- Developing and honing these skills is essential for long-term success in cosmetic procedures.

10.How do you approach ethical dilemmas in hair transplantation?

I've never had ethical dilemmas in my practice. If I wasn't convinced about a procedure, I was prepared to decline it. My focus has always been on patient well-being, not financial gain. We only performed procedures if we believed they were necessary. We were transparent with patients, even if it meant covering only a part of the area. Ethical dilemmas are often mistaken for financial ones. True ethical concerns arise when deciding if a procedure is safe. In cases like diabetes or anti-platelet medication, we consulted specialists before proceeding. In cosmetic surgery, it's essential to be confident in your ability to deliver results. If you're unsure, don't do it. The rule I follow is simple: if I wouldn't do it for myself or my family, I won't do it for a patient.

11.What makes you stay motivated to do the surgery even at this age?

Passion and love drives me. In the medical profession you find joy by giving joy to somebody. There is hardly any other profession which is of this type and you give joy to many many people from morning to evening and that is what makes our profession rewarding. The true reward in medicine is the satisfaction of bringing joy to many, with money being just a by-product, not the main goal.

12.How do you maintain work life balance?

Prioritise Balance: Ensure time for everything in life; family support is crucial. It is essential for happiness and success. Fortunately, I've been blessed with it.
Early Delegation: Start delegating early, even with a small workload.
Avoid Possessiveness: Don't be possessive about tasks where you want to do everything; let others also contribute.
Natural Skills: Leverage your natural skills to work efficiently.
Health Matters: Maintain your health to perform at your best.

13.How do you stay updated about the latest advancement in the HT world?

Importance of Conceptualization: I've always been a voracious reader, which has sharpened my ability to conceptualise ideas. Everything I do with my hands starts in my mind—it's a process that requires deep thinking and planning. Unlike plastic surgeons, who often have an innate skill in their hands, we dermatologists must continuously conceptualise and analyse before taking action. As my work is deeply influenced by what I read, observe, and contemplate, and I apply these insights directly to my practice. This approach led me to master dermatopathology, a field where you must carefully observe, think critically, and analyse thoroughly. This analytical skill is something I use every day in my work.

Learning from the Young: I believe in learning from younger colleagues and fellows. Teaching is a two-way street, and I actively seek knowledge from others, especially in areas where I may not be as experienced.

Adaptation to Technology: Embracing technology is crucial for doctors. I started learning about computers and software early on and have always prioritised staying updated with technological advancements. The future of medicine is heavily tied to technology, including AI. Doctors must keep pace with these changes to remain relevant and effective in their practice.

14. Where do you see the field of hair transplantation heading in the next 10-20 years?

There are two ways of looking at it. Will there be a cure for baldness and so will hair transplantation become redundant?

The idea that hair transplantation might become obsolete due to advances like stem cell therapy, 3D printing or cloning has been around for a long time, but it's still uncertain when or if that will happen.

Accessibility of the Practice: Hair transplantation is no longer exclusive; many are attempting it as the procedure becomes simpler, including those without formal medical training.

The spread of this practice to non-medical professionals is partly due to doctors themselves who have taught these skills, often for convenience.The Association of Hair Restoration Surgeons (AHRS) has clear guidelines on what tasks should be performed by assistants, emphasizing that they should not perform procedures that involve breaking the skin.

Dermatologists should be encouraged to personally perform as much of the procedure as possible, rather than delegating critical tasks, to maintain the integrity of the practice.

Dr. Pooja K H, MD,FRGUHS(Aesthetic Dermatology)
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Dermatosurgery in India: In conversation with Dr Yogesh Bhingradia

Dr.Yogesh Bhingradia,
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Q1 Experience Over the Years with Dermatosurgery

Dermatosurgery offers superior aesthetic results compared to other modalities such as lasers. While laser treatments require significant investment with a questionable return on investment, dermatosurgery is cost-effective and typically involves a single session, making it more straightforward and appealing to patients. Over the years, I have found that practical experience often differs from theoretical knowledge gained through books, conferences, or workshops. Each case is unique, and real-world application requires adaptability and continuous learning.

Q2: How Does Practice Lead to Perfection?

Achieving perfection in dermatosurgery requires experience and learning from complications. Tackling one complicated case can be as educational as performing ten successful ones. Don't fear complications; instead, use them as learning opportunities. If you are expected to encounter 20 complications over three years, aim to face them within a year to accelerate your learning curve and quickly implement improvements.

Q3: Mistakes in Early Career

In my early career, I made several mistakes. For instance, during an electrocautery procedure on a supraclavicular lipoma, a patient experienced vasovagal syncope. I had not established an intravenous line or prepared emergency drugs, leading to an incomplete surgery. This taught me the importance of pre-surgical fitness assessments and necessary radiological evaluations. Another mistake was performing blepharoplasty with a dermal mole near the lower eyelid in a single session instead of opting for serial excision, which would have been more appropriate as this single decision led to ectropion in a patient which lasted for months.

Q4: Overcoming Fear in Dermatosurgery

To overcome fear in dermatosurgery, it is essential to build a strong foundation of knowledge and continually enhance your skills. Here are some steps to achieve this:

1.**In-depth Understanding:** Ensure you have a comprehensive understanding of the theoretical aspects of dermatosurgery. This includes knowing the anatomy, physiology, and pathology relevant to the procedures you perform. Regularly review and update your knowledge through textbooks, medical journals, and online resources.
2. **Continuous Learning:** Stay updated with the latest advancements in dermatosurgery. Attend

conferences, workshops, and seminars to learn about new techniques and technologies. Engage in online courses and webinars to broaden your expertise.

3. **Observational Learning:** Spend time observing experienced dermatosurgeons in action. This will help you gain practical insights and understand the nuances of various procedures. Pay attention to their techniques, decision-making processes, and how they handle complications.

4. **Hands-on Practice:** Practical experience is crucial in overcoming fear. Start with simpler procedures and gradually progress to more complex ones as your confidence grows. Practice on simulation models or cadaveric specimens if available, to refine your skills.

5. **Mentorship and Guidance:** Seek mentorship from seasoned dermatosurgeons. Their guidance can provide valuable insights, help you navigate challenging cases, and boost your confidence. Don't hesitate to ask questions and discuss your concerns with them.

6. **Reflective Practice:** After each procedure, reflect on your performance. Identify areas where you did well and areas where you can improve. Keep a journal of your experiences and learn from both your successes and mistakes.

7. **Peer Collaboration:** Engage with your peers and colleagues. Discussing cases, sharing experiences, and seeking advice from your peers can provide new perspectives and solutions to challenges you may face.

8. **Patient Communication:** Build strong communication skills. Explaining procedures and potential risks clearly to your patients can help manage their expectations and reduce their anxiety, which in turn can help you feel more confident.

9. **Stress Management:** Develop strategies to manage stress and anxiety. Techniques such as deep breathing, meditation, and mindfulness can help you stay calm and focused during procedures.

10. **Stay Motivated:** Set realistic goals for your professional development and celebrate your achievements, no matter how small. Staying motivated and positive is key to building confidence and overcoming fear in dermatosurgery.

By continuously expanding your knowledge, gaining practical experience, seeking mentorship, and reflecting on your practice, you can overcome fear and become a confident and skilled dermatosurgeon.

Q5: Handling Patient Mistakes

When mistakes occur in dermatosurgery, maintaining presence of mind and calmness is crucial. First, assess the situation calmly to understand the issue. For example, not all bleeding requires aggressive measures like cauterization or ligation; sometimes, a pressure dressing can suffice. Prioritize immediate, non-invasive actions such as applying direct pressure to control bleeding.

Communicate transparently with the patient, providing reassurance to keep them calm. Implement corrective measures based on the severity of the complication, opting for minor adjustments before more invasive interventions. Reflect on the incident post-procedure to identify causes and learn for the future. Document the incident thoroughly and seek advice from colleagues if needed. Regularly participate in training and workshops to enhance your skills. By staying calm, systematically addressing the issue, and learning from each experience, you can manage complications effectively and ensure the best outcomes for your patients.

Q6: Latest Advancements in Dermatosurgery

Staying up-to-date and maintaining a sharp presence of mind are crucial in dermatosurgery. Continuous education through conferences, workshops, and online courses ensures you're aware of the latest advancements and techniques. Regularly reading medical journals and publications keeps you informed about new research and developments. Engaging with professional networks and online forums allows you to discuss emerging trends and share knowledge with peers. Observational learning by watching experienced surgeons and participating in hands-on training sessions enhances your practical skills. Reflecting on your experiences and learning from each case helps you adapt and improve your techniques. Keeping detailed records of your procedures and outcomes allows you to track progress and identify areas for improvement. Staying informed and mentally sharp ensures you can provide the best care to your patients, adapt to new challenges, and maintain a high standard of practice in dermatosurgery.

Q 7: Work-Life Balance

Maintaining a work-life balance is crucial for overall well-being and professional success. Overcommitting to work at the expense of personal life can lead to burnout, decreased productivity, and compromised mental health. Conversely, neglecting work responsibilities can impact career growth and professional development. Achieving balance involves setting boundaries, managing time effectively, and prioritizing both professional and personal needs.

For instance, allocating time for family, hobbies(mine is cycling, gardening) and self-care helps rejuvenate and maintain motivation, which in turn enhances work performance. Regular breaks, vacations, and time for relaxation prevent stress accumulation and improve focus and efficiency when at work. Similarly, staying engaged in your profession through continued education and skill development contributes to career satisfaction and growth.

Balancing these aspects ensures a healthier lifestyle, fosters positive relationships, and sustains long-term success. Striking the right equilibrium prevents the detrimental effects of excess in any area, promoting a more fulfilling and sustainable career and personal life.

Q8: Mentorship and Guidance

Mentorship is vital for career success, providing guidance that extends beyond technical skills to include ethical and professional development. A mentor offers valuable insights and feedback, helping you navigate challenges and make informed decisions. However, mentorship thrives on openness and transparency. A mentor should never Keep critical issues or difficulties confidential, which can hinder the effectiveness of the guidance one receives. Being open about the experiences and challenges is what grooms the next generation .
In any career, mentors are instrumental in shaping a student's approach, both surgically and ethically. They provided not only technical training but also counsel on professional conduct and decision-making. The best mentors offer unbiased opinions and constructive feedback, fostering both personal and professional growth. This holistic guidance helps in developing a well-rounded practice and achieving long-term career success. Embracing mentorship with transparency enhances learning and supports career advancement.

Q 9: Role of Research in Practice

Research is integral to my practice, driving continuous improvement and innovation. Ordinary work, while foundational, is not sufficient to stay ahead in the ever-evolving field of dermatology. To make significant advancements, it is essential to think outside the box and approach problems with a logical, creative mindset. This means questioning traditional methods, exploring new ideas, and being willing to experiment with novel techniques and treatments.

Innovation in dermatology stems from extraordinary thinking combined with the courage to implement these new ideas. It involves conducting thorough research, analyzing data, and applying findings to clinical practice. This process not only enhances patient care but also contributes to the broader medical community by providing new insights and solutions.

Furthermore, sharing these innovations through publications, presentations, and collaborations helps to elevate the entire field. By embracing research and innovation, we can push the boundaries of what's possible in dermatology, ultimately leading to better outcomes for our patients.

Dr.Nandita Patel,
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PUNCH GRAFTING IN VITILIGO SURGERIES

Surgical techniques in vitiligo can be divided into techniques involving tissue grafts, cellular grafts and non grafting surgical techniques. One of the methods classified under tissue grafts is the mini punch graft technique. It is the simplest and least expensive of all the grafting techniques for vitiligo.

Instruments needed

- Punch biopsy instruments (1.2 - 1.5 mm sizes)
- Graft holding forceps
- Small curved tip scissors
- Local anaesthetic

Procedure: After local anaesthesia, the depigmented recipient site is first prepared using a punch biopsy instrument to create chambers that are placed approximately 5 mm apart. Then the grafts are harvested from the normally pigmented donor site with the same sized punch biopsy instrument and placed into the chambers with graft holding forceps. They are then pressed with gauze until haemostasis is achieved. Care has to be taken so that the grafts are not crushed or placed upside down. Finally, both the donor and recipient sites are secured with dressings, which are removed after 4 to 7 days.

Post procedure: The last stage of treatment includes phototherapy, which has a beneficial effect on the repigmentation process.

Follow up: Perigraft repigmentation is expected to start 3 to 4 weeks after the procedure and be completed by 3 to 6 months depending on the area of graft. The donor site can heal with minimal superficial scarring.

Advantages

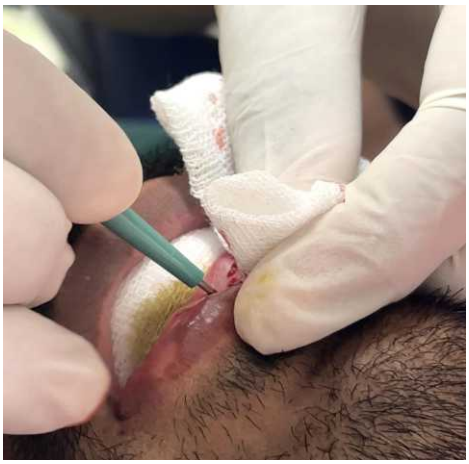
- It is easy to learn
- It needs minimal additional equipment
- It can be done on any site except angle of the mouth
- It is particularly suitable for areola and palms

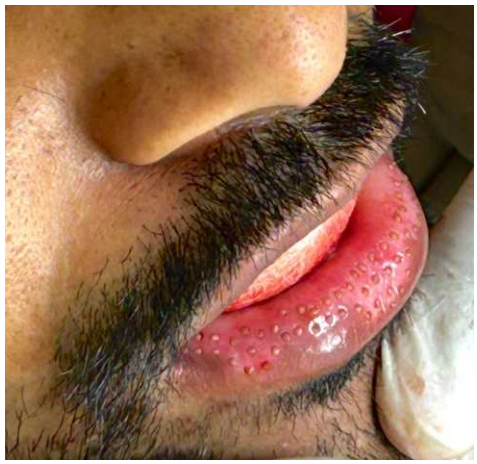
Disadvantages

- Complications are common
- Phototherapy is needed after the procedure
- Perfect colour matching does not occur

Complications

Recipient site	Donor site
Cobblestone	Hypertrophic scar
Depigmentation of graft	Koebner's phenomenon leading to fresh vitiligo patch
Graft rejection	
Colour mismatch	
Static graft	





Pic A: The depigmented recipient site is first prepared using a punch biopsy
Pic B: Grafts are harvested from the normally pigmented donor site
Pic C: Harvested grafts placed in the recipient site

Dr.Farhat Fatima
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ACSI OBSERVERSHIP IN DERMATOSURGERY EXPERIENCE

Participating in the ACSI observership course in Dermatosurgery under Dr. Yogesh Bhingradia was truly one of the best experiences of my career. It was profoundly enriching in every aspect. Dr. Yogesh has an outstanding level of professionalism and dedication to his students and patients too. The clinic is well-equipped with the latest technology and adheres to the highest standards of patient care.
Dr. Yogesh is not only a master of his craft but also an exceptional teacher. He is patient, approachable, and deeply committed to sharing his knowledge. His ability to explain complex procedures in a simple and understandable manner is truly commendable.Throughout the course, I had the opportunity to observe a wide range of
dermatosurgical procedures, including excisions, cyst removals, vitiligo surgeries,
complex scar surgeries and various cosmetic and laser treatments.

Dr.Yogesh meticulously explained each step, from pre-operative assessment to post-operative care, providing invaluable insights into both the technical and patient
management aspects of dermatosurgery. What stood out most was Dr. Yogesh sir's emphasis on ethical practice and patient safety. His meticulous attention to detail and adherence to best practices were evident in every procedure. I also appreciated his openness to questions and his willingness to share his vast experience and expertise.

The observership was not just about watching and learning; it was an interactive experience. Dr. Yogesh encouraged active participation, discussions, and case presentations, which significantly enhanced my understanding and confidence in performing dermatosurgical procedures.
In addition to the clinical knowledge, I gained a deeper appreciation for the importance of patient communication and empathy. Dr. Yogesh sir's rapport with his patients is exemplary, and observing his interactions were a lesson in itself. Moreover, Dr. Yogesh went beyond dermatosurgery, imparting essential clinic management skills, guidance on setting up operating theatre, recommendations on equipment procurement, and insights into modern marketing strategies.

It was a holistic learning experience that prepared me comprehensively for my professional journey. Overall, this observership course has been an invaluable experience in my professional journey. I am grateful to Dr.Yogesh for his mentorship and for providing such a comprehensive and insightful learning experience. I highly recommend this course to anyone interested in advancing their skills and knowledge in Dermatosurgery.

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Consultant Dermatologist, The hair & skin clinic,Pune

ACSI- GURUKUL EXPERIENCE

Experience 1:

Attending ACSI Gurukul was an exceptional and transformative experience, one that has left an indelible mark on my journey as a dermatologist. Immersed in an environment led by some of the most esteemed figures in the field, I found myself at the forefront of learning, not just absorbing the latest trends and surgical techniques, but also gaining a deeper understanding of the foundational skills that are essential in Dermatosurgery.

What set this experience apart was the unique Gurukul setting, which offered a one-on-one mentorship that fostered a rich exchange of knowledge and ideas. The intimate and personalized nature of this learning environment allowed us to engage with our mentors in ways that transcended traditional classroom settings. We were encouraged to shed our inhibitions, ask questions freely, and delve into the intricacies of dermatological practices with guidance from experts who were not just teachers but also pioneers in the field.

This interactive approach was not only enlightening but also profoundly empowering. It provided me with the clarity and confidence needed to refine and enhance my clinical, surgical, and aesthetic dermatology practices. The mentorship I received was more than just instructional; it was transformative, expanding my capabilities and equipping me with the tools to integrate innovative surgical modalities into my daily practice seamlessly.

The experience was deeply fulfilling, enriching my professional skills and reshaping my perspective on dermatology. It taught me that Dermatosurgery is not just a profession to be mastered; it is an art to be lived, appreciated, and continuously evolved. The knowledge and insights gained during this time have left me with a renewed passion and a strong foundation to build upon, as I continue to advance in my career, committed to providing the highest level of care and expertise in the field of dermatology.

Dr Bindiya Mukhi Kataria
MD, DVL,DNB
Founder of Dermalicious By Bindiya Skin Clinic at Mulund (west) Mumbai

Experience 2:

My Honest Feedback for ACSI GURUKUL Workshop on Hair Transplant & Procedural Dermatology I am writing to express my sincere appreciation for the one-day workshop on Hair Transplantation and Procedural Dermatology that I recently had the privilege of attending. The workshop was exceptionally well-organised and provided a comprehensive and insightful overview of the latest advancements and techniques in this specialised field. The content of the workshop was both informative and relevant, offering a perfect blend of theoretical knowledge and practical application.

The instructors were not only highly knowledgeable but also demonstrated a deep commitment to educating participants. Their ability to explain complex concepts in an understandable manner was particularly commendable, and it significantly enhanced my understanding of the subject matter. I was particularly impressed by the live session, which allowed us to apply what we had learned in a controlled and supervised environment. This practical experience was invaluable, as it bridged the gap between theory and practice, giving me the confidence to incorporate these techniques into my professional practice. Additionally, the workshop provided an excellent platform for networking with other professionals in the field. The discussions and exchanges of ideas with fellow attendees have broadened my perspective and have encouraged me to continue exploring and advancing in the field of dermatology.

In conclusion, the workshop exceeded my expectations in every aspect. It was a rewarding experience that has not only enhanced my skills but also inspired me to further pursue excellence in dermatology. I would highly recommend this workshop to any professional looking to deepen their knowledge and expertise in hair transplantation and procedural dermatology. Thank you once again for organising such an outstanding educational event. I look forward to participating in future workshops and learning opportunities offered by your esteemed organisation.

Dr.Shivam Goyal,
MD,DVL,
Consultant Dermatologist,
Shivam skin and hair clinic,Jaipur

DERMATOSURGERY PEARLS

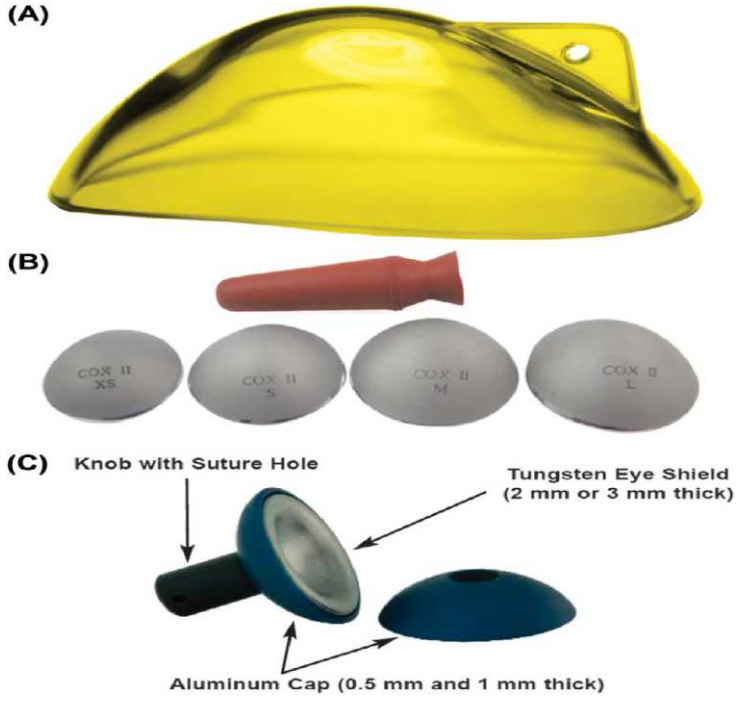
Utility of corneal eye shield for periorbital dermatosurgical and laser procedures : a potential tool with unmet needs.

Introduction:

Several dermatosurgical procedures as well as laser based devices for lesions around the eyes pose a potential risk of ocular injury. Moreover, the use of eye safety measures, especially corneal eye shield placement is still not reinforced. A corneal shield is a form of eye protection, which is shaped in the form of a contact lens and fits directly onto the surface of the cornea.

Types of corneal eye shield:

It is made up of either plastic (Figure A) or stainless steel (Figure B) material. The stainless steel eye shield is preferable for both laser and dermatosurgical procedures, but it is not suited during electrosurgical procedures around the eyelids. On the other hand, eye shields with plastic cups should not be used for laser procedures as they tend to melt upon exposure to laser energy. Tungsten eye shield (Figure C) is designed for use during radiotherapy around eyelids.



Innovative uses of corneal eye shield:

1. Use of corneal shield in blepharoplasty to prevent the risk of inadvertent corneal damage.
2. To prevent full thickness penetration of the eyelid during cosmetic tattooing procedures of eyebrows and eyelids and also to avoid accidental tattooing of the conjunctiva and cornea.
3. Eye shields help prevent corneal and scleral abrasions, severing of extraocular muscles, as well as corneal and globe perforation during Mohs micrographic surgery of the eyelids.
4. For mechanical stability while performing mini punch grafting for vitiligo around the eyelids.
5. To mask the extra radiation to cornea and retina while giving radiotherapy to the eyelid for tumours like sebaceous carcinomas etc.

Procedure:

The commercially available corneal shields come in a variety of sizes, ranging from extra-small to large. Many also come with a handle or a suction cup for ease of application and removal. Topical anaesthetic eye drops are first put in each eye. Next, a lubricant solution like normal saline is applied to the inner surface of the corneal shield to help ensure a smooth insertion. The lower lid is then held while the corneal shield is placed in the lower fornix. A slight rotation of the shield can then be performed to slide it underneath the upper eyelid at either canthi. Removal of the corneal eye shield occurs in a reverse fashion to that described above. The shield is tilted upward to free the inferior aspect from underneath the lower lid before complete removal. The use of chlorhexidine solution on the shields for cleaning should be strictly avoided due to its cytotoxic effects and risk of corneal injury.

Risks:

Although considered generally safe, few side effects like corneal abrasions, bacterial conjunctivitis and subconjunctival haemorrhage can occur while inserting the shield.

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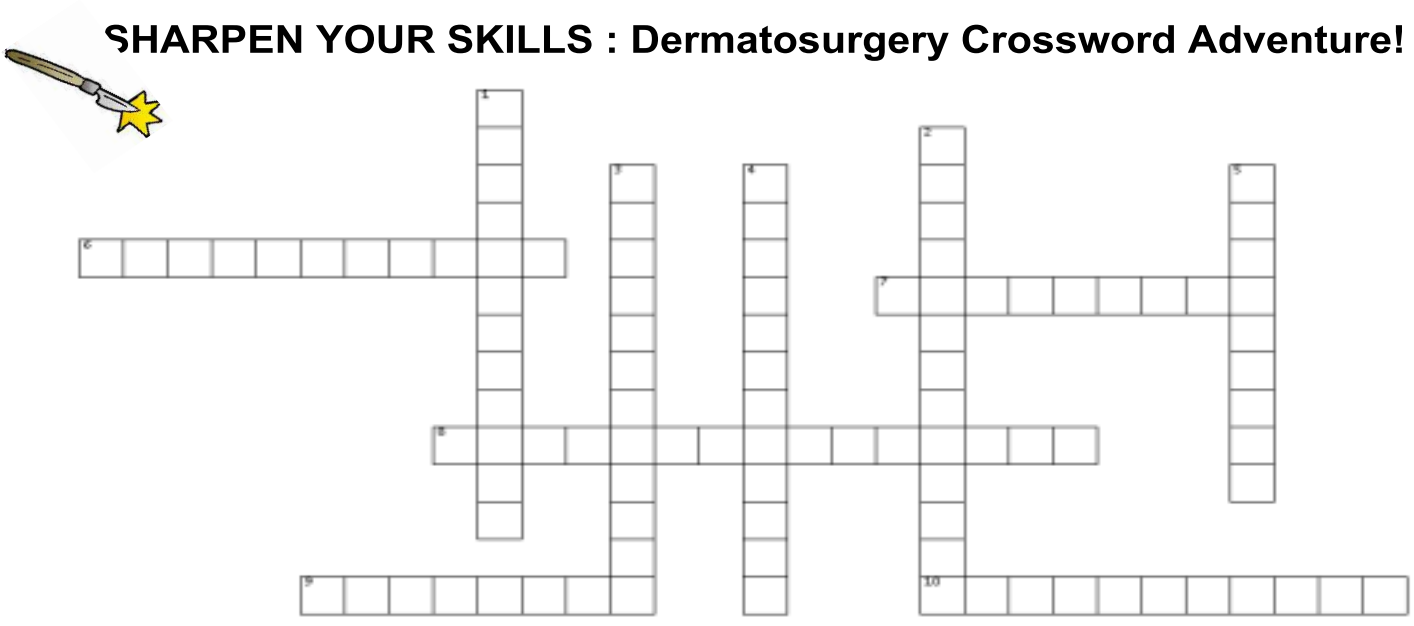
MD, DNB Dermatology,
Deenanath Mangeshkar Hospital and Research Centre, Pune

SHARPEN YOUR SKILLS : Dermatosurgery Crossword Adventure!



ACROSS

6. Recent generation of tetracyclines
7. Has melanopenic action when applied topically
8. Used in tattoo removal
9. Lipid bilayer vesicle used in dermatology
10. Subcision needle used in Acne scar

DOWN

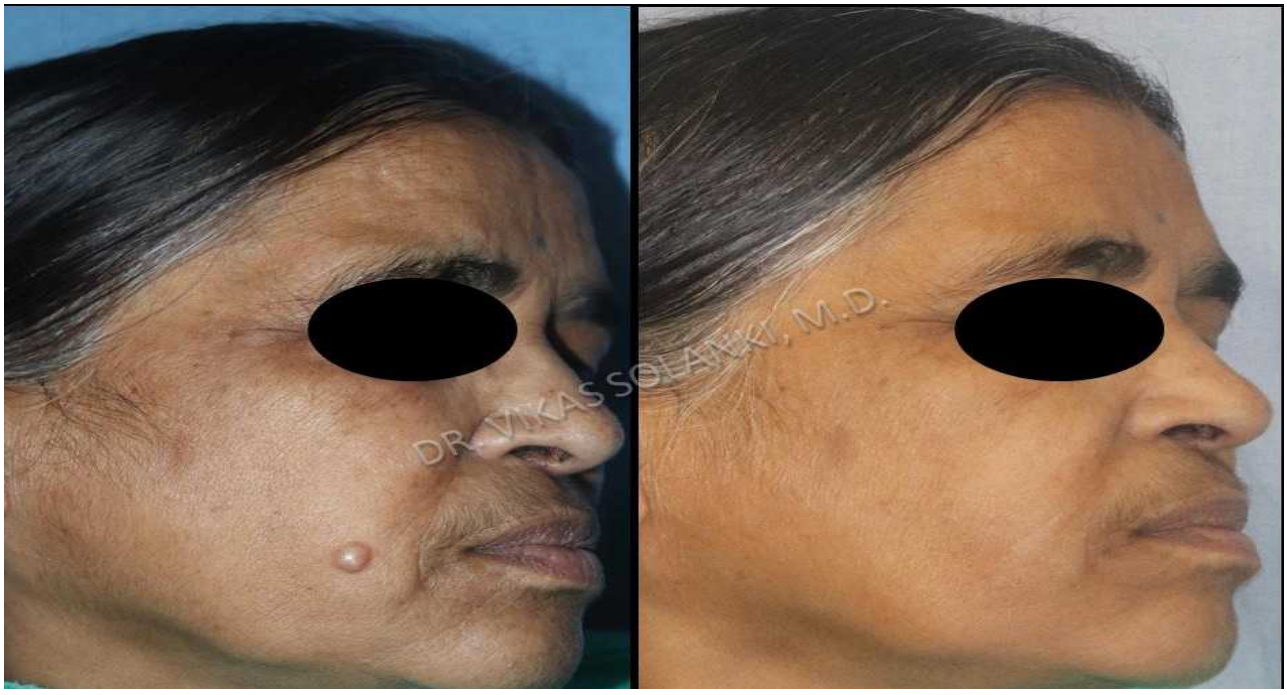
1. Used in hair transplantation
2. Tissue sparing excision procedure for exophytic lesion
3. Abrupt transition from deeper to less pigmented areas
4. Common complication in brow lift
5. A technique of Filler injection

Dr V Swathi Pitchiammal
Assistant professor, Velammal medical college

Indication: Earlobe keloid

Technique: Fillet Flap Surgery

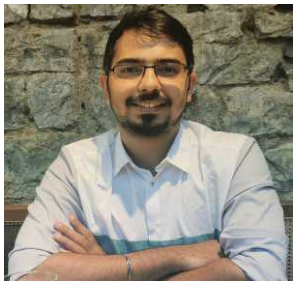
Anterior flap was generated from the keloidal skin, followed by debulking of the keloidal tissue and replacement of the flap and securing it with the running continuous sutures.



Indication: Solitary Trichoepithelioma

Technique: Excision

An elliptical excision was taken followed by removal of the lesion and the defect was closed with 5-0 non-absorbable sutures in vertical mattress manner.



Dr.Vikas Solanki
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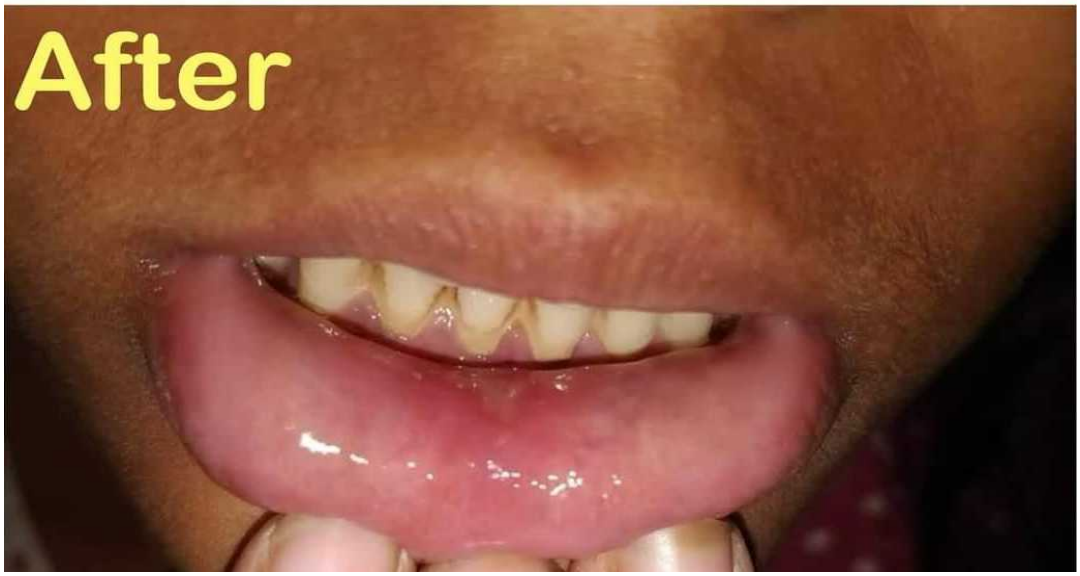
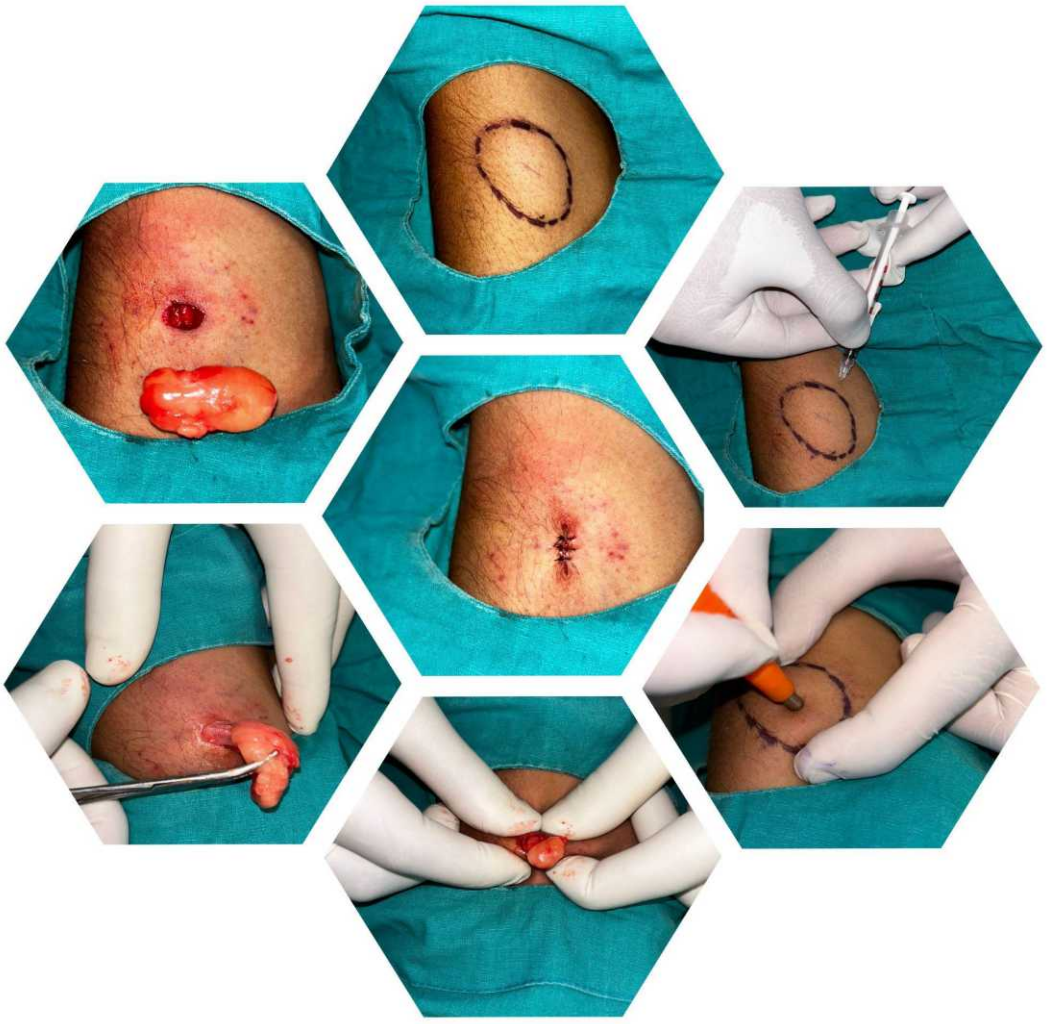


Picture Description:

Sclerotherapy with sodium tetradecyl sulphate (60mg/2ml) in a case of venous lake leading to nicolau syndrome

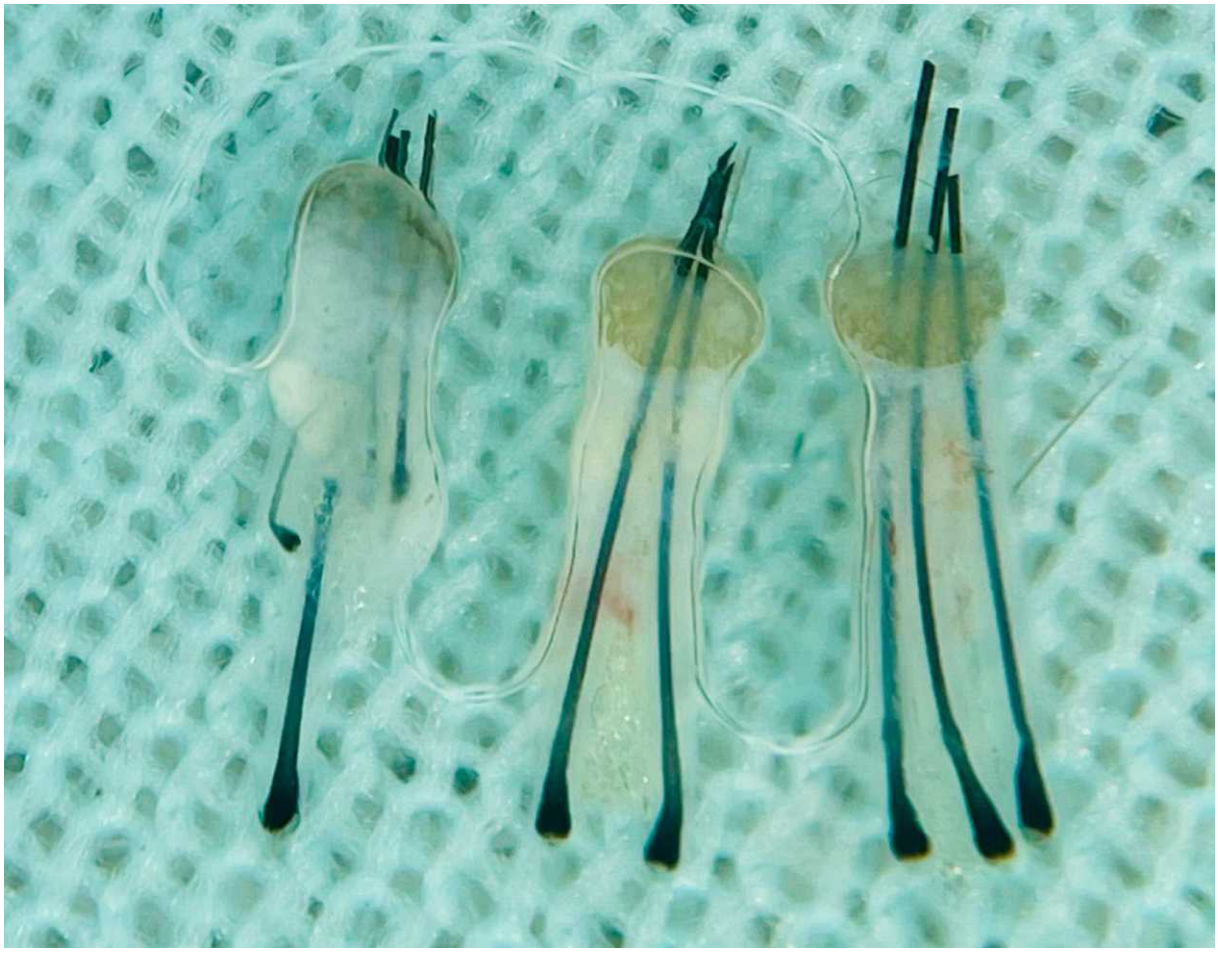
Dr. Shatanik Bhattacharya,
PGT Dermatology MEDICAL COLLEGE, KOLKATA



Sequential Pictures of Punch hole excision of Lipoma

Dr Monika Chouhan
MD DVL,
Aiims,Bhopal (SR)

DERMATOSURGERY THROUGH THE LENS



Picture description:

- Follicular grafts, representing the whole essence of hair transplant and vitiligo surgery.
- Above photo is showing single, double and triple follicular grafts along with sebaceous glands.
- Grafts were extracted by serrated punch 0.8mm using a motorised probe.
- One can see detailed folliculo-sebaceous gland structure, along with fat , stem bulge area and dermal papilla.

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MD DVL
Skin n Smile Klinic, Paldi, Ahmedabad

WHAT THE MEME!

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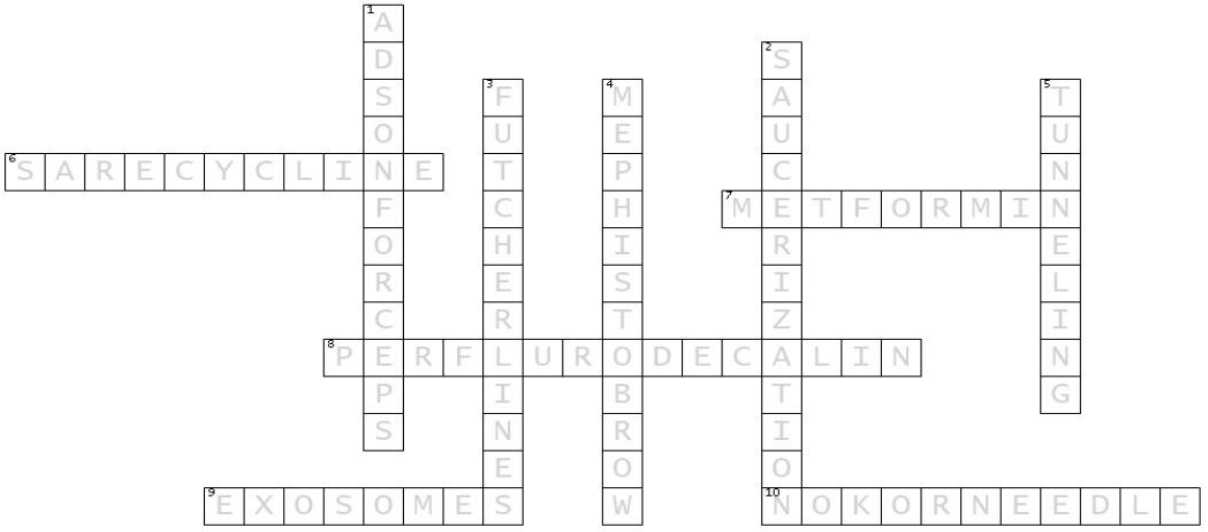
Dermatologist,AK Clinics
Indira Nagar, Bangalore, Karnataka

ANSWER KEY TO CROSSWORD

Dermatosurgery



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5. a technique of filler injection

YOUNG BRIGADE ACS (I)

Dr. Nishant Jain

Dr. Pooja Kanumuru

Dr. Nandita Patel

Dr. Madhuri Belman

Dr. Indu Kumari

Dr. Sumit Jagyasi

Dr. Samkit Shah

Dr. Shivani Saini

Dr. Abhishek Deshmukh