

2026 L1 & L2 OPBS WORKSHOP PROGRAM

DAY ONE	
FOUNDATIONS	
12:30 – 1:00pm	REGISTRATION + LIGHT LUNCH
1:00 – 1:15pm	Convenor Welcome and Introduction Aims & Objectives
1:15 – 1:40pm	Basis of good cosmesis: anatomy, skin lines, markings
1:40 – 2:00pm	How to do a simple mastectomy well
2:00 – 2:25pm	Skin-sparing & nipple-sparing mastectomy principles
2:25 – 2:35pm	Sponsor presentation
2:35 – 3:00pm	De-epithelialisation, dual plane, periareolar approach
3:00 – 3:25pm	Round block, racquet
3:25 – 3:50pm	Batwing, melon-slice, Grisotti flap
3:50 – 4:10pm	AFTERNOON TEA
4:10 – 4:30pm	Volume replacement vs volume displacement approach summary
4:30 – 5:30pm	Cases – theory into practice – what to use when (modified quadrant by quadrant – what technique with which tumour) + Q&A
5:30pm	Close Day 1

DAY TWO

Therapeutic Mammoplasty + Perforators + Cadaveric Lab

8:00 – 8:10am	Welcome and Overview Day Two
8:10 – 8:30am	Patient selection + Wise pattern
8:30 – 9:00am	Pedicle selection + extended pedicles
9:00 – 9:20am	Vertical mammoplasty (conal rotation)
9:20 – 9:35am	TM in large/very large breast
9:35 – 10:30am	Perforator flaps: anatomy, flap types, selection, tips
10:30 – 11:00am	MORNING TEA
11:00 - 12:45pm	Rotating small-group mark-up sessions (TM + perforators)
12:45 – 1:00pm	Sponsor presentation
1:00 – 2:00pm	LUNCH
Cadaveric Session	
2:00 – 2:15pm	Transfer to anatomy lab
2:15 – 5:15pm	Cadaveric dissection: TM + perforator flaps
5:15pm	CLOSE – DAY 2
7:00pm	DINNER – The Green, shop 1/27 James Street, Fortitude Valley, QLD

DAY THREE**Reconstruction + Implants + Fat Grafting + Complex Cases + Cadaveric**

8:00 – 8:10am	Welcome & Overview Day Three
8:10 – 8:40am	Implant/expander selection + measuring to order
8:40 – 9:15am	Skin- & nipple-sparing mastectomy technique
9:15 – 10:00am	Reconstruction options: DTI, 2-stage, mesh/no mesh
10:00 – 10:25am	Ptotic breast strategies + staged mastopexy → NSM
10:25 – 10:40am	Autologous reconstruction timing + radiotherapy
10:40 – 11:10am	MORNING TEA + Sponsor Presentations
11:10 – 12:15pm	Implant planning + mastectomy mark-up workshop
12:15 – 12:30pm	Fat grafting: principles + technique
12:30 – 12:45pm	Nipple reconstruction
12:45 – 1:00pm	Complex case discussions – WHEN THINGS GO WRONG (breakouts) [Faculty] – ALLOCATE A DIFFICULT CASE TO 4 FACULTY
1:00 – 2:15 pm	LUNCH
Cadaveric Session & Group Discussion	
2:30 – 3:15pm	<i>Transfer to University of Queensland – Gross Anatomy Lab (St Lucia)</i>
3:15 – 5:00pm	Cadaveric Dissection - UoQ Nipple sparing mastectomy, implant reconstruction and fat grafting
5:00pm	Close + Final wrap-up