

Foreword

It is a great honor and privilege to be invited to write a foreword for *Essentials of Aesthetic Surgery: Q&A Companion* edited by my mentor and friend, Dr. Jeffrey E. Janis, and coedited by Dr. Sammy Sinno, a long-time colleague and friend. I still vividly remember participating in the Parkland Health and Hospital System preoperative rounds as a Chief Resident supervised by Dr. Janis. These were weekly educational sessions that gave the opportunity to the residents to review the treatment plans of patients who were scheduled for surgery. It was immediately clear that Dr. Janis demanded an organized, systematic, and thorough approach to the assessment and treatment planning for each patient. A variety of cases that spanned the whole spectrum of reconstructive and aesthetic plastic surgery were presented. What was most impressive was Dr. Janis' ability to draw from his wealth of knowledge and experience and distill it down to an organized and concise framework, to not only assess the problem and formulate an appropriate plan of care but also teach the fellows, residents, and medical students in attendance. One of the medical students I met during these rounds was Dr. Sinno, who coedited this *Q&A Companion* and who has already contributed to plastic surgery education in an impactful way.

Drs. Janis and Sinno's organized and thoughtful approach is illustrated in *Essentials of Aesthetic Surgery* and the *Q&A Companion*. Aesthetic surgery continues to be difficult to teach as it is the ultimate convergence of the art and science of plastic surgery. Decisions must be made based on the science and clinical evidence, but the outcome is often a subjective measure—beauty. However, Drs. Janis and Sinno have done an excellent job at curating a text that provides a framework to approach aesthetic surgery.

Beyond reading the contents of *Essentials of Aesthetic Surgery*, one of the most useful ways to consolidate the information by the learner is to think through the information with the use of this *Q&A Companion*. The *Q&A Companion* includes 65 chapters with questions and answers to parallel the content in *Essentials of Aesthetic Surgery*. The questions are high yield and accompanied by clear and concise explanations. The *Q&A Companion* will be useful to learners from across the spectrum, from those trainees who are learning the information for the first time to those who are reviewing the information again at any timepoint in their plastic surgery careers. I would like to congratulate Drs. Janis and Sinno on another significant contribution to aesthetic surgery education.

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