

***Cosmetic Injection Techniques: A Text and Video Guide to Neurotoxins and Fillers, 2<sup>nd</sup> edition***, by Theda C. Kontis and Victor G. Lacombe. ISBN 978-1-62623-457-4. Hardcover. 210 pp, 127 illustrations. Price: 85 Euro. New York: Thieme Medical Publishers, 2019.

Both authors of the second edition of this book are well-known facial plastic surgeons with an academic background from the USA. Theda C. Kontis is an associate professor at the Johns Hopkins University in Maryland and Victor G. Lacombe is in private practice in Sonoma, California.

Theda C. Kontis has served as a guest editor for several journals and as a Continuing Medical Education (CME) Editor for *JAMA Facial Plastic Surgery*. She is also the co-owner of the Facial Plastic Surgicenter in Baltimore. Victor G. Lacombe has coauthored and edited another book in the aesthetic field and is considered one of the top injectors in the USA.

The authors both offer cosmetic and reconstructive facial plastic surgery as well as injectables, skin care and laser services in their private practices. Together the authors have over 40 years of experience in plastic facial surgery; an experience and knowledge that they share with their readers in a most comprehensive and compelling way.

The primary goal of this book is to guide readers on how to use injectables for improving small facial

asymmetries and irregularities. There are, however, also chapters on fat dissolving techniques and on how to use injectables for other body parts, such as the décolleté and the neck, and hyperhidrosis treatment for the forehead, axillae, palms and feet. Risks and pearls are stressed in each chapter.

The book is systematic and educational. The precise illustrations of associate Professor Sarah E. Faris from the School of Arts at Virginia Commonwealth University are beautiful. The 3 main highlights of the book are, firstly, the illustrations, which provide the reader with the exact injection points and a detailed look at the underlying anatomy. Secondly, the 75 video clips narrated by Dr Kontis for excellent procedural guidance and, thirdly, the listing of the chapters by degree of difficulty for a safe learning curve.

The book is written for plastic surgeons, cosmetic surgeons and dermatologists, but also for nurse injectors and physician assistant/nurse practitioner injectors. It is very well written and is an easy-to-use manual. It is not surprising that the book is already a bestseller. I highly recommend this improved and updated second edition.

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