



VDÄPC

VEREINIGUNG DER DEUTSCHEN
ÄSTHETISCH-PLASTISCHEN CHIRURGEN



30TH ANNUAL MEETING OF THE VDAEPC

THE GERMAN AESTHETIC MEETING

March 13-14, 2026
GRAND HYATT BERLIN

UNITING AESTHETIC EXPERTISE



PROGRAM

WWW.VDAEPC-CONGRESS.DE

Endorsed by:



OVERVIEW

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Dear Colleagues and Friends,

The 30th edition of our annual meeting will take place from March 13-14, 2026 in Berlin.

As aesthetic plastic surgeons, we should be open-minded to new ideas and innovations, but also be scientifically critical.

Our meeting in Berlin is a perfect opportunity to keep you updated and to combine this with a fantastic social experience.

Uniting Aesthetic Expertise!

Your VDÄPC Board of Directors

■ INFORMATION FOR PRESENTERS

SPEAKING TIME

Please pay attention to the length of your presentation, and make sure you don't go over your allotted time. We thank you for your understanding that we need to make sure that all speakers have the same amount of time.

DISCUSSION

The discussion is an open forum for all attendees to speak and ask questions. Every participant will be requested to introduce themselves with their name and nationality.

IMAGE PROJECTION

IBM-compatible PCs with Windows PowerPoint as well as Keynote are available for 16:9 projection using LCD projectors. The use of own laptops is not planned and must be announced in advance to boeld communication if required. The presentation on an USB stick must be submitted and reviewed at the Speaker Ready Room at least 1 hour before the session starts.

SPEAKER READY ROOM

Room: Moneo

OVERVIEW

Friday, March 13, 2026

| | |
|---------------------|--|
| 8.30 am – 9.45 am | Session 1 Brow and Forehead Rejuvenation |
| 10.15 am – 11.15 am | Session 2 Hot Topics (AI,...) |
| 11.15 am – 12.15 pm | Session 3 Injectables, Toxins and EBDs |
| 1.30 pm – 3.00 pm | Session 4 Surgical Strategies for Implant Complications |
| 3.00 pm – 4.00 pm | Höhler-Lecture |
| 4.30 pm – 5.30 pm | Session 6 Gender Affirming Surgery in Non-Binary Patients |
| 5.30 pm – 6.15 pm | Session 7 Body Contouring |

Saturday, March 14, 2026

| | |
|---------------------|--|
| 8.30 am – 9.30 am | Session 8 Implant Free Breast Enhancement – Are only the fat addicts right? |
| 10.15 am – 11.15 am | Session 9 Body Contouring |
| 11.15 am – 12.20 pm | Session 10 Rhinoplasty |
| 11.15 am – 12.15 pm | Video Session with Timothy Marten |
| 12.30 pm – 1.30 pm | General Assembly VDAEPC |
| 1.30 pm – 3.00 pm | Session 11 What I do and no longer do in Facial Aesthetic Surgery |
| 3.00 pm – 3.55 pm | Session 12 Regeneration and Rejuvenation |
| 4.30 pm – 5.30 pm | Session 13 Breast Varia |

INTERNATIONAL FACULTY

| | |
|--|--|
| Gulshan Ahmadli, Hannover (Germany) | Tillmann Krüger, Hannover (Germany) |
| Sixtus Allert, Hameln (Germany) | Emre Kultas, Hamburg (Germany) |
| Jens Altmann, Lindau a. Bodensee (Germany) | Alexander Kutubidze, Tbilisi (Georgia) |
| Elena Armas, Madrid (Spain) | Barbara Machado, Rio de Janeiro (Brazil) |
| Philipp Bergmann, Hamburg (Germany) | Lieselotte Mahler, Berlin (Germany) |
| Jörg Blesse, Bielefeld (Germany) | Timothy Marten, San Francisco (USA) |
| Juliane Bodo, Berlin (Germany) | Vladimir Mitz, Paris (France) |
| Eckart Buttler, Munich (Germany) | Mariagrazia Moio, Napoli (Italy) |
| Mufid Burgic, Tuzla (Bosnia and Herzegovina) | Michaela Montanari, Bochum (Germany) |
| Jay Calvert, Beverly Hills (USA) | Melodi Motamedi, Hameln (Germany) |
| Falk Z. Dagtekin, Grünwald (Germany) | Foad Nahai, Atlanta (USA) |
| Holger Engel, Heidelberg (Germany) | Niklas Noack, Berlin (Germany) |
| Joachim von Finckenstein, Starnberg (Germany) | Nora Nugent, Tunbridge Wells (UK) |
| Juliane Finke, Berlin (Germany) | Tracy Pfeifer, New York (USA) |
| Thomas Fischer, Bern (Switzerland) | Lukas Prantl, Regensburg (Germany) |
| Wolfgang Funk, Munich (Germany) | Roman Rahimi, Darmstadt (Germany) |
| Ansis Čilis, Riga (Latvia) | Thomas Rapp, Graz (Austria) |
| Martin Gründl, Wernigerode (Germany) | Matthias Reichenberger, Heidelberg (Germany) |
| Sebastian Haack, Stuttgart (Germany) | Florian Sandweg, Rosenheim (Germany) |
| Detlev Hebebrand, Scheeßel (Germany) | Ruth Schaefer, Wiesbaden (Germany) |
| Dennis von Heimburg, Frankfurt a. M. (Germany) | Dietmar Scholz, Wiesbaden (Germany) |
| Max Heiland, Berlin (Germany) | Hendrik Schöll, Munich (Germany) |
| Marie Jaeger, Stockholm (Sweden) | Cemal Senyuva, Istanbul (Türkiye) |
| Cristina Jorge, Pentling (Germany) | Horia Siclovan, Arad (Romania) |
| Ramtin Kassir, New York (USA) | Felix Spiegel, Munich (Germany) |
| Sheila Kassir, New York (USA) | Stéphane Stahl, Saarbrücken (Germany) |
| Olaf Kauder, Berlin (Germany) | Simone Vogel, Potsdam (Germany) |
| Nitzan Kenig, Mallorca (Spain) | Melodie Wähmann, Wiesbaden (Germany) |
| Caroline Kim, Munich (Germany) | Matthias Wähmann, Mannheim (Germany) |
| | Brian J. Wong, California (USA) |

as of March 3, 2026

Friday, March 13, 2026

7.15 am
Registration

8.15 am
Welcome

8.30 am – 9.45 am
Session 1
Brow and Forehead Rejuvenation
Chairs: Christian J. Gabka (Germany), Charlotte Holm Mühlbauer (Germany)

8.30 am
Subperiosteal Sharp Lipofilling of the Zygomatic Bone in Extended Lower Blepharoplasty for Correction of the Negative Lower Eyelid Vector
Dennis von Heimburg (Germany)

8.40 am
Upper Eyelid Volumization: The Neglected Act in the Beautification of the Periorbital Area
Thomas Fischer (Switzerland)

8.50 am
Presto Brow Lift
Wolfgang Funk (Germany)

9.00 am
Transpalpebral Brow Reset (TBBR): An Extension of the Common Brow Pexy and an Alternative to Endoscopic Forehead Lift as Part of Upper Eyelid Blepharoplasty
Felix Spiegel (Germany)

Friday, March 13, 2026

9.10 am
Endoscopic Brow- and Midfacelift: Closing the Gap between Non-Invasive Treatments and Deep Plane Facelifts
Roman Rahimi (Germany)

9.20 am
My Personal Journey with Browlift Techniques on the way to my Favorite Technique
Florian Sandweg (Germany)

9.30 am
Eye Attractiveness and the ALPS Technique: A Simple Approach to Brow Lifting
Lukas Prantl (Germany)

9.45 am – 10.15 am
Coffee Break in the Exhibition Area

10.15 am – 11.25 am
Session 2
Hot Topics (AI,...)
Chairs: Knut Busching (Germany), Brian J. Wong (USA)

10.15 am
Features of Beautiful Faces: Conclusions from Systematic Analyses of Prototypical Faces in Attractiveness Research for Aesthetic Medicine
Martin Gründl (Germany)

10.30 am
Facial Beauty and Artificial Intelligence
Brian J. Wong (USA)

Friday, March 13, 2026

10.40 am
AI in Plastic Surgery: Ethical Considerations and Guidelines
Nitzan Kenig (Spain)

10.50 am
The Emerging Role of the Periocular and Facial Lymphatic Systems in Reconstructive and Aesthetic Plastic Surgery
Ruth Schaefer (Germany)

11.00 am
Communication Styles: Surgeon, Patient & Staff
Nora Nugent (UK)

11.15 am
From Blind Injection to AI Ultrasound Guidance
Thomas Rappl (Austria)

10.45 am – 11.45 am | Room: Piano
Press Conference

11.25 am – 12.25 pm
Session 3
Injectables, Toxins and EBDs
Chairs: Caroline Kim (Germany), Ansis Ķīlis (Latvia)

11.25 am
Fillers, Biostimulators & EBDs: A Ticking Time Bomb or Manageable Risk? A Facelift Surgeon's Perspective
Niklas Noack (Germany)

11.35 am
Intraoral Lip Augmentation
Vladimir Mitz (France)

Friday, March 13, 2026

11.45 am
Botulinum Toxin for the Management of Depression: An Updated Review of the Evidence and Meta-Analysis
Tillmann Krüger (Germany)

11.55 am
Combination Strategies in Aesthetics: How Biostimulators, such as CaHA, can complement Plastic Surgery Procedures
Melodie Wähmann (Germany)

12.05 am
Management of Complications following Aesthetic Dermal Filler Treatments
Gulshan Ahmadli (Germany)

12.15 pm
Complications with CaHa: The Solution?!
Michaela Montanari (Germany)

12.25 pm – 1.30 pm
Lunch Break in the Exhibition Area

1.30 pm – 3.00 pm
Session 4
Surgical Strategies for Implant Complications
Chairs: Tracy Pfeifer (USA), Alexander Schönborn (Germany)

1.30 pm
Textured Impants in the Smooth World of the US
Tracy Pfeifer (USA)

1.45 pm
Implant Surface Impact in Breast Augmentation: Planning and Long-Term Results
Ansis Ķīlis (Latvia)

Friday, March 13, 2026

1.57 pm

The Ideal Incision in Breast Augmentation: A Practical Decision-Making Approach

Matthias Reichenberger (Germany)

2.09 pm

Long-Term Stability and Predictability in Breast Augmentation

Horia Siclovan (Romania)

2.21 pm

To Funnel or not to Funnel: Attempt of a Scientific Approach

Dietmar Scholz (Germany)

2.33 pm

Optimizing Outcomes in Challenging Breast Reconstruction and Augmentation

Mariagrazia Moio (Italy)

2.45 pm

The Exposed Silicone Implant: A Treatment Algorithm

Detlev Hebebrand (Germany)

3.00 pm – 4.00 pm

Höhler-Lecture

Laudatio

Jay Calvert (USA)

My Facelift Journey

Foad Nahai (USA)

4.00 pm – 4.30 pm

Coffee Break in the Exhibition Area

Friday, March 13, 2026

4.30 pm – 5.30 pm

Session 6 Gender Affirming Surgery in Non-Binary Patients

Chairs: Eckart Buttler (Germany), Wolfgang Funk (Germany)

4.30 pm

Introduction to Non-Binary Gender Identities

Lieselotte Mahler (Germany)

4.45 pm

Special Aspects of Aesthetic Breast Surgery in Non-Binary Patients

Hendrik Schöll (Germany)

4.55 pm

Special Aspects of Aesthetic Rhinoplasty for Non-Binary Patients

Eckart Buttler (Germany)

5.05 pm

The Primus of the Secondary Gender Characteristics: The Face

Wolfgang Funk (Germany)

5.15 pm

Facial Feminisation

Max Heiland (Germany)

Friday, March 13, 2026

5.30 pm – 6.15 pm

Session 7 Body Contouring

Chairs: Dirk Janku (Germany), Dietmar Scholz (Germany)

5.30 pm

3-Dimensional Abdominoplasty:

Ultrasonic Liposuction assisted Abdominoplasty

Cemal Senyuva (Türkiye)

5.45 pm

The Unfavorable Result after the Liposuction of the Legs: Definition & Treatment

Emre Kultas (Germany)

5.55 pm

From Shape to Shadow:

The Navel as the Signature of Abdominoplasty

Melodi Motamedi (Germany)

6.05 pm

Enhanced Recovery after Lipoabdominoplasty under Sedation, TAP Block and Tumescence Anaesthesia: Patient Expectations and Experience in the Early Postoperative Phase

Cristina Jorge (Germany)

8.00 pm

Social Evening @ Restaurant „Austernbank“

Saturday, March 14, 2026

8.30 am – 9.30 am

Session 8 Implant Free Breast Enhancement – Are only the fat addicts right?

Chairs: Torsten Kantelhardt (Germany), Dennis von Heimburg (Germany)

8.30 am

Septum Based upper Pole Fullness Technique in Mastopexy and Breast Reduction

Cemal Senyuva (Türkiye)

8.40 am

The Static Foundation of Breast Contouring: The Lockwood Technique

Olaf Kauder (Germany)

8.50 am

Shape Over Size: Redefining Upper Pole, Cleavage and the Lateral Line in Modern Breast Aesthetics

Philipp Bergmann (Germany)

9.00 am

Self- and Other-Perceived Attractiveness and Psychological Distress in Women Seeking Aesthetic Breast Surgery

Stéphane Stahl (Germany)

9.10 am

A New Breast Measuring Two-Ended Ruler: First Assessment – Fix the Safe Procedure

Alexander Kutubidze (Georgia)

9.30 am – 10.15 am

Coffee Break in the Exhibition Area

Saturday, March 14, 2026

10.15 am – 11.15 am

Session 9
Body Contouring

Chairs: Cemal Senyuva (Türkiye), Stéphane Stahl (Germany)

10.15 am

Considerations Regarding the Operational Management of Combined Procedures in Body Contouring Surgery

Felix Spiegel (Germany)

10.25 am

An Additional Way of Mummy Makeover

Juliane Finke (Germany)

10.35 am

Axilla Lifting

Joachim v. Finckenstein (Germany)

10.45 am

**Precision Longevity for Body Contouring:
An Evidence-Based Framework for safer, more durable results**

Melodie Wähmann (Germany)

10.55 am

Dual Autoaugmentation Approach for Aesthetic and Functional Gluteal Reconstruction after Massive Weight Loss

Mufid Burgic (Bosnia and Herzegovina)

Saturday, March 14, 2026

11.15 am – 12.20 pm

Session 10
Rhinoplasty

Chairs: Nuri Alamuti (Germany), Sebastian Haack (Germany)

11.15 am

Nuances in Optimization of Alar Margin and Alar Rim Attractiveness

Brian J. Wong (USA)

11.30 am

Strategies for Dorsal Reduction

Sebastian Haack (Germany)

11.40 am

Dorsal Preservation Rhinoplasty by Subdorsal Wedge Excision (Spare Roof Technique)

Jörg Blesse (Germany)

11.50 am

**Techniques for Nasal Tip Refinement:
Addressing the most challenging Aspect of Rhinoplasty**

Matthias Wähmann (Germany)

12.00 pm

Hybrid Steps for Safer Conventional Rhinoplasty

Alexander Kutubidze (Georgia)

Saturday, March 14, 2026

11.15 am – 12.15 pm | Room: Piano

Video Session with Timothy Marten

Chairs: Magnus Noah (Germany), Johannes Bruck (Germany)

11.15 am

Contemporary Facelift:

Milestones in Evolution and Improvement of Technique

11.45 am

Upper lip lift: Why and How

12.20 pm – 1.30 pm

Lunch Break in the Exhibition Area

12.30 pm – 1.30 pm | Room: Grand Ballroom B

General Assembly VDAEPC

Saturday, March 14, 2026

1.30 pm – 3.00 pm

Session 11

What I do and no longer do in Facial Aesthetic Surgery

Chairs: Vladimir Mitz (France), Foad Nahai (USA)

1.30 pm

SMAS: Surgical Incisions, Different Concepts and Vectors

Vladimir Mitz (France)

1.42 pm

Facelift: Outdated or En Vogue

Jens Altmann (Germany)

1.54 pm

Elevating Neck Aesthetics:

Advanced Contouring Techniques and Surgical Strategies

Ramtin Kassir (USA)

2.06 pm

The Neck Lift: From Minimal Invasive to Deep Plane

Juliane Bodo (Germany)

2.18 pm

Deep Plane Facelift: Pearls & Pitfalls

Nora Nugent (UK)

2.30 pm

Deep Neck Lift: Redefining the Contour

Holger Engel (Germany)

Saturday, March 14, 2026

3.00 pm – 3.55 pm

Session 12
Regeneration and Rejuvenation

Chairs: Ramtin Kassir (USA), Lukas Prantl (Germany)

3.00 pm

Fat Grafting: Hype or Evidence? – Cell Enriched Lipotransfer

Lukas Prantl (Germany)

3.15 pm

**Integrated Facelift Approaches:
Adjunctive Procedures for Enhanced Aesthetic Harmony**

Ramtin Kassir (USA)

3.25 pm

**Facelifts and the Global Patient:
Bridging Aesthetic Trends and Wellness Across Continents**

Sheila Kassir (USA)

3.35 pm

Rejuvenation of the Central Face

Falk Z. Dagtekin (Germany)

3.45 pm

**Contemporary Facial Aesthetics:
Facelift Surgery, Energy-Based Devices and Non-Invasive
Treatments in the Hands of the Plastic Surgeon**

Caroline Kim (Germany)

3.55 pm – 4.30 pm

Coffee Break in the Exhibition Area

Saturday, March 14, 2026

4.30 pm – 5.30 pm

Session 13
Breast Varia

Chairs: Katrin Müller (Germany), Nora Nugent (UK)

4.30 pm

Secondary Implant Surgery in the Aging Breast

Nora Nugent (UK)

4.45 pm

ALCL and Informed Consent: When what?

Sixtus Allert (Germany)

4.55 pm

**The use of Conical-Shaped Breast Implants for Breast
Augmentation and Mastopexy**

Barbara Machado (Brazil)

5.05 pm

**Tissue-Preserving Breast Augmentation:
Rationale, Clinical Considerations, and 3-Year Experience**

Marie Jaeger (Sweden)

5.15 pm

**Subglandular Breast Augmentation with Minimal Incision and
Tissue Expansion**

Elena Armas (Spain)

5.30 pm

Farewell

RESIDENTS' DAY

Friday, March 13, 2026

12.45 pm – 1.30 pm

**Part 1: Vom Assistenzarzt zur eigenen Praxis:
Ihr Weg in die Selbstständigkeit**

Begrüßung: Dr. Alexander Schönborn
Moderator: Prof. Dr. Detlev Hebebrand

Praxisgründung – 5 Dinge, die ich gerne vorher gewusst hätte
Prof. Dr. Dennis von Heimburg

§30 Klinikgründung – 5 Dinge, die ich gerne vorher gewusst hätte
Dr. Juliane Bodo

1.30 pm – 2.45 pm

**Part 2 in collaboration with IMCAS
Injectables Essentials: Sicherheit & Produktauswahl**

Moderator: Prof. Dr. Detlev Hebebrand

IMCAS: An Overview and it's Misson
Dr. Thomas Rappl

Facial Danger Zones
Dr. Thomas Rappl

Anatomie des alternden Gesichts
Dr. Rutvik Khakhar

2.45 pm – 3.30 pm

Part 3: Produkte auf dem Markt: Hype oder evidenzbasiert?
Moderatorin: Dr. Katrin Müller

**Energy-Based Devices: Vorurteile, Mythen und wie gehe ich
Komplikationen aus dem Weg**
Dr. Katrin Müller

Botulinumtoxin, HA-Filler, Skin Booster, Biostimulanzen
Dr. Simone Vogel

WORKSHOPS

Friday, March 13, 2026

9.45 am – 10.15 am



Workshop
Human Med

**Redefining Lipoedema Surgery:
Symptom Relief with Aesthetic Balance**
Dr. Christoph Danckwardt

4.00 pm – 4.30 pm

POLYTECH

Workshop
POLYTECH Health & Aesthetics GmbH

**Natural Breast Beauty –
Implant, Technique or Planning?**
Prof. Dr. Matthias Reichenberger
Dr. Philipp Bergmann

Saturday, March 14, 2026

9.30 am – 10.15 am



Workshop
Evolus

**Botulinum Toxin in Aesthetic Medicine:
Evidence, Precision and Outcomes**
Dottore Mag. Andrea Caletti

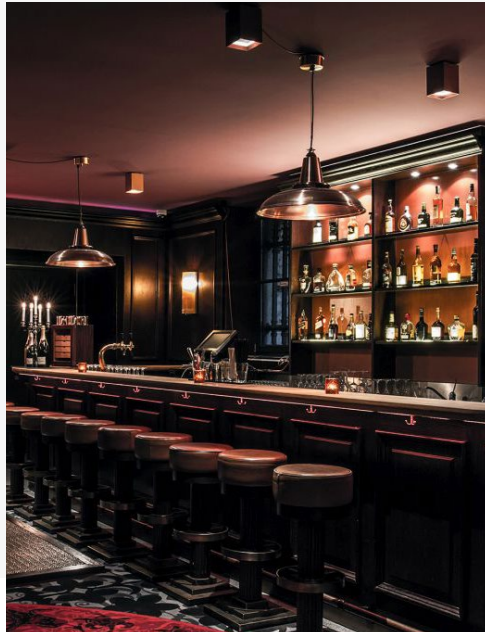
SOCIAL EVENING

Friday, March 13, 2026 | 8.00 pm
Dinner & Party at the Austernbank Restaurant

Austernbank Restaurant
Behrenstraße 42, 10117 Berlin

The Austernbank in Berlin is a unique venue in a former vault of the Disconto Bank, inspired by the Grand Central Oyster Bar in New York.

Enjoy a wonderful evening in a special atmosphere with delicious Mediterranean cuisine and drinks.



INFORMATION & REGISTRATION FEES

PRESIDENT VDAEPC

Alexander Schönborn, MD

VICE PRESIDENT VDAEPC

Katrin Müller, MD

SECRETARY

Andreas Heitland, MD

TREASURER

Stéphane Stahl, MD

VENUE

Grand Hyatt Berlin

Marlene-Dietrich-Platz 2 | 10785 Berlin | Germany

ORGANIZATION, REGISTRATION & INFORMATION

boeld communication GmbH

Reitmorstr. 25 | 80538 Munich | Germany

Tel.: +49 (0) 89-18 90 46-0 | Email: congress@bb-mc.com | www.bb-mc.com

CERTIFICATION

The 30th Annual Meeting of the VDAEPC – The German Aesthetic Meeting has been certified by the Medical Chamber of Berlin with 12 continuing medical education (CME) points.

CONGRESS FEES

| | Standard | On-Site |
|---|---|---------|
| Member VDAEPC | 490 € | 510 € |
| VDAEPC Fellows | 390 € | 390 € |
| Non-Member | 630 € | 650 € |
| Member DGPAEAC / DGAEPC | 590 € | 610 € |
| Speaker | 450 € | 450 € |
| VDAEPC Juniors | Congress fee included in VDAEPC Junior Membership | |
| Social Evening @ Austernbank Restaurant | 150 € incl. Dinner & Drinks | |

■ MEDIA PARTNER



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Status as of printing date

POLYTECH

Education you can feel

A POLYTECH-Sponsored Symposium at 30th Annual Meeting
of the VDAEPC

Natural Breast Beauty Implant, Technique or Planning?

Friday, March 13, 2026 | 16:00–16:30 | Room: Piano

Natural breast aesthetics are not defined by a single technique. This symposium explores **how strategic planning, implant selection and surgical decision-making** contribute to **consistently natural outcomes**.

Implants with Intent: Strategic Planning for Natural Breast Aesthetics

Prof. Dr. med. Matthias Reichenberger
THE Q, Mannheim, Germany



Fabulous Fat?! - How Fat Changed My Way of Thinking About Breast Augmentation

Dr. med. Philipp Bergmann
PRAXISKLINIK COLONNADEN, Hamburg, Germany



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VDÄPC
MARCH 13-14 / GRAND HYATT BERLIN

Today

Redefining Lipedema Surgery: Symptom Relief with Aesthetic Balance

Friday, 13th March 2026
9:45 - 10:15 AM (coffee break)

Room: Piano

Dr. Christoph Danckwardt
Plastic, Reconstructive, and
Aesthetic Surgeon



PROFESSIONELLE BEHANDLUNGSLIEGEN & EQUIPMENT

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**30TH ANNUAL MEETING
OF THE VDAEPC** _____
THE GERMAN AESTHETIC MEETING



VDÄPC
VEREINIGUNG DER DEUTSCHEN
ÄSTHETISCH-PLASTISCHEN CHIRURGEN

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