

COURSE PROGRAM

BHBA™ Course Program 2026

BEVERLY HILLS BODY ACADEMY™

HOYOS & GHAVAMI CONGRESS | 2026

POWERED BY ROXIUM

Course Program 2026

Thank you for being part of Beverly Hills Body Academy.

We are excited to meet you all and offer an incredible educational experience that will help you become better surgeons.

Agenda Overview

DAY 1 Advanced HD Liposuction + Rib Remodeling

Learn how to create visible definition without creating an artificial, over-etched, or reputation-damaging result.

DAY 2 S-Curve® Body Contouring Technique

Learn to create curves through proportion, safe fat transfer, and 360° silhouette design — not just volume.

DAY 3 Cadaver Lab

Practice the anatomy, access, planes, and vectors before applying the techniques clinically.

Day	Theme	Core Focus	Primary Outcome
1	LIVE SURGERY: Advanced HD Liposuction + Rib Remodeling (w/ Dr. Alfredo Hoyos)	Definition, anatomy-based sculpting, plane control, over-etching avoidance, post-op contour management	Surgeons learn how to create athletic, natural-looking definition without creating artificial or overdone results
2	LIVE SURGERY: S-Curve® Body Contouring Technique (w/ Dr. Ashkan Ghavami)	360° waist/back/hip/buttock contouring, safe gluteal fat transfer, curve architecture	Surgeons learn how to transform liposuction into full-body silhouette design using subtraction, preservation, and fat
3	CADAVER LAB for applied anatomy, planes, vectors, access, safety, and technique rehearsal	Hands-on anatomy, access vectors, tissue planes, cannula trajectory, gluteal safety, complication avoidance	Surgeons translate the first two days into tactile, anatomical understanding and practical operative planning

Watch elite body-contouring techniques performed live, decode the decision-making behind each step, then practice the markings, access points, planes, vectors, and safety anatomy in a cadaver lab before applying them clinically.

Day 1 Program

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Advanced HD Liposuction + Rib Remodeling: Live Surgery, Technical Breakdown and Decision-Making

Time	Session	Format	Key Topics	Learning Outcome
7:00 – 7:30 AM	Registration, Breakfast & OR Briefing	Arrival / orientation	Check-in, breakfast, faculty intro, live surgery viewing instructions, patient confidentiality, safety rules	Attendees understand how to observe the live surgery and what to look for
7:30 – 7:50 AM	Pre-Op Case Presentation: HD Lipo + Waist Contouring	Faculty case briefing	Patient selection, torso anatomy, skin quality, waist goals, rib flare evaluation, HD lipo plan, possible rib remodeling indications, risk discussion	Attendees understand why this patient was selected and how HD lipo and rib remodeling may work together
7:50 – 8:00 AM	Live Surgery Learning Objectives	Faculty framing	What to watch: markings, access points, deep vs superficial planes, feathering, waistline transitions, rib contour assessment, restraint	Attendees enter the live case with a clear observation framework
8:00 AM – 12:00 PM	Live Surgery: HD Liposuction ± Rib Remodeling Adjunct	Live surgery / broadcast	HD lipo markings, incision planning, infiltration, energy/device use if applicable, deep debulking, superficial definition, waist contouring, rib remodeling if included, final contour check	Surgeons observe real-time HD lipo execution and how rib remodeling may be integrated into waist refinement
12:00 – 12:45 PM	Working Lunch: Immediate Live Surgery Debrief	Faculty-led discussion	What happened in the OR, key decisions, what changed from the plan, where lipo achieved contour, where rib structure limited contour, intraoperative pearls	Attendees connect the live surgical sequence to expert reasoning
12:45 – 1:30 PM	Marking Masterclass: HD Definition + Waist Architecture	Demo / case breakdown	Review live patient markings, abdomen /flanks/waist markings, rib flare assessment, lower thoracic cage landmarks, preservation zones, definition zones, zones to avoid	Surgeons learn how markings translate into both soft-tissue and structural waist-contouring decisions
1:30 – 2:10 PM	HD Lipo Technical Breakdown	Lecture + video stills from case	Deep fat removal, intermediate shaping, superficial etching, cannula vectors, feathering, endpoint control, when to stop	Attendees understand the technical logic behind the live HD lipo portion
2:10 – 2:40 PM	Rib Remodeling: Indications, Anatomy & Patient Selection	Focused lecture	Rib flare vs fat fullness, lower rib anatomy, waistline limitations, ideal candidates, contraindications, imaging/workup considerations, safety boundaries, patient counseling	Surgeons understand when rib remodeling is relevant and when liposuction alone is more appropriate
2:40 – 2:55 PM	Break	Networking	Refreshments, sponsor/device table time	Short reset
2:55 – 3:35 PM	Natural vs Overdone: Definition, Waist Narrowing & Structural Restraint	Interactive case critique	Natural abdominal definition, avoiding over-etching, avoiding over-narrowed waist, feminine vs athletic contour, rib remodeling as adjunct not shortcut	Surgeons learn how to refine the waist without creating artificial or unsafe contours
3:35 – 4:15 PM	Complication Avoidance: HD Lipo + Rib Remodeling Considerations	Case-based lecture	Seroma, fibrosis, burns, over-resection, contour irregularity, asymmetry, compression issues, rib-related pain, contour irregularity, respiratory and chest wall safety considerations	Attendees learn how to prevent and identify complications across both soft-tissue and structural contouring
4:15 – 4:50 PM	Post-Op Protocols That Protect Definition and Waist Shape	Practical protocol	Garments, foam, boards, drains, massage timing, swelling timeline, fibrosis prevention, rib remodeling recovery considerations, activity restriction, patient communication	Surgeons learn how aftercare influences HD definition and waistline healing
4:50 – 5:25 PM	Revision Strategy: HD Lipo, Waist Contour & Rib Remodeling Cases	Case workshop	Over-etched abdomen, under-defined contour, over-suctioned waist, persistent rib flare, asymmetry, when to graft, when to revise, when to avoid revision	Attendees learn a safer revision decision framework for advanced torso contouring
5:25 – 6:00 PM	HD Lipo + Rib Remodeling Case Planning Workshop	Small-group exercise	Candidate selection, waist diagnosis, markings, lipo zones, preservation zones, rib remodeling candidacy, risk counseling, post-op plan	Surgeons apply the day's live-case lessons to new patient scenarios

Day 2 Program

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S-Curve® Body Contouring: 360° Liposculpture

Time	Session	Format	Key Topics	Learning Outcome
7:00 – 7:30 AM	Breakfast, Networking and Day 1 Recap	Arrival / recap	HD lipo takeaways, attendee questions, transition from definition to curve architecture	Attendees connect Day 1 lessons to Day 2 S-Curve® planning
7:30 – 7:50 AM	Pre-Op Case Presentation: S-Curve® Patient	Faculty case briefing	Patient selection, donor fat, waist-to-hip goals, gluteal/hip plan, skin quality, safety considerations	Attendees understand the full-body silhouette plan before surgery
7:50 – 8:00 AM	Live Surgery Learning Objectives	Faculty framing	What to watch: 360° markings, donor zones, lower-back sculpting, fat preservation, safe transfer, curve balance	Attendees know what technical and aesthetic decisions to observe
8:00 AM – 12:00 PM	Live Surgery: S-Curve® Technique	Live surgery / broadcast	360° liposculpture, abdomen/flank/back sculpting, fat harvest, fat handling, waist shaping, hip/buttock transfer, safety principles	Surgeons observe full-body curve architecture in real time
12:00 – 12:45 PM	Working Lunch: Immediate Live Surgery Debrief	Faculty-led discussion	Key intraoperative decisions, what changed from the plan, donor-fat strategy, grafting choices, safety considerations	Attendees connect the live S-Curve® procedure to expert judgment
12:45 – 1:30 PM	Marking Masterclass: Designing the S From the Live Case	Demo / case breakdown	Waist narrowing, lower-back valley, sacral diamond, hip dips, buttock projection zones, no-graft zones, preservation zones	Surgeons learn how markings drove the full-body silhouette
1:30 – 2:20 PM	Safe Gluteal Fat Transfer	Safety-focused lecture / demo	Subcutaneous-only principles, cannula-tip awareness, ultrasound guidance if used, recipient capacity, avoiding unsafe vectors	Attendees learn the safety framework behind modern gluteal fat transfer
2:20 – 2:35 PM	Break	Networking	Refreshments, sponsor/device table time	Short reset
2:35 – 3:20 PM	Buttock & Hip Shape Design	Interactive case critique	Projection vs width, hip dips, lateral hip fill, avoiding boxiness, avoiding overfill, natural waist-to-hip transition	Surgeons learn how shape is created through distribution, not just volume
3:20 – 4:05 PM	Complication Avoidance & Management	Case-based lecture	Fat embolism prevention principles, seroma, fat necrosis, contour irregularity, asymmetry, poor graft take, compression deformities	Attendees learn how to prevent and manage S-Curve®/BBL-related complications
4:05 – 4:45 PM	Post-Op Protocols: Protecting the Curve	Practical protocol session	Pressure avoidance, sitting/sleeping, garments, foam, massage, graft survival, swelling, patient scripts	Surgeons learn how recovery affects graft survival and final silhouette
4:45 – 5:25 PM	Revision S-Curve® Strategy	Revision case workshop	Boxy buttock, over-suctioned flanks, hip-dip undercorrection, lateral overfill, graft loss, staged correction	Attendees learn how to diagnose and correct failed curve cases
5:25 PM – 6:00 PM	Build the S-Curve® Surgical Plan	Small-group planning lab	Candidate category, lipo zones, preservation zones, graft zones, safety plan, compression plan, risk counseling	Surgeons apply live-case lessons

Day 3 Program

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Applied Anatomy Cadaver Lab:

HD Lipo, Rib Remodeling, S-Curve® Technique & Safe Body Contouring

Time	Session	Format	Key Topics	Learning Outcome
7:30 – 8:00 AM	Arrival, Breakfast & Lab Check-In	Lab arrival	PPE distribution, cadaver assignments, instrument orientation, lab rules	Attendees prepare for hands-on applied anatomy
8:00 – 8:20 AM	Lab Orientation & Safety Briefing	Faculty briefing	Cadaver respect, sharps safety, tissue differences, rib/chest wall safety, what cadaver practice can and cannot teach	Surgeons understand the limits and safety priorities of cadaver-based training
8:20 – 8:55 AM	Recreating the Live Surgery Markings: HD Lipo, Rib Remodeling & S-Curve®	Faculty demo	Day 1 HD markings, lower rib landmarks, waistline markings, rib flare zones, Day 2 S-Curve® waist/back/hip/gluteal markings	Attendees connect live surgery observation to applied surface anatomy
8:55 AM – 9:35 PM	Station 1: Incision Planning & Access Vectors	Hands-on	HD abdomen/flanks access, waist access, rib remodeling access planning, S-Curve® waist/back/gluteal access, multi-vector planning	Surgeons practice how access determines contour quality, safety, and reach
9:35 – 10:20 PM	Station 2: Abdominal, Flank & Lower Rib Planes	Hands-on station	Deep plane, intermediate plane, superficial sculpting, lower rib surface anatomy, costal margin, rib flare assessment, transition from soft-tissue contouring to structural evaluation	Attendees rehearse HD lipo planes while understanding the anatomical relationship to the lower thoracic cage
10:20 – 10:35 PM	Break	Lab reset	Refreshments and station transition	Short reset
10:35 – 11:20 PM	Faculty Dissection: Trunk, Costal Margin & Lower Rib Anatomy	Dissection demo	Skin, superficial fat, deep fat, fascia, rectus, obliques, costal margin, lower ribs, intercostal spaces, chest wall boundaries, danger zones	Surgeons connect markings and cannula work to trunk and lower rib anatomy
11:20 – 12:05 PM	Station 3: Rib Remodeling Anatomy & Safety Boundaries	Hands-on anatomy station	Lower rib identification, rib contour evaluation, soft-tissue envelope, intercostal anatomy, safe-zone discussion, structural vs soft-tissue waist limitations, complication prevention	Attendees understand rib remodeling as an anatomy-driven adjunct requiring careful selection and safety discipline
12:05 – 12:50 PM	Working Lunch: Live Case-to-Cadaver Correlation	Discussion	Compare Day 1 HD/rib remodeling case and Day 2 S-Curve® case to cadaver anatomy, access, planes, safety, and post-op implications	Attendees consolidate what they observed and practiced
12:50 – 1:40 PM	Station 4: Lower Back, Waist & Sacral Diamond Sculpting	Hands-on	Waist indentation, flank narrowing, lower-back valley, upper-gluteal transition, feathering into buttock, relationship between rib cage and waistline	Surgeons practice the waist/back framework that connects HD lipo, rib remodeling, and S-Curve® contouring
1:40 – 2:30 PM	Station 5: Gluteal Anatomy & Safe Fat-Transfer Planes	Hands-on safety station	Gluteal surface landmarks, subcutaneous plane, gluteal fascia, cannula-tip awareness, ultrasound confirmation if available, unsafe vectors	Surgeons physically practice safe gluteal trajectory principles
2:30 – 3:10 PM	Station 6: Hip Dip, Lateral Hip & Buttock Shape Design	Hands-on planning station	Hip dips, lateral hip fill, projection zones, no-graft zones, volume distribution, balancing waist narrowing with hip/gluteal curve	Attendees understand how torso narrowing and hip/buttock contour must be balanced
3:10 – 3:25 PM	Break	Lab Reset	Refreshments and station transition	Short reset
3:25 – 4:05 PM	Station 7: Complication Anatomy & “Do Not Do This” Lab	Interactive faculty lab	Too-superficial etching, gouging, unsafe gluteal trajectory, over-suctioned flank, lateral overfill, excessive waist narrowing, rib-related danger zones	Surgeons learn to recognize risky maneuvers before performing them clinically
4:05 – 4:50 PM	Station 8: Integrated Procedure Rehearsal	Group hands-on exercise	Full HD plan, HD + rib remodeling plan, full S-Curve® plan, hybrid case plan, markings, access, planes, vectors, graft zones, safety boundaries	Attendees synthesize all three days into a complete operative blueprint
4:50 – 5:25 PM	Faculty Walkthrough & Group Presentations	Group critique	Faculty critiques markings, access, rib remodeling rationale, plane strategy, gluteal vectors, safety, and aesthetic endpoint	Attendees receive expert correction on practical surgical planning
5:25 – 5:45 PM	Final Debrief: Translating Cadaver Skills to Live Surgery	Faculty discussion	Live-tissue differences, bleeding, swelling, respiratory safety, rib/chest wall healing, fat viability, skin retraction, conservative first cases	Surgeons understand how to responsibly apply cadaver learning clinically
5:45 – 6:00 PM	Certificates & Closing Remarks	Closing	Course recap, certificates, faculty thanks, next steps	Program closes with clear takeaways