

## Fellowship Review: Akademikliniken Aesthetic Plastic Surgical Fellowship

### WORKING ENVIRONMENT

Akademikliniken (AK) was established in 1991 in Stockholm and specializes in aesthetic plastic surgery, cosmetic dermatology, and dentistry. There are 9 specialist plastic surgeons, 4 specialist cosmetic dermatologists, and approximately 100 employees. There are 2 clinics in Stockholm. The main clinic, which runs like a private hospital, is located at walking distance from the city center (approximately 1.5 kms). The second clinic is located in Stureplan and is designed as a walk-in clinic with the emphasis on nonsurgical rejuvenation and cosmetics. The main clinic is where the fellowship is primarily based, but opportunities do arise to visit the walk-in clinic to get further exposure to nonsurgical techniques.

The main clinic is a rather remarkable institution spread over 3 levels. The first level is dedicated to the "Skin Science Centre" run by the dermatologists. The second level is where the outpatients, clerical offices, and minor operations are located. The third level houses a 35 bed ward, 6 operating theaters, and the kitchen.

### WORKLOAD

During 2010, there were 4500 operations performed under general anesthesia in 6 operating theaters. The clinic is primarily an aesthetic surgical clinic; however, approximately 10% to 15% of the caseload in 2010 was dedicated to reconstruction.

The reconstructive cases include mainly breast, with the occasional free flap. Facial reanimation with free gracilis and autologous breast reconstruction using a deep inferior epigastric artery perforator flap being the mainstay of microsurgical reconstruction.

The aesthetic caseload (excluding the liposuction cases) during my 6-month fellowship (February 2011–July 2011) included 114 aesthetic facial plastic surgical procedures, 123 aesthetic breast procedures, and 73 general aesthetic plastic surgical procedures. This is summarized in Tables 1 to 3.

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Conflicts of interest and sources of funding: none declared.

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Clinical Fellowship	
Fellowship title	Aesthetic Plastic Surgical Fellowship Akademikliniken
Fellowship supervisor and e-mail contact	Per Heden per.heden@ak.se Department of Plastic Aesthetic and Reconstructive Surgery
Location: city and hospital(s)	Akademikliniken Storangsvagen 10 115 42 Stockholm Sweden Telephone: +46 8 614 5400 www.ak.se
Daytime duties	08:00–17:00
On call duties	Nil
Length of fellowship available	3 mo–1 y (6 mo in my case)
Number of fellowships available	1–2
Typical start date	January–December, or August–June
Salary	A monthly salary of €1500 (if you stay for 1 y), otherwise for shorter fellowships it is unpaid.
Junior resident support	N/A
Accommodation	Akademikliniken provides a 1 bedroom apartment in the centre of town, walking distance to the clinic as part of the fellowship.
Requirements/experience	Qualified Plastic and Reconstructive Surgeon in applicants home country
Selection process	CV/interview/visit to the clinic
What was particularly good?	<ul style="list-style-type: none"> <li>• High volume of aesthetic cases, with 9 supervising surgeons in 6 operating theaters daily</li> <li>• Living in Stockholm</li> <li>• No on-call</li> </ul>
Suggestions for future improvements	Giving the fellow his/her own theater list (unrealistic due to it being a private clinic)

**TABLE 1.** Aesthetic Facial Plastic Surgical Procedures

Procedure	No. Cases
Rhinoplasty (closed)	27
Facelift	20
Lower blepharoplasty	18
Upper blepharoplasty	15
Endoscopic brow Lift	14
Mid-face lift	10
Alloplastic genioplasty	5
Rhinoplasty (open)	4
Malar implants	1
Total	114

**TABLE 2.** Aesthetic Breast Surgery

Procedure	No. Cases
Breast augmentation mammoplasty	57
Breast reduction	19
Breast augmentation mastopexy	13
Mastopexy	11
Capsulectomy ± implant exchange	11
Macrolane augmentation	8
Gynaecomastia	4
Total	123

**TABLE 3.** General Aesthetic Plastic Surgical Procedures

Procedure	No. Cases
Abdominoplasty	32
Labioplasty	10
Circumferential abdominoplasty	7
Penis enlargement	7
Thigh lift	5
Vaginal tightening	4
Brachioplasty	4
Calf implants	2
Buttock implants	1
Pectoral implants	1
Total	73

Once a month AK also hosts the Allergan and Macrolane Academy. Surgeons from across Europe converge on the clinic for these interactive tutorials and live surgical sessions. These sessions are designed as a master class on breast and soft-tissue augmentation. The Allergan Academy involves a 3-hour tutorial by Dr. Per Heden on primary breast augmentation mammoplasty, including preoperative marking of 3 patients. This is followed the next day by live surgery

of the same 3 patients, using the AK technique for breast augmentation. The Macrolane Academy runs in a similar manner, with Dr. Per Heden and Dr. Jans Jernbeck lecturing on the uses of Macrolane on breast and buttock augmentation, followed by live surgery on 2 to 3 patients.

AK, also hosts the annual Beauty Through Science Congress held at The Grand Hotel, Stockholm in June. This conference is in its seventh year and focuses on aesthetic plastic surgery with many international keynote speakers.

### RESEARCH AND FUNDING

Although not a formal requirement of the fellowship, due to the sheer volume of

aesthetic cases, there are many opportunities to embark on a research assignment with Per Heden's supervision. I published one paper 1 during my 6-month fellowship; however, with the recent formalization of a 1-year fellowship, greater opportunities will arise to publish more.

### SUMMARY

AK provided me with the perfect exposure to aesthetic plastic surgery. Although the clinic has made an international reputation on breast augmentation, as my logbook shows, the variety of cases plus operating with up to 9 different surgeons makes this a great aesthetic fellowship.

Quite recently, AK has decided to formalize the fellowship and make it a paid 12 months program; however, the clinic will still take other applicants for shorter periods as unpaid fellows. My personal opinion is that 3 months is more than enough time due to the immense aesthetic workload of the clinic.

Overall, any time spent at AK is worthwhile, and among all the aesthetic fellowships offered, this one is a gem, and I highly recommend it to anyone interested in aesthetic plastic surgery.

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