



1st year of APRAS

ASIAN FEDERATION OF PLASTIC, RECONSTRUCTIVE AND AESTHETIC SURGERY SOCIETIES (APRAS) is a federation of official plastic surgery societies in Asia, which was founded in January of 2023.



Current APRAS members are 9 societies; Indonesian Association of Plastic Reconstructive and Aesthetic Surgeons (InaPRAS), Japan Society of Plastic and Reconstructive Surgery (JSPRS), Korean Society of Plastic and Reconstructive Surgeons (KSPRS), Malaysian Society of Plastic and Reconstructive Surgery (MSPRS), Philippine Association of Plastic Reconstructive & Aesthetic Surgeons (PAPRAS), Pakistan Association of Plastic Surgeons (PAPS), Singapore Association of Plastic Surgeons (SAPS), The

Society of Plastic and Reconstructive Surgeons of Thailand (ThPRS) and Taiwan Society of Plastic Surgery (TSPS).



Please visit <https://www.apras-asia.org> for details



Council of Delegates

InaPRAS	Theddeus Prasetyono Irena S. Rini Najatullah		
JSPRS	Kazuo Kishi Rei Ogawa Kotaro Yoshimura	PAPS	Ghulam Qadir Fayyaz Tahmeedullah Mughese Amin
KSPRS	Hak Chang Won-Jai Lee So-Young Lim	SAPS	James Mok Adrian Ooi Low O-Wern
MSPRS	Shah Jumaat Mohd Yussof Shamala Durairajanayagam Wan Azman Wan Sulai man	ThPRS	Apirag Chuangsuwanich Kidakorn Kiranantawat Pichansak Bunmas
PAPRAS	Gene Gerald Tiongco Fremont Base Benjamin Herbosa	TSPS	Hao-Chih Tai Chih-Hung Lin Cheng-Hung Lin



Council of Delegates in Nagasaki on April 26, 2024

APRAS future events

- 1) Feb 4, 2024: APRAS 1-day meeting in Karachi, Pakistan
- 2) July 4-6, 2024: APRAS sessions in Sebu, Philippines
- 3) Oct 17-19, 2024: APRAS sessions in Tokyo, Japan
- 4) December 8, 2024: APRAS 1-day meeting in Taipei, Taiwan



APRAS member section: PAPS

Pakistan Association of Plastic Surgeons (PAPS) :

Pakistan Association of Plastic Surgeons (PAPS) was established in 1994 and since then it has around 220 qualified plastic surgeons as members. Till now PAPS have been meeting once a year in PAPSCON (Pakistan Association of Plastic Surgeons Conference) and all famous surgeons across the world has participated in every meeting. Current Cabinet took over in February 2022 which includes

Prof. Shehab Afzal Beg (President)

Dr. Fazlur Rahman (Secretary)

Dr. Safdar Ali Shaikh (Assistant Secretary)

Dr. Afaq Saleem (Treasurer)



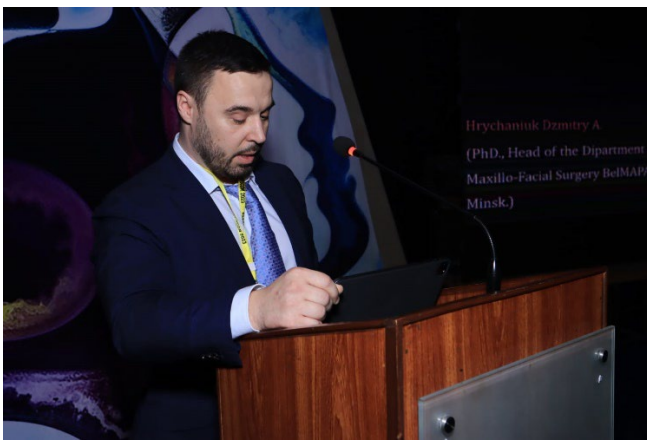


Events of PAPS in 2023

PAPSCON2023

Pakistan Association of Plastic Surgeons 27th Annual meeting, the biggest annual event of plastic surgeons in Pakistan, was organized by Prof Mughese Amin in one of the Historic Cities of Pakistan Bahawalpur February 23-26 2023. It was attended by a galaxy of national and international experts like Mr Brendon Slayer, Dr. Dzmitry Hrychaniuk, Prof, Taimur Al Bulushi, Prof Kiril Pshenisnov, Prof. Maniram Ragbir (president BAPRAS) and Dimitri Melnikov. It was indeed a great teaching/learning opportunity for plastic surgeons at all levels. The conference has lot of entertaining historic trips of Forts and Castles.





13th Microsurgery Hands on workshop:

Jinnah Burns & Reconstructive Surgery Centre (JBRC) Lahore has been organizing microsurgery workshop on annual basis, badged by British Association for Plastic Reconstructive Aesthetic Surgery (BAPRAS). This was 13 of its kind where plastic surgeons of different levels get luxury of hands-on training with expert microsurgery experts. The session included discussion on complex reconstructive cases and live surgeries by Plastic Surgeons of the country, UK and other part of the world.





PAPS PREPARATORY COURSE: This course is held twice in an year since 2010, to carry out intensive, methodical and comprehensive preparation of candidates appearing in fellowship examination. Supervisors and Examiners from all over country guide Trainees in Mock examination.



PAPS Aesthetic Surgery Conference:

Exposure of Aesthetic training in Pakistan has not been as good as reconstructive surgery as these practices are on common in tertiary care hospitals. In order to facilitate all trainees and junior consultants, senior faculty of PAPS gathered together and started first ever PAPS Aesthetic conference. First conference was organized in August 2022 in Liaquat National Hospital Karachi which comprised of 3 days (Rhinoplasty, Hair transplant and Minimal invasive Aesthetic procedures). This year it was organized by JBRSC Lahore in September 2023 and the focus was on Minimal invasive procedures and, Blepharoplasties and Facelifts. There were hands on training, live surgeries and some fruitful discussions. Both conferences were thoroughly appreciated and was attended by huge numbers of trainees and junior consultants of Pakistan.





TRAUMACON WORKSHOPS (Microsurgery and Brachial plexus)

Department of Plastic surgery Shaheed Mohtarma Benazir Bhutto Trauma Centre Karachi, led by Dr. Hassan Kashif, organized a 2 days hands on workshop on Microsurgery and Brachial plexus on May 23 & 25 2023. On first day hands on workshop on basics of microsurgery, use of instruments and microscopes were done followed by hands on anastomosis on vessels and nerve on fresh chicken thighs. It was highly appreciated and lot of trainees benefited from it. On 2nd day, cadaveric dissection of brachial plexus was done. Exploration of brachial plexus, all major nerve transfers required for reconstruction of brachial plexus and distal peripheral nerves of upper limb were demonstrated and practiced. It was followed by different talk and discussions on brachial plexus and nerve transfers.





CADAVERIC HANDS ON WORKSHOP ON LOCAL, REGIONAL & FREE FLAPS

Department of Plastic Surgery, Patel Hospital Karachi lead by Prof Mazhar Nizam and Syed Aqil Shah organized a two-day cadaveric workshop on local, regional and free flaps on 11th and 12th September 2023. The course was designed in a way that the faculty members demonstrated all the workhorse flaps on cadavers, which was being shown live through the screen in the conference hall. Amidst the dissection, the demonstrator interacted with all the members. After demonstration participants performed hands on dissection on the cadavers with two observers on one station.

First day of the workshop was committed to various local and regional flaps followed by free flaps on the second day. This workshop was an opportunity for the trainee surgeons from fields like Plastic surgery and Maxillofacial surgery to polish their surgical skills and most importantly, it became an avenue for the respected faculty members to share their experience with the residents.



BOOK:

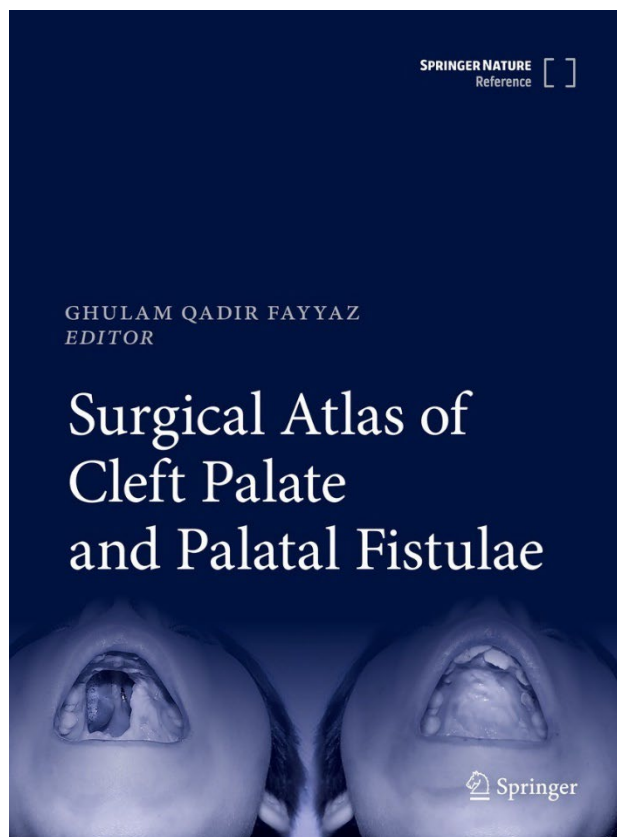
Surgical Atlas of Cleft Palate and Palatal Fistulae

Edited by Prof. Ghulam Qadir Fayyaz

Globally there is a burden of approximately 1, 70,000 new cases of cleft lip and palate every year, yet there is no single comprehensive resource on this problem. This surgical atlas fills the gap in the knowledge of appropriately handling cleft palate cases; from Primary repair to management of palatal fistula. This pictorial resource has been compiled and edited by an expert who operates one of the highest cleft lip and palate correction programs in the world and his team has performed more than 45,500 surgeries, restoring Smile and good speech to thousands of patients across the globe. It covers all variants and different types of cleft palate cases, including both primary cases as well as in previously operated cases. It starts with an in-depth elaboration on anatomy, physiology, and pathology of the (normal) palate and cleft palate, moving towards classification and identification of different types of palatal fistula and their management with the help of clear flow charts and simple algorithms, enabling better diagnosis and decision making. With over 1500 high-definition colored images and hand-drawn sketches, this atlas provides a detailed description of diagnosis, problems and the management of each and every type of cleft palate and palatal fistulae. . The underlying objective of such surgeries is to best restore a barrier between the nasal and oral cavities. and better speech

production, which is highlighted amply in each chapter.

This atlas is a valuable resource for all plastic surgeons, pediatric surgeons, maxillofacial surgeons, ENT surgeons and other medical professionals involved in cleft lip and palate surgeries.



Participation in Annual Meeting of JSPRS and COD Meeting of APRAS

We are delighted to share with you our recent participation in two significant events that have further strengthened our commitment to advancing plastic and reconstructive surgery. In April 2023, our esteemed team of plastic surgeons joined the 65th annual meeting of the Japanese Society of Plastic and Reconstructive Surgery (JSPRS) and the Council of Delegates (COD) meeting of APRAS.

Annual Meeting of JSPRS

The Japanese Society of Plastic and Reconstructive Surgery, a prestigious organization dedicated to the advancement of plastic surgery, extended a warm invitation to our team to participate in their 65th annual meeting, held from April 26 to April 28, 2023, in Nagasaki, Japan.

Our esteemed representatives at this event were:

Prof. Obaidullah
Prof. Tahmeedullah
Prof. Ghulam Qadir Fayyaz

Each of our delegates presented their research papers and actively engaged in scientific discussions throughout the event. This collaborative exchange of knowledge and expertise not only enriched our team but also contributed to the



global discourse on plastic and reconstructive surgery.

COD Meeting of APRAS

In addition to the JSPRS annual meeting, Prof. Ghulam Qadir Fayyaz and Prof. Tahmeedullah had the privilege of representing PAPS (Pakistan Association of Plastic Surgeons) at the Council of Delegates (COD) meeting of the Asia-Pacific Regional Association of Plastic Surgeons (APRAS), which took place on April 27, 2023.

During the COD meeting, critical decisions were made, underlining commitment to regional cooperation and the advancement of plastic surgery standards in the Asia region.

INDIVIDUAL ACHIEVEMENTS

Dr. Afzaal Bashir Bajwa, a life member of PAPS. After graduation from King Edward Medical College, Lahore, Pakistan, he did his FCPS in Plastic Surgery, MS in Plastic Surgery and then PhD in Plastic Surgery. He also got his MS in Burn and Health Nutrition and MPhil in Public Health. About eight years ago, Dr. Afzaal started research on regenerative aspect of medicine and worked on PRP, PPP, PDGF, cultured and non-cultured stem cells. He presented his research in Canada, USA, Germany, Greece, Japan and Thailand. His aesthetic work was well appreciated in Vegas cosmetic surgery meeting, The Aesthetic Show Las Vegas and ICAD. Recently he got gold medal in Regenerative Medicine in ISAPS World Congress in Greece.

Dr. Afzaal is inventor of sixteen devices including

- Cartilage Collector and Injector
- Hump Reducer
- Ptosis Sling Passer
- Double Retractor
- Adjustable Scalpel for making double incisions
- Safety scalpel
- Tendon Retriever and Cutter
- Double Forceps
- Facilitated Dispensing Tray
- Universal Retractor
- Rib Harvester
- Dimple Creation Device
- Granulation Spatula
- Dynamic Finger Splint
- Graded Fat Emulsifier
- Wavy Osteotome

His philanthropic services make him pronounced and include his working for prisoners. He has operated more than five thousand inmates inside the prisons. He has served as member in various committees of American Society of Plastic Surgeons. Pakistan Association of Plastic surgeons is Proud to have Dr. Afzaal as one of the esteemed members.





PAPS CALENDAR

For the first time , PAPS Calendar was formulated and distributed by PAPS Cabinet 2022-24. This calendar mentions all future workshops, course and educational activities being conducted . This has greatly helped and benefited all trainees and seniors to plan and attend different educational activites.

EVENT	Calendar	Location	EVENT	Calendar	Location
PAPS Exam Course	June 2023	JBRSC Lahore	PAPSCON 2024	2nd -5th Februrary 2024	Marriot Hotel Karachi
2nd PAPS Aesthetic Conference	Aug 31st- Sept 2nd 2023	JBRSC Lahore	PAPS Exam Course	April 2024	LNH Karachi
Cadaveric Flap Course (Hands On)	Sept 11-12	Patel Hospital Karachi	3rd PAPS Advanced Aesthetic Course	August 2024	TBD
PAPS Exam Course	First week November 2023	Peshawar	PAPS Exam Course	October 2024	Karachi
Microsurgery course	Nov 20-24	JBRSC Lahore	Workshop on Hypopadias	December 2024	TBD
Mandibular Reconstruction with fibular osteotomies & Midface advancement (Hands on Workshop)	December 2023	AKU & LNH Karachi		* To be decided	

3rd issue of APRAS News will be distributed in December 2023.