Surgical Preceptorships
In Aesthetic Vaginal Surgery
At South Coast Urogynecology,
Pacific Coast Highway, Laguna Beach, California
Surgical Preceptorships at South Coast Urogynecology

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Red M. Alinsod, M.D., FACOG, FACS, ACGE
South Coast Urogynecology, Inc.
Laguna Institute for
Aesthetic Vaginal Surgery
31852 Coast Highway, Suite 200
Laguna Beach, CA 92651

Tel: (949) 499-5311
Fax: (949) 499-5312

www.urogyn.org

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Introduction To The Laguna Institute For Aesthetic Vaginal Surgery

WHO WE ARE: We are a unique institution specializing in the training of physicians and surgeons in the art and science of Reconstructive Pelvic Surgery and Aesthetic Vaginal Surgery.

WHAT WE DO: We transform the surgeon’s vision by integrating sound reconstructive techniques with the beauty of cosmetic refinements in vaginal surgery.

WHY WE ARE UNIQUE: Our teaching approach is unique in that it enables one physician to integrate the skills of a gynecologist, urologist, and aesthetic surgeon. We strive to be in the forefront of change and are not bound by specific technologies.

CARE PHILOSOPHY: Our entire team offers personalized service in teaching the visiting surgeon and their staff on how to efficiently and expertly cater to their customers needs.
About Dr. Red Alinsod

Dr. Red Alinsod is director and owner of South Coast Urogynecology, the Laguna Institute for Aesthetic Vaginal Surgery, in Laguna Beach, CA. He is a world-renowned Urogynecologist and Aesthetic Vaginal Surgeon and the founder of the first CME approved Aesthetic Vaginal Surgery Workshops sponsored by The American Academy of Cosmetic Gynecologists.

Dr. Red Alinsod graduated from Loma Linda University School of Medicine in 1986 and completed his OB/GYN residency from Loma Linda University Medical Center in 1990. He was the first Rutledge Fellow at MD Anderson Cancer and Tumor Institute. Red was also accepted to Yale’s Gynecologic Oncology fellowship but was unable to attend due to a military commitment. He became one of the first fellows of the Accreditation Council of Gynecologic Endoscopy. He was the first surgeon to achieve this distinction in Nevada. He left the Air Force as a Major in 1994 and joined Facey Medical Group in Southern California. For ten years Red built a large and successful pelvic surgery practice.

In 2004, Red was recruited by South Coast Medical Center in Laguna Beach, CA, to develop The Women’s Center. This unique center of excellence has catered to the needs of women from annual paps and physicals, incontinence and prolapse treatments, to bioidentical hormones and menopause, to aesthetic vaginal surgery and lasers. He is the only physician performing endometrial ablations, tubal sterilizations, labiaplasty, clitoral hood reduction, vaginoplasty, perineoplasty, posterior repairs, hymenoplasty, and laser treatments in the office without IVs and in a micro tumescent manner. Protocols Red has developed over the decades are used nationally and worldwide.

Red teaches the only course in the world that enables the office-based surgeon to safely perform labial surgery (labia minora plasty, labia majora plasty, clitoral hood reduction), hymenoplasty, perineoplasty, vaginoplasty, and posterior compartment repairs with mesh augmentation with less than 40cc of local anesthesia in total. In fact, a labiaplasty of either minora or majora averages only 7 cc of local anesthesia. These amazing procedures are done with the patient extremely comfortable and in no pain, watching TV, listening to an iPod, or taking a short nap. Recovery after surgery is immediate and the patient goes home in no pain for the rest of the day. Dr. Alinsod is the first surgeon to use pain pumps in vaginal surgery to enable complex procedures to be done in the doctor’s office. Dr. Alinsod’s techniques are truly groundbreaking.

Red is also highly sought after in presenting talks and giving surgical workshops locally and nationally. He is the national instructor in Aesthetic Vaginal Surgery for the American Academy of Cosmetic Gynecologist. Red’s focus on aesthetic vaginal surgery to improve patient lives has led to multiple innovations and inventions such as the Lone Star APS Retractor, the APS Surgical Table, the shaped Restorelle A and P meshes, the Ascend Prolapse devices, and the APS Draping System, that have had a major impact on how pelvic surgery is performed worldwide. His lecture and teaching affiliations have been with Mpathy Medical, Caldera Medical, Boston Scientific, Ethicon, Lone Star/Cooper Surgical, Monarch Medical, ConMed, and Palomar Medical.
Private One-On-One Preceptorships in Aesthetic Vaginal Surgery

For course photos [click here]

Dr. Alinsod provides intensive hands-on one-on-one training in advanced aesthetic vaginal surgery. It is a unique program like no other. Aesthetic vaginal surgery is perhaps the fastest growing field in cosmetic surgery with very few training programs available worldwide. Dr. Alinsod’s comprehensive program will teach the gynecologist, urogynecologist, plastic, or cosmetic surgeon techniques not taught in any residency program or competing course. These procedures include labia minora plasty, labia majora plasty, clitoral hood reduction, vaginoplasty, perineoplasty, hymenoplasty, and advanced vulvo-vaginal resurfacing techniques. The training is second to none when combined with a preceptorship in advanced reconstructive pelvic surgery. There are no groups to train, no seminar format, and no lasers to pay for. It is strictly a three-day program aimed at arming the surgeon with the technical skills and know-how to confidently perform beautiful vaginal surgery. It also provides valuable information on how to transform a practice to rely less on insurance payments. Covered topics include medical photography, internet/print, and TV marketing. Tools and materials to build a unique website are offered. Search Engine Optimization (SEO) specialists are introduced. Medical malpractice and insurance topics will be discussed. We even train your nurses, MAs, manager, and Patient Care Coordinator either in person or by teleconference. Accommodation at the Five-Star St. Regis Resort in Dana Point is included. Only one physician is trained per month. The rising demand for this course will necessitate advanced planning. For more information please call Dr. Alinsod at 949-499-5311. He welcomes your call.

Learning Objectives:
1. Review the history of aesthetic vaginal surgery and reconstructive vaginal surgery
2. Discuss the terminology and anatomy of aesthetic and reconstructive vaginal surgery.
3. Describe technologies available for aesthetic vaginal surgeries. A laser/electrocautery lab will be provided.
4. Explain the clinical aspects of the procedures, including patient selection, pre-operative evaluation, anesthesia protocols, proper surgical methods and techniques, and post-operative care.
5. Review surgical techniques including: Labia minora plasty, Labia Majora Plasty, Clitoral Hood Reduction, Perineoplasty, Vaginoplasty, Resurfacing techniques using RF energy, Revision Surgery
6. Identify different aspects of patient markings prior to surgery.
7. Discuss proper equipment and methods in preparing medical photography. Practical hands-on sessions will be taught.
8. Describe possible complications related to performing aesthetic vaginal surgery and the proper mechanisms of management and apply the procedure into the existing office setting.
10. Define issues of medical malpractice and how it relates to the OB/GYN and other specialty physicians.

Advantages of Dr. Alinsod’s Private One-On-One Preceptorship

• Training alone with Dr. Alinsod
• Surgeon tailored course for individual surgeon needs
• Full Course Training
• Labiaplasty Only Training available
• Vaginoplasty Only Training available
• Hymenoplasty Only Training available
• Extensive Medical Photography training with live models
• Unlimited free returns for Master-level training in Laguna Beach
• Paid resort accommodations
• Turn-Key Services
• Complete set of clinical forms and protocols in digital format
• Marketing materials in digital format
• Complete photograph sets to start a practice
• Use of Dr. Alinsod’s personal Graphics Artist and Web Master
• Use of Dr. Alinsod’s personal Search Engine Optimization Specialist
• Preferred pricing from Ellman International and Monarch Medical
• Membership in AAO CG
Private One-On-One Preceptorships in Aesthetic Vaginal Surgery

Course Information

INTRODUCTION TO THE LAGUNA INSTITUTE FOR AESTHETIC VAGINAL SURGERY

ABOUT DR. RED ALINSOD

PRIVATE ONE-ON-ONE PRECEPTORSHIP

AAOCG AVS GROUP PRECEPTORSHIP

MPATHY XCHANGE PRECEPTORSHIP

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Surgical Preceptorships
At South Coast Urogynecology

PRIVATE ONE-ON-ONE PRECEPTORSHIPS

Integrating Aesthetic And Functional Vaginal Surgery

Course Outline

Sunday: Welcome Dinner And Introduction To Course
Time: 3 PM to 8 PM
- New Frontiers in Pelvic Surgery
- Statistics
- Anatomy Review
- Pre-Op Evaluation

Monday: Live Operating Room Surgery
Integrating Aesthetic And Functional Vaginal Surgery
Time: 7 AM to Noon, 1:30 PM to 5 PM, Dinner at 6 PM
- Welcome and Introduction
- Surgery: Patient 1
- LUNCH
- Surgery: Patient 2
- Q&A and Review
- Get Acquainted Dinner at a World Class Restaurant
  Sponsored by Mpathy Medical

Tuesday: Labiaplasty Lectures And Surgery In-Office
Time: 7 AM to Noon, 1:30 PM to 5 PM
- Welcome and Introduction
- Labiaplasty Lectures
  - Statistics
  - Anatomy Review
  - Pre-Op Evaluation
  - Anesthesia Protocols
  - Procedure Techniques
    - Labia Minora/Majora Plasty
    - Clitoral Hood Reduction
    - Hymenoplasty
  - Post-Op Care
  - Complications Management
- Medical Photography Review and Hands-On Training
- Surgery in Office: Patient 3
- LUNCH
Surgical Preceptorships at South Coast Urogynecology

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Introduction To The Laguna Institute For Aesthetic Vaginal Surgery

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Surgery In Office: Patient 4
Electrocautery and Laser Lab sponsored by Ellman International
Q&A and Review continued next page

Wednesday: Vaginoplasty Lectures And Surgery In-Office
Time: 7 AM to Noon, 1:30 to 5 PM
Welcome and Introduction
Vaginoplasty Lecture
Anatomy Review
Pre-Op Evaluation
Medical Photography
Perineoplasty/Vaginoplasty Review
Integration of Pelvic Prolapse Repairs and Vaginal Rejuvenation
Anesthesia Protocols
Post-Op Care
Vaginal Softening/Stretching Exercises
Complications Management
Medical Malpractice Issues
Surgery In Office: Patient 5
LUNCH
Surgery in Office: Patient 6
Q&A and Review
Dinner with Staff

Thursday: Office Cosmetics/Lasers
Time: 8 AM to 12 PM
Thursday: Tailored to Fit Physician Needs.
Options include:
More Office Surgery
Internet Workshop with Webmaster and SEO Specialist
Intro to Office Cosmetics (Botox & Fillers)
Intro to Aesthetic Lasers

Sponsored by The American Academy of Cosmetic Gynecologists
NO CME AVAILABLE
Free Membership to AAOCG

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## AAOCG Group Preceptorship In Aesthetic Vaginal Surgery

Aesthetic Vaginal Surgery Workshops  
36.75 AMA Category 1 Credits™  
Maximum of 4 attendees per workshop to assure adequate hands-on opportunity for all attendees

AAOCG is dedicated to the continuing education of health care providers. Its sister organizations include Foundation for the Advancement of Medical Education, American Academy of Cosmetic Physicians, American Academy of Cosmetic Family Medicine and American Academy of Cosmetic Plastic Surgeons. Dr. Alinsod and other outstanding faculty have developed national workshops to train physicians in office-based cosmetic procedures. Dr. Alinsod welcomes gynecologists, urogynecologists, urologists, plastic surgeons, and cosmetic surgeons to participate in this one-of-a-kind in-depth surgical preceptorship.

The didactic portion along with the clinical hands-on exposure will allow attendees to gain a comprehensive understanding of the aesthetic vaginal procedures. The intimate format used in this activity is an effective method for knowledgeable surgeons to expand their surgical abilities safely.

### Learning Objectives:
At the conclusion of the CME activity, participants should be able to:

1. Review the history of aesthetic vaginal surgery and reconstructive vaginal surgery
2. Discuss the terminology and anatomy of aesthetic and reconstructive vaginal surgery.
3. Describe technologies available for aesthetic vaginal surgeries. A laser/electrocautery lab will be provided.
4. Explain the clinical aspects of the procedures, including patient selection, pre-operative evaluation, anesthesia protocols, proper surgical methods and techniques, and post-operative care.
5. Review surgical techniques including: Labia minora plasty, Labia Majora Plasty, Clitoral Hood Reduction, Perineoplasty, Vaginoplasty and hymenoplasty.
6. Identify different aspects of patient markings prior to surgery.
7. Discuss proper equipment and methods in preparing medical photography. Practical hands-on sessions will be taught.
8. Describe possible complications related to performing aesthetic vaginal surgery and the proper mechanisms of management and apply the procedure into the existing office setting.
10. Define issues of medical malpractice and how it relates to the OB/GYN and other specialty physicians.

### Advantage of AAOCG’s Group Preceptorship
- Decreased cost
- Camaraderie with a small group of surgeons
- CME availability
- Basic Medical Photography training
- Unlimited free returns for Master-level training in Laguna Beach
- Turn-Key Services
- Complete set of clinical forms and protocols in digital format
- Marketing materials in digital format
- Basic photograph sets to start a practice
- Use of Dr. Alinsod’s personal Graphics Artist and Web Master
- Use of Dr. Alinsod’s personal Search Engine Optimization Specialist
- Preferred pricing from Ellman International and Monarch Medical
- Membership in AAOCG

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Group Preceptorship By The AAOCG Aesthetic Vaginal Surgery Vaginal

Course Outline

Monday: Labiaplasty Lectures And Surgery In-Office

Maximum Participants: 4
Time: 7 AM to Noon, 1:30 PM to 5 PM

Welcome and Introduction
Statistics
Anatomy Review
Pre-Op Evaluation
Medical Photography Review and Hands-On Training
Anesthesia Protocols
Procedure Techniques
- Labia Minora Plasty
- Labia Majora Plasty
- Clitoral Hood Reduction
Hymenoplasty
Videos
Post-Op Care
Complications Management
Q&A
LUNCH
Surgery In Office
- Electrocautery and Laser Lab sponsored by Ellman International

Tuesday: Vaginoplasty Lectures And Surgery In-Office

Maximum Participants: 4
Time: 7 AM to Noon, 1:30 to 5 PM

Welcome and Introduction
Anatomy Review
Pre-Op Evaluation
Medical Photography
Perineoplasty Review
Vaginoplasty
Integration of Pelvic Prolapse Repairs and Vaginal Rejuvenation
Anesthesia Protocols
Videos
Post-Op Care
Vaginal Softening/Stretching Exercises
SURGICAL PRECEPTORSHIPS
AT SOUTH COAST UROGYNECOLOGY

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Complications Management
Medical Malpractice Issues
Marketing Strategies
Q&A
LUNCH
Surgery in Office

Wednesday: Live Operating Room Surgery
Integrating Aesthetic And Functional Vaginal Surgery

Maximum Participants: 4
Time: 7 AM to 5 PM
Welcome and Introduction
New Frontiers in Pelvic Surgery
Forms and Consents
Equipment and Set-up
Hands-on Medical Photography
Surgery: Patient 1
Surgery: Patient 2
Surgery: Patient 3 Possible
Q&A and Review

Get Acquainted Dinner at The Montage Sponsored by Mpathy Medical

Sponsored by The American Academy of Cosmetic Gynecologists
CME AVAILABLE
Free Membership to AAOCG

Congratulations to Dr. Sandip Maiti of Monterrey, Mexico.
Surgical Preceptorships at South Coast Urogynecology

Course Information

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Mpathy Xchange Preceptorship

Over the past decade Dr. Alinsod has taught hundreds of surgeons in the constantly evolving science of incontinence surgery and advanced augmented repairs of pelvic organ prolapse. He has taught in the operating rooms, cadaver labs, group labs, and one-on-one training sessions for Mpathy Medical, Caldera Medical, BARD, Boston Scientific, AMS, and Tyco Women’s Health. He now offers an intensive didactic and observational program that teaches advanced surgical techniques. This stand-alone full-day course is sponsored by Mpathy Medical.

All surgeons interested in Mpathy Medical’s products are encouraged to attend the Mpathy Xchange™ Surgeon Preceptorship Program. A compelling workshop series, Mpathy Xchange™ allows Dr. Alinsod and Mpathy Medical to share their vision with you to deliver true quality of life procedures with a physiologically compatible mesh designed exclusively for female pelvic floor restoration and urinary stress incontinence repair. The program consists of a didactic on POP and USI and a stimulating live surgery component to enhance your understanding of the product applications for Minitape® and Restorelle™. This small, intimate roundtable format allows for a rich exchange of questions, “pearls,” growth strategies and clinical ideas.

Please contact Mpathy Medical at 866-319-8820 or visit www.Mpathy.org.

“The Mpathy Xchange™ program I attended was a well-organized, interactive, and wonderful experience. I enjoyed sharing ideas with the Mpathy Medical team and found the knowledge I gained to be beneficial to my practice. Subsequently, I scheduled my first case using Mpathy Medical’s products.”

Melinda R. Birdsall, M.D., Dept. of Gynecology Lahey Clinic
Burlington & Peabody, MA

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SURGICAL PRECEPTORSHIPS
AT SOUTH COAST UROGYNECOLOGY

Course Information

Introduction To The Laguna Institute
For Aesthetic Vaginal Surgery

Mpathy Xchange Preceptorship
COURSE OUTLINE

Monday, Wednesday, occasional Friday
Maximum Participants: 3
Time: 7 AM to Noon, 1:30 PM to 5 PM

Welcome and Introduction
New Frontiers in Reconstructive Pelvic Surgery
Statistics
Anatomy Review
Mesh and Sling Technologies
Surgery 1
LUNCH
Surgery 2
Review Procedure Techniques
Videos
Post-Op Care
Complications Management
Marketing support
Electrocautery and Laser Lab sponsored by Ellman International
Q&A
Dinner at the Montage Resort

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AVS COURSE SCHEDULES for 2008-2009

Private Preceptorships
- November 17-20, 2008
- February 9-12, 2009
- March 23-26, 2009
- May 18-21, 2009
- June 29 – July 2, 2009
- August 24, 27
- September 28 – October 1, 2009
- November 23-26, 2009
- December 14-17, 2009

AAOCG Group Preceptorships
- December 1-3, 2008
- January 26-28, 2009
- April 27-29, 2009
- July 27-29, 2009
- August 24, 27
- October 26-28, 2009

Mpathy Xchange Preceptorships 2008
Courses are held on Mondays and Wednesdays.
Special arrangements for other days must be planned far in advance.
- January 5, 12, 21, 26
- February 2, 4, 9, 27
- March 2, 9, 16, 23
- April 6, 20, 24, 27
- May 4, 11, 18, 29
- June 1, 8, 15, 29
- July 6, 13, 20, 27
- August 3, 10, 24, 27
- September 11, 14, 21, 28
- October 5, 12, 16, 26
- November 2, 9, 16, 23
- December 7, 14, 21, 28

The Lone Star APS Retractor was invented by Dr. Alinsod to make surgery easier in the office and the O.R.
SURGICAL PRECEPTORSHIPS
AT SOUTH COAST UROGYNECOLOGY

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Facilities

South Coast Urogynecology provides its clients a friendly atmosphere conducive to learning in a Southern California setting of serenity and beauty.

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Facilities cont.
Precision excisions are taught and compared to enable the surgeon to objectively choose his or her device of choice.
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Office Surgery

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Laguna Beach Sunsets

Laguna Beach is at the heart of the California Riviera in Orange County. Miles of stunning beaches and sunsets welcome all fortunate travelers. Laguna Beach is one hour from Los Angeles, San Diego, and Riverside. It is 30 minutes from Disneyland. John Wayne International Airport serves the community as a convenient and modern facility easy to fly into and fly out of.
I am a board certified gynecologist and have been in private practice in Greenwich, Connecticut for over 25 years. I have specialized in sexual enhancement surgery since 2003 and have performed well over 1000 procedures covering vaginoplasty, labial reduction, labia majora reduction and hymenoplasty. Almost all of these surgeries have been undertaken with a diode optical laser with very satisfactory results. However, I felt it was time to bring my skills to the next level. I found Dr. Red Alinsod of Laguna Beach, California, who pioneered a different and unique approach to aesthetic vaginal procedures using radiosurgery with the Ellman Surgitron®.

I worked two very full days with Red in a one-on-one preceptorship, learning his techniques for surgery under local anesthesia, use of fine suture materials, and how to make precision incisions with radiosurgical instruments resulting in a 90% reduction in lateral thermal damage that I found so problematic with the laser. We used radiosurgery with the Ellman Surgitron® for reduced post-operative discomfort, minimal scar formation, enhanced healing and excellent cosmetic results. Within 10 days I incorporated all of these newly learned skills into my practice and was delighted not only with the immediate cosmetic results but with the significant reduction in post-operative discomfort experienced by my patients. Most importantly of course, patients were extremely pleased with the results.

A patient who I previously performed laser reduction labiaplasty couldn’t believe how comfortable she was immediately after a subsequent vaginoplasty. Individualized training with Dr. Alinsod was not inexpensive, and I had my reservations before committing to work with him. Those doubts were completely dispelled. Red is a terrific teacher and has showed me how to provide a much higher level of aesthetic surgery for my patients. His training is unquestionably worth the cost.

Edward Jacobson, MD
Doctor Testimonials cont.

Thomas T. Easter, M.D.
Womens Medical Group of Upland
Rejuvenaire Medspa
600 N. Mountain Ave, Ste A104
Upland, CA 91786
Phone: 909/373-3149

My experience working with Dr. Alinsod was extremely rewarding from both an educational and financial standpoint. The surgical training I received allowed me to immediately begin introducing vaginal rejuvenation procedures to my office practice safely with high patient satisfaction. The value of "in office" cosmetic vaginal surgery provides an opportunity to manage one’s time in a more efficient and economical manner. Eliminating the reliance on insurance reimbursement is liberating. He provides a comprehensive program with precise surgical technique and unique technical approaches to the restoration of the female pelvic floor. He is truly defined by the statement “a scholar and a gentleman”. I have continued to consult Dr. Alinsod since my training and he eagerly responds and provides helpful hints and solutions to complex anatomical issues. I highly recommend the “one on one” teaching experience and the marketing information which is needed to successfully develop a cosmetic vaginal practice.

Ladynez Espinal, MD
Lady’s Care Center
3000 SW 148 ave Suite 215
Miramar, FL 33027
Phone: 954.538.1700

I had an amazing experience during my preceptorship! I learned various techniques for pelvic floor reconstruction that I can’t wait to apply in the OR. My experience in those 4 days were invaluable. I had the opportunity to see both inpatient pelvic reconstruction cases, suburethral sling placement, and outpatient aesthetic vaginal surgeries which included clitoral hood reduction, labiaplasty, and vaginoplasty.

You are a great teacher and your way of teaching is very efficient and thorough. I wouldn’t trade the experience of training with you over anyone else. It was worth traveling across the country. Your knowledge in the field, I believe, is unsurpassable as well as your bedside manners. I did my research on physicians trained in labiaplasty and I know I made the right choice because not only does one learn the aesthetic portion, one learns the proper anatomy and technique needed for pelvic reconstruction. I can’t foresee any physician who desires training in pelvic reconstruction or aesthetic vaginal surgery ever regret doing the preceptorship with you or ever think they have been short-changed.

I highly recommend this preceptorship! Thanks again!
Doctor Testimonials cont.

Michael H. Safir, MD
Diplomate American Board of Urology
23101 Sherman Pl, Ste 304 West Hills, CA 91307
Tel: 818-703-9500 Fax: 818-703-9506
Web: http://www.drsafir.com

I am a reconstructive and female urologist in the San Fernando Valley and Beverly Hills and was fortunate to attend a private preceptorship in aesthetic vaginal surgery with Dr. Red Alinsod.

You will reliably begin your training with high expectations regarding the quality of the training due to the cost of the program, but you will certainly not be disappointed and will likely leave only wishing you had attended sooner. From the beginning of your experience to the end, you will feel that Dr. Alinsod has painstakingly crafted his unique program only for you and that he has carefully chosen surgical patients, during your training, who demonstrate the spectrum of functional and aesthetic challenges.

I sought out Dr. Alinsod to provide comprehensive aesthetic vaginal training to complement my formal training and expertise in repair of pelvic prolapse and urinary incontinence. The surgical experience was terrific, beginning with discovering Red’s approach to augmented mesh prolapse repairs. Even the most seasoned pelvic reconstructive surgeons will discover surgical pearls from Red and I am already using some of the pearls I have “stolen” from Red.

The days in the office are a mix of surgically relevant and carefully thought out lectures and observation of Red’s surgical methods. He is a consummate surgical instructor and a gentleman. Red has “opened up” his secrets for developing a successful aesthetic practice that focuses on surgical excellence and compassionate care. It is as close to a turn-key practice addition as one could hope to achieve.
Doctor Testimonials cont.

Otto J. Placik, M.D.
Associated Plastic Surgeons, SC
MD Aesthetics Skin Care Center
880 West Central Road, Suite 3100
Arlington Heights IL 60005
Phone: 847/398-1660

As a board certified plastic surgeon performing aesthetic vaginal surgery, I sought the expertise of Dr. Alinsod to refine my skills and expand my knowledge base. I found the education I received invaluable and would highly recommend it for surgeons just beginning to explore this opportunity as well as for those wishing to master the intricacies of the operation.

I was grateful to leave Chicago for a break to study on a bright sunny day in Dr. Alinsod's office overlooking the Pacific Ocean. His fully equipped operatory suites and expansive office allowed sufficient room to accommodate myself as well as my staff for a lecture in his audiovisual conference area and surgical observation. He provided obscure and essential details that have been gained from his practice. He was meticulous in his explanations covering all aspects of the various procedures from consult to pre-op eval to photography to surgical assist to equipment setup and spec to post-op care and follow-up. The “hands-on” participation during the procedure was extremely valuable and insightful. The instruction even included an enlightening lab exercise to demonstrate comparable methods (laser, radiofrequency, and electrosurgery) of labiaplasty which I found eye-opening.

I appreciated receiving educational materials and a starter set of vaginal retractors specially designed by Dr. Alinsod for the vaginoplasty procedure. He discussed many pearls and graciously offered proprietary publications which have obviously taken years to develop. We discussed key issues such as marketing advice, web site design/positioning, and print advertising. He also openly presented his contacts for each of these services and was most willing to provide introductions. His printed materials included an extraordinarily detailed syllabus and practice management resources. He welcomed my questions and answered them thoroughly. I benefited tremendously from the interdisciplinary exchange of information. Given the lack of published materials on this subject, I looked into many of the other training opportunities and was extremely pleased with my choice of Dr. Alinsod.

This experience provided the best value for the time and monies spent.
As a board certified plastic surgeon, I was very interested in finding what solid clinical material might be available to understand more fully the concept of “vaginal rejuvenation.” My search led to Dr. Red Alinsod, a Board Certified Gynecologist in Laguna Beach, California, whose practice consists exclusively of reconstructive and aesthetic procedures in the female perineal area. Not only does he have a busy clinical practice, but he teaches frequently.

I personally took a 10-hour preceptorship with him. The day began early with about 2 hours of well illustrated didactic material. We then interviewed the first surgical patient, and he demonstrated the standard photographic views, which are fairly complex even for a very experienced photographer. He discussed her procedures and the indications for it and then my surgical nurse and I saw these procedures done in Dr. Alinsod’s surgical suite under local anesthetic and mild sedation. Dr. Alinsod discusses the procedure and the anatomy the entire time and is a natural teacher. The first procedure included reduction labiaplasty and vaginal rejuvenation. This involves a true anatomic recreation of a tighter, more functional vagina, as well as a lot of attention to aesthetic details. The labiaplasty was meticulously performed and repaired with the skill we appreciate in plastic surgery.

The second procedure was a vaginoplasty and reconstruction of the hymen; the patient was encouraged to discuss with us the reasons for the surgery and we found them very interesting.

I gained a new respect for this field and certainly for Dr. Red Alinsod, and would recommend him highly for anyone seeking a good one-on-one preceptorship.

If you have any further questions, please feel free to contact me at my office at 864 583-1222.

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Doctor Testimonials cont.

Les Blackstock, M.D.
Medical Director Enhance Clinic
5 Claremont Street South Yarra 3141
Melbourne Victoria Australia.
Freecall 1800 062 181
Phone 03 9829 7777
Facsimile 03 99829 7766
http://www.aesthetica.com.au
doctor@enhanceclinic.com.au

I would like to offer my thanks for your excellent training. When I was researching the place to get training in this new area I contacted peers and assessed the local knowledge base and training and found it grossly wanting. I was aware of training offered in Los Angeles and Florida but after contacting others I felt the presentation of Dr. Red Alinsod and the American Academy of Cosmetic Gynecology was the best choice, so I flew half way around the world to train with them. I was glad I did. The course was well prepared, well resourced and well presented. I felt that in the environment I undertook that training I learnt efficiently and when I was assessed on my knowledge by Dr. Alinsod the learning reflect his trust in my skills. I was able to start doing cases on my return and Dr. Alinsod and the American Academy of Cosmetic Gynecology have both offer excellent ongoing support and I look forward to being an active member as the special interest area gains international interest. I would endorse the training and be happy to discuss this with any potential candidates.

Regards,
Dr Les Blackstock, Medical Director
Surgical Preceptorships at South Coast Urogynecology

Course Information

Introduction To The Laguna Institute For Aesthetic Vaginal Surgery

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Oscar A. Aguirre, MD, FACOG
President, Pelvic Specialty Care
The Center for Female Pelvic Medicine
Medical Director, Female Pelvic Medicine & Reconstructive Surgery
President & Medical Director, Milestone Medical Research, Inc.
Clinical Assistant Professor, University of Colorado Health Sciences Center,
Department of Obstetrics & Gynecology
Certified Associate of the Laser Vaginal Rejuvenation Institute of America
Englewood, CO

I have had the privilege of participating in Dr. Alinsod’s intensive one-on-one training in advanced aesthetic vaginal surgery. As an accomplished fellowship-trained urogynecologist and reconstructive pelvic surgeon with an emphasis on vaginal rejuvenation, I feel my time spent with Dr. Alinsod was invaluable. I have now implemented an office based aesthetic vaginal surgical program which benefits both my patients and my practice. Observing Dr. Alinsod’s superior surgical skills and distinctive approach to aesthetic vaginal surgery, with the patient comfortably awake and without an I.V., was illuminating. I did not think it was possible till I saw it with my own eyes. I have added the techniques which he taught me to my current armamentarium of aesthetic vaginal surgery.

Sandip Maiti, M.D.
Medicina Pelvica Avanzada
OCA Medical Center
pino suarez 645 Centro, Monterrey
Mexico
Phone: (81)80440780
sandipmaiti@hotmail.com

Sailing through the internet I came to know about Dr. Alinsod through his web page. It was really great for me to take my training with him and get certified by America Academy of Cosmetic Gynecology in Oct 2007. He, as a urogynecologist and aesthetic vaginal surgeon, is an innovated man with great ideas for converting, through surgery, something beautiful. The time I was with him in the training, he taught me to be very precise in the techniques, and how to get great results. For me, as a urogynecologist also, it was easier for me to understand his techniques and apply them along with the pelvic reconstructive surgery. He is a very nice, human, patient and professional teacher. I had a great time at South Coast Urogynecology center in Laguna Beach.

Thank you, Dr. Alinsod.
Doctor Testimonials cont.

Neil Goodman, M.D., PH.D., FACOG, FAACS
President, Cosmetic & Laser Consultants, LTD.
Faculty, American Academy of Cosmetic Gynecologists
Speaker, Allergan National Faculty
Luminary, Palomar Technologies
New York, NY

Dr. Alinsod runs a very comprehensive and organized teaching program for vaginal rejuvenation under local anesthesia. He clearly demonstrates why a laser is not necessary and gives useful insights on how to get the best results while avoiding complications. I highly recommend his teaching program to all gynecologists who wish to begin office based vaginal rejuvenation procedures.

David Ghozland, M.D., FACOG
530 Wilshire Blvd, Suite 202B
Santa Monica, CA 90401
(P) 310-393-9359
http://davidghozland.com

I have always had a passion for vaginal reconstructive surgery. Therefore, when I decided to take the next step in my training. I not only looked for someone with excellent surgical skills and on the cutting edge of cosmetic vaginal surgery but someone who could inspire me to see things in a whole new light. Dr. Red Alinsod did just that, he generously shared his wealth of experience and outstanding surgical skills but even more so, he mentored me in how to reconstruct my practice and inspired me to take my surgical skills to a whole new level and direction. Both he and his staff have been phenomenal in every which way.
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As a board certified gynecologist, I am dealing with high numbers of vaginal operations and my interest is focused on urogynecology and pelvic relaxation problems. I decided that my next goal was to increase my patient’s quality of life as high as possible and to expand my knowledge regarding the sensitive pelvic and vaginal areas and focus my education on the cosmetic and aesthetic procedures that my patients are asking for.

After spending a great deal of time searching on the web, I found Dr. Red Alinsod. I also found too many other respectable colleagues, who offer such education. To be honest, I did not know any of them, since I am from far away Greece. I decided to contact Dr. Alinsod because of his reputation, professionalism, and great love of his job. My first impression was completely right since he answered my phone call almost immediately the same day. We had first contact by the phone and he gave me the feeling that my long travel to USA will be easy and very well organized. I received from this gentleman a full time education! He taught me all of his techniques and tricks over the week of surgeries. His staff looked after me at the maximum and of course we had a great time late in the afternoons to enjoy beautiful Laguna Beach.

After my return to Greece, I started immediately to perform all the new skills I acquired and using the knowledge I have received. I felt my surgical skills touched the very highest standards and my patients appreciated all of this. I feel respect for Dr. Alinsod and I am sure that he will be beside me any time I need him to support my practice in any way.
Patient Testimonials

I couldn’t be happier with the results of my labiaplasty -- with the beautiful transformation done on me by Dr. Red Alinsod at South Coast Urogynecology. It has made a huge difference in my everyday comfort (no more rubbing and chafing!) and I must say, I do think my vulva looks beautiful; a definite added bonus to a procedure I saw primarily as a physiological necessity rather than an aesthetic choice. The result is symmetrical, pretty, and totally natural looking. There is no scarring, and no loss of sensation of any kind.

I’m really glad I flew out to California all the way from Boston, Massachusetts just to have Dr. Alinsod do this procedure. The added expense was well worth it. I had spent many months researching doctors doing this procedure and found that Dr. Alinsod’s web site conveyed an unparalleled professionalism, the best “before” and “after” pictures, the friendliest staff, and comforting photos of the clinic offices. I was especially impressed by the on line patient information and handouts, and detailed description of what to expect before, during and after the procedure. It was obvious to me that he really cares about his patients, has a high level of perfectionism, and understands that this is a bit of a scary decision to make. I knew right away that this was the place to go to be treated with respect, kindness and to get the best care and excellence. Also, I wanted the procedure to be done using the Ellman Surgitron Radio frequency device, rather than with the lasers used in other clinics. After reading about it, it became clear that Dr. Alinsod is a leader in his field and that the Surgitron is the best tool.

In person, Dr. Alinsod’s bedside manner is kind, gentle, sincere and immediately puts you at ease—completely professional. And his wonderful assistant, Maria, was there to hold my hand in every way. I felt confident that I was in the best of hands and that everything would go well, as it did! I was also given every opportunity to talk with Dr. Alinsod directly at any point in the following weeks and months when I had concerns or questions about the healing process. My emails and phone calls were always returned immediately or within hours by Dr. Alinsod himself. I have never been so well cared for during a surgical procedure. If any gynecological issues should come up in my future, I will definitely go directly to Dr. Alinsod and his staff. **--Catlin, Boston, MA**

Dear Dr. Alinsod, I will try my best to explain in words how I feel about my vaginoplasty and perineoplasty surgery. I would of never considered plastic surgery vaginal rejuvenation, until I needed bladder and rectal repair. My organs were no longer where they belonged. My first feeling that something was not quite right was a wideness in my pelvic area and feeling of separateness. Then a difficult and long time to urinate. It wasn’t until my organs fell into my pelvic anatomy and sex with my husband was extremely emotional. My condition went from moderate to severe.

I felt my vaginal anatomy was ruined and knew just fixing my organs would not be enough. I am not your plastic surgery type nor do I believe it should be in this category. These issues are at the core of a women’s sensuality. Us women at the age of 50 and over don’t realize the change in that area since it is so gradual or until something serious like your organs falling.

I gave your card to 2 of my friends that called and asked re: vaginoplasty, etc. After, I told them how perfect I feel from the reconstruction as well as if I had a butt lift my buddies want a new vagina as well. Two days after surgery, while in the hospital, I showed my girlfriend and she said it looked just like a 21 year old. She couldn’t believe how good it looked on the 2nd day or recovery. I told her the advertisement indicates you will look like a 21 year old again. A bonus is the 21 year old vaginal canal. I feel renewed and restored as well as empowered and somewhat young again. I could be a spokeswomen for these procedures in the enlighten state I feel. Thank you once again. I hope your creative future restoring a woman’s core being her sensuality and sexuality grows big and bright. Further, the wonderful women employed by Dr. Alinsod are the best, without them I could not of gone through this surgery. **Love and Light E**
Patient Testimonials cont.

I decided to have labiaplasty because I was embarrassed about the size of my labia minora, they were too big. I wanted to feel sexy, and I could not feel that way with my inner lips the way they were. I don’t have a lot of money, so when I saw an ad for this very inexpensive place called San Dimas Surgical Center, I thought this sounded like a good choice. The first thing that should have raised a red flag that this wasn’t the ideal place to have surgery was the fact that on the website there wasn’t any information about the doctor who would be performing my surgery, namely his expertise, which should never be the case with any surgical procedure. To be honest, I just thought this was a common procedure often performed, and it never crossed my mind that anything could go so terribly wrong. After the surgery, I noticed a difference between my two inner lips immediately, but I thought maybe it was just the swelling and it would all end up looking normal after a couple of months. Well, a couple of months passed, and it just ended up looking worse. One side was still very big, and the other side was very short and bumpy, with notches of skin throughout. I felt totally scarred and deformed, and what’s worse I thought it would be a permanent problem. I even thought I might have to give up sex because it looked so awful. I was very depressed and worried. This is where I started doing some research and I wanted to find this time, the best in the business. I came across South Coast Urogynecology, and took a look at Dr. Alinsod’s work. His pictures of labiaplasty procedures were the best I’d ever seen, so smooth, so natural. Based on his pictures, I thought if anybody can help me, it has to be him. And sure enough, when I met Dr. Alinsod he made me feel so at ease, he is such a gentleman, and so in touch with what a woman needs. He assured me that he could help me, and those news, to a woman who felt so incredibly hopeless up to that point, were music to my ears. My final results are incredible. I am so smooth down there, that I don’t even think any man would ever notice I had anything done! I’m very satisfied with my results. If I could do this procedure over again, I would never again choose a doctor based on price. I would, without a doubt, choose Dr. Alinsod. He is very experienced at what he does, and has a great staff, most noticeably, Maria, his assistant, who was always so nice and reassuring. If you are considering labiaplasty, please choose wisely, this is such a complex procedure, and you should only let the most experienced surgeon work on such a delicate and important area to us women. Thank You Dr. Alinsod!!! – C
Patient Testimonials cont.

Since the birth of my 3rd child, I searched for a physician who would help me correct what I was told to be “normal” by numerous obstetricians / gynecologists. I thought I had stress incontinence, and knew I had large, uncomfortable labia, and a stretched vagina. I felt helpless until I met Dr. Alinsod.

It was last year when I discovered Dr. Red Alinsod by searching the Internet. I contacted him via email and to my surprise was contacted the next day, which happened to be on a Saturday. I could not believe the quick response and his sincerity and loyalty to his patients. I immediately knew he was a genuine person and very experienced by our phone conversation. He understood my needs and scheduled a consult.

Dr. Alinsod performed a labiaplasty with unbelievable results. I was so impressed. I went back and within two months had a vaginoplasty, rectocele repair, and stress incontinence sling. My quality of life is 110% better.

I travel from North County, San Diego area to Laguna to see Dr. Alinsod. I highly recommend traveling across the states to anyone seeking the highest quality, state-of-the-art treatment. Dr. Alinsod is compassionate and truly takes pride in his profession. He is professional and kind with communication being one of his best qualities. I recommend Dr. Alinsod to all of my family and friends. I truly wish that all physicians practiced medicine in the same manner as Dr. Alinsod. He is simply amazing. -- DM

I am originally from the Middle East and in my mid-twenties. After my child was born, some things just weren’t the same (ladies you know what I mean!). But of all the changes my body was going through, this was one that I couldn’t stand. I eventually got the guts to say enough, and do something about it (after trying a billion Kegels with no results!) I had a consultation with Dr. Alinsod and shortly after I decided to go with the vaginoplasty, and perineoplasty. The first week after the procedure was tough, but then it just healed nicely and really changed my life! My partner feels a great difference and the procedure was definitely worth it for the both of us.

Dr. Alinsod is very professional and experienced and really did a wonderful job making me feel more like my pre-baby self again! --EM, from Cairo

Dr. Alinsod. Now that I am on the recovery side of my surgery, I had to write to tell you how much your compassionate care for me made the process of my bladder surgery possible. I couldn’t have gone through this without the help of you and your staff. As you know, I was terrified at the prospect of undergoing bladder surgery and when you added the other procedures to the picture, I was very nervous about the outcome. My recovery has been manageable and now I’m looking forward to getting back to my active lifestyle with no worries whatsoever.

I can’t thank you enough for all that you have done. Your communication skills are terrific and that made it easier to understand the procedures that I was having. In addition, your nurse Maria is really a saint. I put her to the test with my concerns about my bladder and she shouldered them all with that loving way she treats your patients. I feel blessed to be a part of your medical family and have already recommended you to two of my friends who are as afraid as I was to address my bladder issues. Lucky am I to have you in my world. - Anonymous
Patient Testimonials cont.

I have been able to observe Dr. Alinsod’s career for over seven years as both his patient and as a medical professional. I have the utmost trust and confidence in his surgical skills and abilities and have been fortunate enough to have been under his care. His incontinence surgery have kept me dry and feeling refreshed. The cosmetic vaginal surgeries have enhanced my sexual experience and have improved my self image. Dr. Alinsod is able to make me feel relaxed and open in my personal discussions and I feel quite fortunate to have a physician I can confide in. -- LA

When I decided that labiaplasty was a procedure that I wished to pursue, I carefully researched the credentials of many physicians that offered this procedure and I quickly recognized that Dr. Alinsod was clearly highly and uniquely qualified (being both board certified in gynecology and trained in this type of an aesthetic procedure). I had the procedure in early January. Prior to the surgery I met with Dr. Alinsod and his extremely kind and professional staff. As soon as I met each of them and Dr. Alinsod, I realized that there was a sincere kindness and professionalism in how they treated their patients, and that I was in very good care. Even then, however, I did not realize how skilled my surgeon actually was. I have had many dental procedures that I only wish could have gone so well. Pain and swelling were minimal and medications that Dr. Alinsod prescribed for pain management were highly effective. My recovery was very quick. The improvement in appearance and comfort is striking. I am quite sure that no one (even another surgeon) would not be able to recognize that I had the procedure done, as there is no scar at all. I truly cannot thank Dr. Alinsod enough for the quality of surgery and care that I got. -- MB

Dr. Red Alinsod is a caring and compassionate physician that has helped change my personal outlook on life. For years I suffered low self-esteem due to the appearance of my vaginal area brought on by the ravages of childbearing. Not only did I leak urine but my labia were quite enlarged and caused irritation and pain. I could not wear jeans or tight clothing and wearing a swimsuit made me feel very self-conscious. I asked friends and family and medical professionals who I should see and all suggested I get in contact with Dr. Alinsod. I have never regretted my decision to seek out his opinion and to go ahead with my aesthetic surgery. I underwent a labial reduction, laser perineorrhapy, and vaginal tightening that has resulted in my renewed sense of youth. Some would call this “vaginal rejuvenation.” I am in my mid 40s and but my private areas are 21 years old again! I am so pleased and happy even more so than my husband who is quite impressed with the surgical results. I feel like a new woman not afraid to dress any way I please and no longer am I self-conscious because I have made the right decision to choose Dr. Alinsod to be my personal aesthetic surgeon for my most private of parts. -- NR

This was one of the BEST things that I could have ever done for myself...and my husband!! The procedure was incredibly easy with relaxing music and Dr. Alinsod and his staff explaining everything and keeping me comfortable every step of the way. I look and feel INCREDIBLE and can’t believe how perfect everything went. Thank you Dr. Alinsod. You’ve made me sooo happy!!” You guys are the Best! - P from San Diego
Patient Testimonials cont.

About 4 years ago I noticed a marked vaginal looseness. This became a very bothersome problem for me. I spoke with my primary care doctor who prescribed kegal exercises. This obviously did not work, as it does not work for most women unless they are 20 years old and never had children. I then spoke with my gynecologist who told me that the surgery to tighten my vagina was possible with a price tag of about $27,000 dollars. I was very upset. If you are reading this and considering this surgery, you already know my frustrations. I started Googling “vaginal tightening” and luckily found and clicked on Dr. Alinsod’s website. I called and spoke to Diane who immediately was able to set up an appointment for a consultation and surgery the same day because I would be on vacation down in southern California at the time. I live in the Northeast and had to fly in.

I was met at the door by Maria who is wonderful, very understanding and down to earth. She made me feel very relaxed. Dr. Alinsod walked in and I was so impressed. He mixed professionalism with humor and understanding. He made me feel instantly relaxed. The vaginoplasty surgery went wonderfully. At this time Dr. Alinsod said I was also a good candidate for labia plasty. At the time this was not important and I choose not to do it.

I can honestly say I did not follow the “healing plan”. The next day I went to Universal Studios with my family and went on a lot of rides. This was not a good idea. I caused some stitches to rip. Within 3 weeks I had to go back to see Dr. Alinsod and have him re-stitch me. He did this happily and free of charge. After 6 weeks I questioned how I was healing and went back to Southern California to see him. Dr. Alinsod believed I was healing great and told me I was fine. After a few more weeks I emailed Dr. Alinsod and told him I was not as “tight” as I had hoped to be. He told me if I was unhappy, he would make me “good as new” and would also perform labiaplasty on me free of charge because it was a training day for him. It was extremely nice of him to do the extra surgery for me. I am now a couple weeks into the healing process and I am doing great. The surgery site looks terrific! This time I am taking it easy.

I have never met a more professional and kind doctor. He responds to all emails lightening fast and always is patient and kind. He is a true gift to his profession. He gives women a fresh start where others cannot. He is a pioneer in vaginal plastic surgery and goes where 99% of all other doctors will not. His staff is understanding, patient and kind. I would recommend him to ANY woman who wants a fresh start and who wants to feel like the woman she once was or had always wanted to be. Thank you Dr. Alinsod, you are a diamond on a beach of stones. Sincerely, TA from the Great Pacific Northwest
### Course Information

**Introduction To The Laguna Institute For Aesthetic Vaginal Surgery**

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Dr. Alinsod teaches the surgeon how to manage the most simple request for a labial reduction to the most complex repair of childbirth trauma, incontinence, and prolapse. This unique and integrated approach to beautiful vaginal surgery can be learned by gynecologists, urologists, urogynecologists, and interested plastic and cosmetic surgeons.

The intricate details of surgical order, labial size management, clitoral hood reduction, skin resurfacing techniques, perineal reconstruction, vaginal size evaluation, and prolapse repairs are given in a comprehensive multi media manner using print, photos, PowerPoints, videos, and live surgery. It is a transformational learning experience for the surgeon.
Financial Information

Private One-On-One Preceptorship
Accommodations provided at the St. Regis Resort
Private Preceptorships are only held once a month
A 50% deposit is required to secure the Preceptorship date.
Full payment is required one month prior to the starting date.

Group Preceptorship by The AAOCG
Minimum of two physicians per course
Four Participant Maximum
Group Preceptorships are held quarterly.
Payments are made to AAOCG.
Over 30 Category I CME Awarded

Mpathy Xchange Preceptorship: Sponsored by Mpathy Medical
Transportation and accommodations provided
Please visit http://www.Mpathy.org/

Fill out our easy, one page application for approval to $50,000 for working capital. For more info visit www.trihealthcare.com
**Comparative Course Outline**

For course pricing contact Dr. Alinsod

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**Private One-On-One Preceptorship**

Only the Private course offers:

- Unlimited returns for training.
- Turn Key: Full digital files of protocols, equipment lists, office forms, marketing examples, Before and After Photos.
- Surgeon can bring nurse or medical assistant and office manager for one-on-one training.
- Access to Dr. Alinsod’s team of Webmaster, Graphics Designer, and Search Engine Optimization Specialist.
- Access to Labiaplasty.net marketing website.
- 4th day added tailored to fit Physician Needs.
- Maximum Flexibility in training dates and training materials.
- Accommodations at the St. Regis Resort.

### SUNDAY:

#### Welcome Dinner And Introduction

**Time:** 3 PM to 8 PM

- New Frontiers in Pelvic Surgery
- Statistics
- Anatomy Review
- Pre-Op Evaluation

### MONDAY:

#### Live Operating Room Surgery

**Integrating Aesthetic And Functional Vaginal Surgery**

**Time:** 7 AM To 5 PM

- Welcome and Introduction
- Surgery: Patient 1
- LUNCH
- Surgery: Patient 2
- Post-Op Care
- Q&A and Review
- Get Acquainted Dinner at The Montage

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**Group Preceptorship**

- The AAOCG Group course gives over 30 units of CME
- More affordable small group setting.
- Basic equipment lists, office forms, marketing examples.
- Teleconference for medical staff.

### MONDAY:

#### Labiaplasty Lectures And Surgery In-Office

**Maximum Participants:** 4

**Time:** 7 AM To Noon, 1:30 to 5 PM

- Welcome and Introduction
- Labiaplasty Lectures
- Statistics
- Anatomy Review
- Pre-Op Evaluation
- Anesthesia Protocols
- Procedure Techniques
- Labia Minora/Majora Plasty
- Clitoral Hood Reduction
- Hymenoplasty
- Post-Op Care
- Complications Management
- Medical Photography Review and Hands-On Training
- Surgery in Office: Patient 3
- LUNCH
- Surgery In Office: Patient 4
- Electrosurgery and Laser Lab sponsored by Ellman International

### TUESDAY:

#### Labiaplasty Lectures And Surgery In-Office

**Maximum Participants:** 4

**Time:** 7 AM To Noon, 1:30 to 5 PM

- Welcome and Introduction
- Labiaplasty Lectures
- Statistics
- Anatomy Review
- Pre-Op Evaluation
- Anesthesia Protocols
- Procedure Techniques
- Labia Minora/Majora Plasty
- Clitoral Hood Reduction
- Hymenoplasty
- Post-Op Care
- Complications Management
- Medical Photography Review and Hands-On Training
- Surgery in Office: Patient 3
- LUNCH
- Surgery In Office: Patient 4
- Electrosurgery and Laser Lab sponsored by Ellman International

### WEDNESDAY:

#### Vaginoplasty Lectures And Surgery In-Office

**Maximum Participants:** 4

**Time:** 7 AM To Noon, 1:30 to 5 PM

- Welcome and Introduction
- Vaginoplasty Lectures
- Anatomy Review
- Pre-Op Evaluation
- Medical Photography
- Perineoplasty/Vaginoplasty Review
- Integration of Pelvic Prolapse Repairs and Vaginal Rejuvenation
- Anesthesia Protocols
- Post-Op Care
- Vaginal Softening/Stretching Exercises
- Complications Management
- Medical Malpractice Issues
- Surgery In Office: Patient 5
- LUNCH
- Surgery In Office: Patient 6
- Q&A and Review
- Dinner with Staff

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**THURSDAY:**

**Tailored to Fit Physician Needs**

**Options include:**

- More Office Surgery
- Internet Workshop with Webmaster and SEO Specialist
- Intro to Office Cosmetics (Botox & Fillers)
- Intro to Aesthetic Lasers

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Both courses are sponsored by The American Academy of Cosmetic Gynecologists and include membership to the society. The goals of Dr. Alinsod and AAOCG are to enable the physician to perform aesthetic procedures in the office under local anesthesia and without the need for an I.V. Both courses provide a complete syllabus. Both courses offer preferred pricing from Ellman International for the Surgitron Dual Frequency RF and from Monarch Medical for surgical tools. Mpathy Medical provides full support to both courses for incontinence and reconstructive pelvic surgery. Outstanding representatives are available to aid in the development of your surgical practice.