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Jack A. Friedland, M.D.
Review Editor

Minimally Invasive Techniques of Oculo-Facial Rejuvenation

Edited by Stephen Bosniak, M.D., and Marian Cantisano-Zikha, M.D. Pp. 183. Thieme Medical Publishers, New York, N.Y., 2005. Price: \$139.95.

In reviewing this book, I noted that the title was inclusive of the whole area of facial rejuvenation, with an emphasis on the eyelids and the orbital area. This small volume discusses intense pulsed light for full-face rejuvenation, Thermage and mixed laser-radiofrequency technology, superficial and deep chemical peels, and botulinum toxin type A for the facial area, as well as fillers such as fat grafts, Restylane, and collagen. There is a section on neck rejuvenation, including the use of peels and Thermage, and excellent chapters on blepharoplasty and endoscopic forehead lifting. The authors have included discussions of subperiosteal cheek lifting and midface restoration, with an emphasis on correction of atrophy of the orbital rim nasojugal groove area.

In addition to sections on the face and periorbital area, there are sections on perioral rejuvenation, with discussions of dental and

bony architecture, and cosmetic dentistry, both of which are very important in rejuvenation of the aging and younger face. The authors also discuss combinations of perioral rejuvenation procedures that can be done concomitantly, including botulinum toxin type A injections, Restylane injections, and correction of perioral rhytides with lasers or peels.

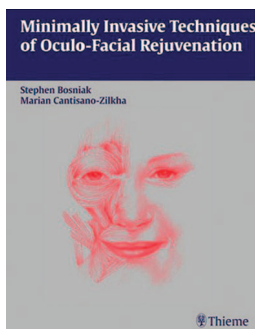
Finally, there is a section on light therapy for superficial skin cancers. This section includes excellent information on other photodynamic therapies with aminolevulinic acid treatment. Since many older patients who present for facial rejuvenation also have actinic changes and superficial skin cancers, this treatment modality is pertinent to this group. A section on Chinese medicine demonstrates how acupuncture improves the changes that occur as a result of aging, by relaxing the perioral muscles and toning the skin. The detailed technique and the theory behind acupuncture are well outlined. Finally, the chapter on “rejuvenating the skin from inside out” emphasizes just how important it is to counsel patients on antiaging lifestyle changes. The authors discuss nutrition, supplements, water, and exercise. This chapter is a good finish for this book and makes it more complete.

The book is well illustrated with 226 beautifully made color plates as well as many graphs, diagrams, and black-and-white photographs. The images are well spaced and well coordinated with the text, making it very easy to refer to the photographs and diagrams. The bibliography is also quite complete, and each chapter is individually referenced.

The question is, who is this book written for? I think that this is a good review for practitioners who may be utilizing some of these treatment modalities for their patients but are not using some of the others yet. It is a good review and a good earning stimulus for these physicians. For younger surgeons, either in training or just starting a practice, it is an excellent review of all the available modalities. Because it is well written and concise, it is easy to get through it pretty quickly and know most of what is going on in facial rejuvenation today.

I commend the authors on an excellent and useful text, and I believe that many practitioners will find this to be a good contribution to their library. I would particularly suggest it for physicians in training and early practice.

James Carraway, M.D.



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Michigan Manual of Plastic Surgery

By David L. Brown, M.D., and Gregory H. Borschel, M.D.
Pp. 420. Lippincott, Williams & Wilkins, Philadelphia, Pa.,
2004. Price: \$46.95.

Plastic surgery is a huge field with an incredible number of topics, both reconstructive and cosmetic. Commensurate with the growth of the field, the textbooks on plastic surgery have also grown, as witnessed by recent releases of multivolume comprehensive sets encompassing the entirety of plastic surgery. For the student, resident, or fellow, however, this amount of information can be overwhelming and even intimidating. There is a need for a “quick and dirty” reference manual that covers many of the same topics but delivers this information succinctly and with high impact. The *Michigan Manual of Plastic Surgery* positions itself to fill that niche.

This 420-page softcover book is subdivided into 10 sections: “Fundamental Principles and Techniques,” “Skin and Soft-Tissue Lesions,” “Head and Neck,” “Facial Reconstruction,” “Craniofacial,” “Aesthetic Surgery,” “Breast,” “Hand and Upper Extremity,” “Trunk, Lower Extremity, and Genitalia,” and “Burns.” It is fairly even divided among the subsections, though “Hand and Upper Extremity” does get more airtime than the other sections. It is authored by current and previous residents and fellows at The University of Michigan Medical Center, including representatives from the fields of plastic surgery, orthopedic surgery, urology, neurosurgery, dermatology, otolaryngology, oral and maxillofacial surgery, and general surgery.

Overall, the book is well-written in outline format. It is done entirely in black and white. There are few illustrations, which are a combination of simplistic diagrams, artistic renderings, and basic reproduc-

tions from other texts; they are used mainly to describe anatomy and basic techniques. The style is clear and understandable. “Pearls” are given at the end of several chapters to highlight information that the authors feel was not represented within the text of the chapter yet may be useful to the reader. These pearls are not present at the end of every chapter, though they easily could be.

This book succeeds in its goal of introducing the reader to the basic principles and fundamentals of plastic surgery. Its outline format of high-impact information is easy to read, understand, and digest, and serves its purpose as a quick reference guide on a variety of topics. It will undoubtedly be popular with medical students, residents, fellows, and graduates of plastic surgery residencies who are preparing for their in-service examinations or their oral and written boards. Its size and portability make it easy to carry in a coat pocket, so it can be used on the way to the operating room, emergency room, or conference.

If you are looking for a comprehensive text on plastic surgery, this is not the book for you, nor was it designed to be. Some topics are covered more thoroughly than others, which leads to a fair amount of variability within the book. The Breast subsection, in particular, is fairly sparse, as are many of the chapters on Aesthetic Surgery. In addition, there are many times when the authors deliver information or describe techniques that may be particular to the institutions at which they trained, which can lend a small bias to some topics. There are times when an additional illustration would have demonstrated the point much more clearly, as well.

Nonetheless, this book is not an attempt to be the definitive plastic surgery tome. Instead, it attempts to serve as a basic portable reference manual of high-impact information for the plastic surgeon-in-training. In this respect, it definitely hits the mark.

Jeffrey E. Janis, M.D.

