



SOUTH COAST
UROGYNECOLOGY

THE ALINSOD INSTITUTE FOR
AESTHETIC VAGINAL SURGERY

**AESTHETIC VULVOVAGINAL REJUVENATION
SAMPLE COURSE OUTLINE
Private Preceptorship**

By Red M. Alinsod, M.D., FACOG, FACS, ACGE

**MONDAY: PELVIC RECONSTRUCTION AT MISSION HOSPITAL
LAGUNA BEACH**

**Live surgeries first, at the hospital, 1 to 3 cases, lectures
and videos in the afternoon**

Time: 7AM to Noon, 1:30 to 3PM

Welcome and Introduction

Statistics

Pre-Op Evaluation

Pelvic Reconstruction

SmartMesh

TUESDAY: LABIAPLASTY DIDACTIC LECTURES AND VIDEOS

Live Surgeries to follow didactic lectures and videos

Time: 7 AM to Noon, 1:30 to 4 PM

Welcome and Introduction

Statistics

Anatomy Review

Pre-Op Evaluation

Medical Photography

Anesthesia Protocols

Procedure Techniques

Labia Minora Plasty

Labia Majora Plasty

Clitoral Hood Reduction

LUNCH
Hymenoplasty
Videos
Post-Op Care
Complications Management
Q&A

WEDNESDAY: VAGINOPLASTY DIDACTIC LECTURES AND VIDEOS

Live Surgeries to follow didactic lectures and videos

Time: 7 AM to Noon, 1:30 to 4 PM

Pelvic Prolapse Repair
Perineoplasty Review
Vaginoplasty
Integration of Pelvic Prolapse Repairs and Vaginal Rejuvenation
Anesthesia Protocols

LUNCH

Videos
Post-Op Care
Vaginal Softening/Stretching Exercises
Complications Management
Medical Malpractice Issues
Marketing Strategies
Practice Support
Q&A

**THURSDAY (optional): INTRODUCTION TO OFFICE COSMETICS OR
ADDITIONAL SURGERY CASES**

Cost: Free to those with Full Enrollment

Time: 8 AM to 5 PM

Aesthetic Lasers Intro - Lasers/IPL Treatments of Patients
Botox Intro and Treatments
Fillers Intro and Treatments
Search Engine Optimizer introduction
Webmaster introduction