

Plastic Surgery

Board and Certification Review

835 Questions and Explanations

2024
edition

Néha Datta, MD

Bhupendra Patel, LRCP, MRCS, MBChB, DORCS, FRCOphth, FRCR

John Murray, MD

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Section 1

Question 1: When removing pre-aponeurotic fat during blepharoplasty, additional tissue herniates into the lateral orbit, hanging down over the levator. What is the best course of action?

Choices:

1. Clamp it and cut it out, followed by cauterizing the stump
2. Evaluate the color and texture.
3. Biopsy it
4. Leave it alone



Photo:Contributed by Prof. BCK Patel MD, FRCS

Answer: 2 - Evaluate the color and texture.

Explanations:

- The most lateral fat pad is not fat but usually a prolapsed lacrimal gland. It is usually paler and firmer than fat, may show a lobular look, and be pinkish; it must not be removed.
- The prolapsed lacrimal gland should be repositioned in the superior temporal orbit, secured with a stitch to the periorbita, or cauterized to the periorbita with bipolar cautery.
- Leaving it alone will cause an unsightly lump in the lateral upper eyelid.
- If unsure, leave it alone. Never remove what may be a normal lacrimal gland. Prolapse of the lacrimal gland is quite common in the elderly but may also be seen in the young.

Go to the next page if you knew the correct answer, or click the link image(s) below to further research the concepts in this question (if desired).

Research Concepts:

Blepharoplasty Ptosis Surgery

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Answer: 2 - Surgery

Explanations:

- This obese woman with recurrent axilla infection, multiple abscesses, and interconnected sinus tracts suggests a diagnosis of hidradenitis suppurativa. Hurley staging system can be used to classify the case; this patient belongs to Hurley stage III.
- For Hurley stage III and resistant lower stages, tumor necrosis factor-alpha inhibitors are indicated. Adalimumab is the only FDA-approved medication to treat HS. Surgery is often needed at this stage and involves a wide excision to include the lesions, tracts, and scars of an entire affected area.
- The initial treatment of hidradenitis suppurativa involves local hygiene, antiseptic and antiperspirant agents, avoiding tight clothes, weight loss, antibiotics, and intralesional triamcinolone. One-quarter of patients do not respond to these measures and require surgery.
- The chronic disease should be treated with wide excision, flaps, grafting, or healing by secondary intent.

Go to the next page if you knew the correct answer, or click the link image(s) below to further research the concepts in this question (if desired).

Research Concepts:

Hidradenitis Suppurativa



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Question 605: A 54-year-old man presents for preoperative evaluation before undergoing laser resurfacing therapy for a lesion on his face. If present, which of the following is the strongest contraindication to performing this procedure for this patient?

Choices:

1. Keloidal scarring
2. History of osteosarcoma
3. Oral isotretinoin therapy 18 months ago
4. Sebaceous hyperplasia

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