



Contributor Guidelines

AACS Digital Library

Thank you for your interest in contributing to the education of cosmetic surgeons and the advancement of excellence in the field by submitting a video lecture for the Surgical Video Collection of the AACS Digital Library. This opportunity allows you not only to showcase your exceptional skills but also to add to a treasure trove of knowledge in the field of cosmetic surgery and aesthetic medicine.

The Power of Visual Learning

We firmly believe that one of the most effective ways to learn and master new skills is by observing experts in action. The AACS recognizes the power of visual learning, and we have been diligently working on creating a comprehensive Surgical Video Collection within our Digital Learning Library.

These videos offer an in-depth view of various surgical techniques, narrated by experienced practitioners, and provide invaluable insights to our members and Training Fellows. This collection represents a wealth of knowledge and is a testament to the dedication of our community to the advancement of cosmetic surgery. The heart of our community lies in the depth and breadth of knowledge and experiences our members and fellows possess. Whether you are a seasoned practitioner with years of experience or a recent graduate eager to showcase your innovative techniques, we encourage you to be a part of this dynamic project.

Core Surgical Topics

Initially, we are seeking "How I Do It" videos on each of the following core surgical topics:

- Blepharoplasty - Oculoplastic Consultants
- Breast Augmentation
- Facelift
- Liposuction
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- Hair Transplantation
- Otoplasty
- Rhinoplasty
- Tummy Tuck

This core collection will include three videos per topic to demonstrate various surgeons' approaches to a procedure. Videos should be at least 30 minutes in length.

Template

If you are starting from scratch, we encourage you to follow this template:

1. Start with before and after photos.
2. Provide any special pre-op instructions.
3. Mark the patient.
4. Show your steps in surgery.
5. Explain post-op care.
6. Discuss final results and aftercare.
7. End with pearls, reminders and bullet points.

Note: If you have an existing video that you would like to submit that doesn't follow this exact template, you are welcome to do so.

Steps to Record Your Talk:

1. **Prepare your PowerPoint** using this template for the opening slides: https://www.cosmeticsurgery.org/resource/resmgr/digital_library/aacs-video-intro-slides.pptx . (A dialogue box will open, directing you to save the file to your computer.)
2. **Record your lecture.** It is best if you can record the lecture in a format that combines your presentation slides/videos and a recording of you presenting them.
 - a. You can record your video right in PowerPoint, using your microphone and webcam. Click here for instructions: <https://support.microsoft.com/en-us/office/record-a-slide-show-with-narration-and-slide-timings-0b9502c6-5f6c-40ae-b1e7-e47d8741161c>. Once you are done recording, export the video to MP4 format.
 - b. Loom also provides presentation-recording technology in a nicely formatted way and is free to use. To start, navigate to <https://www.loom.com> and click on "Get Loom for free." Follow the instructions to sign up, verify your e-mail and download the Desktop App.
3. **Video your surgery, in landscape orientation.** You are responsible for HIPPA compliance and obtaining any necessary permissions from your patient.
4. **Edit your video.** There are several free video editing tools available, such as the ones on these lists:
 - a. <https://www.cyberlink.com/blog/the-top-video-editors/1290/best-free-video-editors>
 - b. <https://www.videosoftdev.com/free-video-editing-software-no-watermark>.
5. **Submit your video** to Rita Kaufman, AACS Project Manager, rkaufman@cosmeticsurgery.org using WeTransfer, Dropbox, Google Drive or another app for large file transfers.
6. **Include with your video submission:**
 - a. A one- or two-sentence description.
 - b. Three learning objectives.

Specialized Topics

Beyond our core topics, we welcome videos that delve further into specialized aspects of cosmetic surgery, such as:

- Belt Lipectomy
- Bra Line Back Lift
- Brachioplasty
- Breast Reduction
- Brow Lift
- Dermolipectomy
- Fleur-de-lis Abdominoplasty
- Gluteal Augmentation (BBL vs Implants)
- Hair Loss Treatments
- Injectables (Neuromodulators, Fillers)
- Lipoabdominoplasty
- Liposuction
- Mastopexy
- Otoplasty
- Ptosis Repair
- Reverse Abdominoplasty
- Skin Tightening Modalities (Radio-frequency, J-plasma, Ultrasonic)
- Skin Treatment (Laser or Chemical Resurfacing, Skin care and products)
- Thigh Lift
- Thread Lifts
- Traditional Abdominoplasty

Thank you for your support and participation in this project! Your contributions will not only enrich the educational resources available to your peers but will also become a lasting legacy for future generations of cosmetic surgeons who will benefit from your insights and experience.