



AIAVS

ALINSOD INSTITUTE
for AESTHETIC VULVOVAGINAL SURGERY

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AIAVS Fellows Year 1

Jan	Week 1	<p>Focus: Labia Minoraplasty Basics</p> <p>Lectures: #1 Labia Minoraplasty Lecture 2020 Full Version</p> <p>Lectures: #16 Labia Minoraplasty Anesthesia and Marking HD</p> <p>Video 1: Perineoplasty, Hybrid Barbie LP, Clitoral Hood Reduction</p>
	Week 2	<p>Surgical Videos Narrated: #3 Final - A Incisions Steps</p> <p>Surgical Videos Narrated: #3 Final - Barbie LP with CHR, A Incision Steps</p> <p>Video 2: Live Narrated Hybrid LP</p>
		Alinsod Live 8-9 AM
Feb	Week 3	<p>Focus: Barbie, Hybrid, Rim Labiaplasty, Labia Majoraplasty</p> <p>Lectures: #20 Rim Labiaplasty Basics, 20:25</p> <p>Lectures: #22 Barbie and Hybrid Look Labiaplasty Steps, 43:23</p> <p>Video 3: Live Narrated Majoraplasty with Rim Labiaplasty, 1:44:50</p>
	Week 4	<p>Lectures: #2 Labia Majoraplasty Lecture 2020 Full Version, 01:09:31</p> <p>Video 4: Perineal Bx, Majoraplasty, Hybrid LP, CHR, O-Shot, PRP</p>
		Alinsod Live 8-9 AM

Mar	Week 5	Focus: Clitoral Hood Surgery Part 1 Lectures: #19 Clitoral Hood Reduction Techniques, 32:40 Video 5: Cliteropexy, Clitoral Hood Release, Clitoral Exposure, O-Shot, 29:42 Video 6: Clitoral Hood Release, AmDrop Shot, 17:44
	Week 6	Video 24: Release of Buried Clitoris and Frenulum, O-Shot with AmDrop, 16:30 Video 25: Revision of Frenulum Release, O-Shot, AmDrop, 22:41
		Alinsod Live 8-9 AM

Apr	Week 7	Focus: Vaginoplasty and Perineoplasty and Combination Surgery Part 1 Video 7: Posterior Repair, Vaginoplasty, Perineoplasty, Unified Approach, Labia Majoraplasty, Barbie LP, CHR, PRP, O-Shot, 01:45:43
	Week 8	Video 8: Live Narrated Vaginoplasty, Perineoplasty, CHR, Feathering Resurfacing Revision, Q-Tip Exercise, 01:27:22
		Alinsod Live 8-9 AM

May	Week 9	Focus: Revision Surgery Part 1 Video 9: Perineoplasty with Labiaplasty Revision for Gaping, Medial Labial Excision, 34:44:22 Lectures: #5a Sutureless Band Release Lecture with Video, 45:57
	Week 10	Video 10A: Live Narrated VP, Perineoplasty, Feathering Revision of Dog Ears Video 10B: Live Narrated Band Release
		Alinsod Live 8-9 AM

Jun	Week 11	Focus: Vaginoplasty and Perineoplasty and Combination Surgery Part 2 Video 11: Live Narrated VP, Perineoplasty, ThermiVa, O-Shot, Vampire Wing Lift, 01:46:15
	Week 12	Video 12: Live Narrated Lone Star Use, Vaginoplasty with Perineoplasty, 01:42:49
		Alinsod Live 8-9 AM

Jul	Week 13	Focus: Clitoral Hood Surgery Part 2 Video 13: Management of Vulvar Angiomas, LS, GSM, Anal Skin Tag
	Week 14	Surgical Videos Narrated: #A3 Final Sutureless Feathering Labiaplasty Revision with Vertical Clitoral Hood Reduction and Contouring Full Version LNS14 Live Narrated Clitoral Hood Reduction and Contouring, A Incisions for Severe Asymmetry
		Alinsod Live 8-9 AM

Aug	Week 15	Focus: Labia Majoraplasty Part 1 Video 44: Live Narrated Unified Approach to Labia Majoraplasty and Clitoral Hood Contouring, Hybrid Labiaplasty, 02:59:33
	Week 16	Surgical Videos Narrated: # 21: Labia Majoraplasty with Fat Pad Removal, Labial Feathering, O-Shot, PRP, 1:24:05
		Alinsod Live 8-9 AM

Sep	Week 17	Focus: External Anal Skin Tags Management Video 33: Live Narrated RF Feathering of External Anal Skin Tags, 38:39 Surgical Videos Narrated: LNS7 Perineoplasty and Excision of External Anal Skin Tags, 52:25:02 (Part of Video 32)
	Week 18	Video 36: Live Narrated Majoraplasty and Anal Skin Tag RF Feathering, 2:59:49
		Alinsod Live 8-9 AM

Oct	Week 19	Focus: Vampire Wing Lift LNNS5 Live Narrated Large Volume Vampire Wing Lift Set Up and Mixing, 15:44 Video 29: Live Narrated Vampire Wing Lift with O-Shot, 18:01
	Week 20	Video 30: Live Narrated Vulvar Biopsy, Injection of PRP and AmDrop, 16:32 LNNS6 Live Narrated ThermiVa and Vampire Wing Lift for Majora Deflation and Laxity, 16:00
		Alinsod Live 8-9 AM

Nov	Week 21	Focus: Combination Surgery Video 21: Perineoplasty, Labia Majoroplasty, Barbie Labiaplasty, CHR, 01:44:30
	Week 22	Video 22: Detailed Instructional Post Repair, VP, Perineoplasty, Hybrid LP, Anal Skin Tag Removal, 01:29:16
		Alinsod Live 8-9 AM

Dec	Week 23	Focus: Complex Combination Surgery Video 26: Live Narrated Perineoplasty, Majoroplasty Revision, O-Shot, Feathering Revision of Minora, Excision of External Anal Skin Tag, 02:35:49 Video 27: Live Narrated Perineoplasty, Majoroplasty, Modified Hybrid LP, CHR, ThermiVa, O-Shot, 02 02:03:04
	Week 24	Video 31: Live Narrated Perineoplasty, Cliteropexy, Coverage of Clitoris, O-Shot, 01:35:34
		Alinsod Live 8-9 AM

AIAVS Fellows Year 2

Jan	Week 25	Focus: Hymen Surgery Lectures: #3 Hymenoplasty Surgery Lecture with Voiceover Large File, 01:14:16 Lectures: #3 Hymenoplasty Surgery Only with Voiceover, 18:47 AIAVS Fellows Video 48, Live Narrated Hymenoplasty Pillar Technique, 38:48
	Week 26	Video 18: Live Narrated Hymenectomy, 07:01 Video 19: Live Narrated Removal of Hymeneal Remnants, 08:50 Surgical Videos Narrated: #22 Final Excision of Hymeneal Remnants, 05:21
		Alinsod Live 8-9 AM

Feb	Week 27	Focus: Combination Surgery with Vampire Wing Lift LNNS5 Live Narrated Large Volume Vampire Wing Lift Set Up and Mixing, 15:44 Non-Surgical Videos Narrated LNNS4: Live Narrated Large Volume Vampire Wing Lift, 31:41:14
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	Week 28	Video 58: Live Narrated ThermiVa with Vampire Wing Lift, 20:00 Video 32: Live Narrated Barbie LP, CHR, Perineo, Anal Skin Tag, Vampire Wing Lift, Mons Augmentation, 2:56:13
April		Alinsod Live 8-9 AM

Mar	Week 29	Focus: Pelvic Reconstructive Surgery AIAVS Fellows Video 57, Live Narrated Pelvic Reconstructive Surgery, TOT, A&P, VNew, 01:14:53
	Week 30	AIAVS Fellows Video 67, Live Narrated Anterior Repair and Uterine Suspension with VNew Dermal Allograft, 01:16:54 AIAVS Fellows Video 68, Live Narrated Anterior Repair with Dermis, Posterior Repair, Perineoplasty, Labiaplasty Revision, CHR, Excision of External Anal Skin Tags, 01:59:00
		Alinsod Live 8-9 AM

Apr	Week 31	Focus: Clitoral Hood Surgery Part 3: Reduction and Contouring Video 41: Live Narrated Clitoral Hood Reduction, Excision and Feathering of Dog Ears, and ThermiVa
	Week 32	Video 42: Live Narrated Hybrid Labiaplasty with Clitoral Hood Reduction and Contouring for Asymmetry, 01:43:36
		Alinsod Live 8-9 AM

May	Week 33	Focus: Labia Minoraplasty Refinements Video 60, Live Narrated Rim Labiaplasty Gold Standard, 01:21:07
	Week 34	Video 45: Live Narrated Barbie Look Labiaplasty with Wide Clitoral Hood Reduction and Contouring, 01:56:09 Video 70: Live Narrated Perineoplasty, Barbie Look Labiaplasty with Clitoral Hood Reduction and Contouring
		Alinsod Live 8-9 AM

Jun	Week 35	Focus: A Incisions Video 40, Live Narrated Rim Labiaplasty with Medial A Incisions, 01:05:49
	Week 36	Video 61, Live Narrated Perineoplasty, Hybrid Labiaplasty, Lateral A Incision, O-Shot

		Video 35, Live Narrated Vaginoplasty, Perineoplasty, Barbie Labiaplasty, Medial and Lateral A Incisions, 01:55:09
		Alinsod Live 8-9 AM

Jul	Week 37	Focus: Labia Majoroplasty Part 2 Video 51: Live Narrated Majoroplasty with Bipolar RF, ThermiVa, O-Shot, 01:38:59
	Week 38	Video 15: Unified Approach to Perineo, Majoroplasty, Barbie LP, CHR
		Alinsod Live 7-8 PM

Aug	Week 39	Focus: In-Office Procedures The Synergy of Energy + Biologics for the Leaky Bladder, 29:38:56 Alinsod 17 Non-Surgical Treatments for POP and SUI, 12:56 Non-Surgical Videos Narrated: Alinsod 11 ThermiVa and O-Shot Review, 16:13 LNNS7 Live Narrated Testosterone Pellet Placement, 06:52
	Week 40	Non-Surgical Videos Narrated: Alinsod 1 Predictive Permeation DEP Narrated v2, 23:57 Non-Surgical Videos Narrated: Alinsod 11 The Ouchless O-Shot, 04:25
		Alinsod Live 8-9 AM

Sep	Week 41	Focus: Feathering and Anal Skin Tags AIAVS Fellows Video 49, Live Narrated Feathering to a Barbie Look and Q-Tip Exercise, 01:01:42 Live Narrated Q-Tip Exercise Demo, 05:31
	Week 42	Video #62, Live Narrated Perineoplasty, Excision and Feathering of External Anal Skin Tags
		Alinsod Live 8-9 AM

Oct	Week 43	Focus: Perineal Repair LNS3 Live Narrated Perineoplasty and Dehiscence Repair, 01:10:21 LNS4 Live Narrated Small Perineoplasty, 24:07
	Week 44	LNS2 Live Narrated Perineal Band Release for Dyspareunia Full Version, 24:03

		Surgical Videos Narrated, #2 Final - Band Release, 10:42
		Alinsod Live 8-9 AM

Nov	Week 45	Focus: Hybrid Labiaplasty Video 37: Live Narrated Hybrid Labiaplasty, CHR, Perineoplasty, ThermiVa, O-Shot, Vampire Wing Lift, 02:25:29
	Week 46	Video 39: Live Narrated Hybrid Labiaplasty with ThermiVa and Vampire Wing Lift, 01:37:52
		Alinsod Live 8-9 AM

Dec	Week 47	Focus: Revision Surgery Part 2 AIAVS Fellows Video 69, Live Narrated Perineoplasty, Wedge Labiaplasty Revision, CHR, O-Shot, 01:41:49
	Week 48	AIAVS Fellows Video 106, Live Narrated Clitoral Bulb Reduction and Frenulectomy with CHR Revision, 01:00:03 AIAVS Fellows Video 123, Live Narrated Labiaplasty and Perineoplasty Revision and O-Shot and Vampire Wing Lift with FemXHA, 45:35:07
		Alinsod Live 8-9 AM