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## Photography in facial aesthetics

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A picture speaks a thousand words. This is especially true in the field of medicine where the lines between the abstract and science are often blurred. In the current atmosphere in medical practice, the importance of medical photography goes well beyond record keeping into medico-legal aspects of patient care. The importance of a good clinical image can hardly be over-emphasized. Photographs add life and reality in every aspect of medicine. Be it a presentation, publication, or documentation or patient education, the task is incomplete without relevant photographic support. Moreover it is a basic propensity and instinct of every clinician to make the best of the picture of the respective clinical condition. Unfortunately due to lack of professional training in photography, most of the clinicians struggle to achieve acceptable standards in medical photography. At best, a prudent practitioner hires a professional photographer's skills to do his job. However most of the clinicians are dependent on a compact / point & shoot camera to make their pictures. The clinician neither understands nor appreciates the limitations of these convenience cameras. Unfortunately, the revered SLR is a precision instrument that requires some degree of training. Taking a clinical photograph is not the same as taking a snapshot. A good clinical photograph should provide a maximum amount of pertinent medical information and a minimum of distraction. The objective of this lecture is to highlight the importance of photography in Facial Aesthetics stressing the importance of basics that one needs to follow to make good images.

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## Give your patients the smooth belly button they desire

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When liposuction is used for body contouring most of the time, the final cosmetic results are excellent. However, a problem associated with abdominal liposuction is the poor skin retraction just above the umbilicus. The result is loose skin around the umbilicus which is an aesthetic challenge for this area. This happens despite the fact that after liposuction, patients are wearing a compressive garment with the express purpose of helping with the skin retraction. To overcome this problem and to achieve a smooth belly button, we propose the use of a new device (patent pending) Post Liposuction Umbilical Support (P.L.U.S.). The P.L.U.S. device applied over the umbilical area after surgery and during the convalescence will create equal radial pressure over the skin in peri-umbilical area, facilitating uniform skin retraction, better cosmetic surgery results and satisfied patients and physicians.

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