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The Art and Science of Body Sculpting: Sculptor's Perspective

1

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The quintessential inspiration to mankind is the beauty of the human body. In our work as cosmetic surgeons we are entrusted by our patients to be the *Michelangelo's of Beauty*, the master sculptors of image, emotion, and form. To artists and surgeons alike, the human body provides extraordinary possibilities for them to exhibit aesthetic finesse. To the unartistic template-reliant technician, the body's complexity will impair outcomes. Working with a contemporary audience of heightened idealizations, patients today present with preconceived perceptions and place a priceless value on physical beauty. These expectations reflect the times with technology and savvy social media self-reconstructions of personal beauty that may be imagined but may or may not be achievable [1, 2]. Creating harmonious visual and emotional outcomes distinguishes the cosmetic surgeon from other surgical subspecialties. It is our love affair with human body that we are called as surgeons to discover new truths to deepen our understanding of the aesthetics of human form (Fig. 1.1).

Aesthetics is the formal study of art and relationship to beauty. Since the Renaissance, the gold standard for training in the figurative arts has been through intense study of the antique, the live model, and anatomy [3].

Contemporary training for the cosmetic surgeon is the *Surgical Fine Arts* in a structured, stimulating, and supportive environment. Art academia broadens the intellectual palate and refines the senses, expanding visual thinking and perspective, observation, fine motor skills, and performance. Human aesthetics is intricately composed of geometrics, contour, shape, volume, and form. Sculpting explores these qualities of beauty and serves an aesthetic bridge to cadaver dissection, surgery, and technology.

Sculpting for Surgeons™ provides a learning platform from which the aesthetic sculptural arts and cadaver labs serve as a pillar for intellectual, conceptual, and personal growth. The physician learns the nuances of corporeal beauty and develops a fidelity in form while producing the anatomical human body in drawing or in clay. This aesthetic intelli-

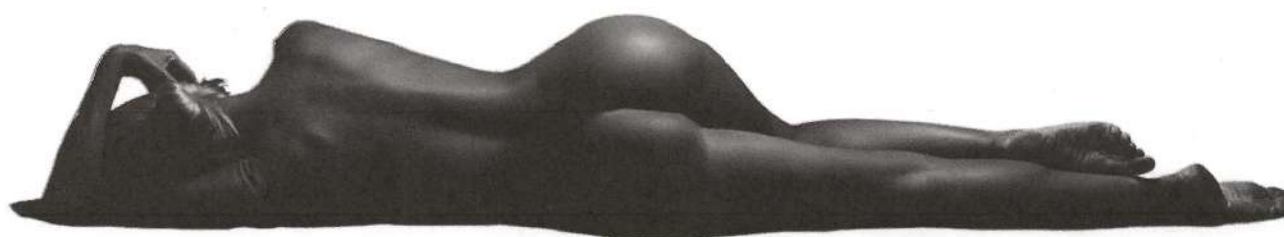


Fig. 1.1 Female human form. (© 2021 Peter M. Schmid)

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