

The logo for Gaerid, featuring the word "Gaerid" in a sans-serif font. The letter "G" is stylized with a purple swoosh that extends from the top left and curves around the bottom left of the letter.

Gaerid

*Gesellschaft für ästhetische und rekonstruktive
Intimchirurgie Deutschland e.V.*

www.gaerid.de

The background of the poster is a photograph of the Cologne skyline at sunset. In the foreground, two large, metallic, wireframe sculptures of a man and a woman are seated on a bridge. The man is on the left, looking towards the right, and the woman is on the right, looking towards the left. They are both wearing what appears to be prosthetic or reconstructive devices. In the background, the spires of the Cologne Cathedral are visible against the orange and yellow sky. The Rhine river is in the foreground, reflecting the light.

14TH

ANNUAL CONFERENCE

20. & 21. **NOVEMBER** 2026

IN COLOGNE / GERMANY

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Congress Organisation

LOGI-VENT GMBH
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KEY-FACTS



20. & 21. November 2026

HANDS-ON-MASTERCLASSES

Friday, 20 November – Morning
(At selected clinics in Cologne and Düsseldorf)

Friday, 20 November – Afternoon onwards
Steigenberger Hotel Cologne
Scientific Programme / Industry Exhibition / GAERID Members' Assembly / Networking / Evening Event

Saturday, 21 November – Full Day
Scientific Programme / Live Decision Battles / Surgical Spotlights on Tape

Expected attendance



Approximately 150 participants



Around 25
international Key
Opinion Leaders

For the latest congress programme please visit: **www.gaerid.de**

**Dear Members of GAERID,
Dear Colleagues,
Dear Exhibitors,**

It is our great pleasure to invite you to the 14th Annual Congress of the German Society for Aesthetic and Reconstructive Intimate Surgery (GAERID e.V.), taking place from 20–21 November 2026 in the vibrant Rhine metropolis of Cologne, Germany. For many years, the GAERID Annual Meeting has been a fixed highlight in the calendars of physicians dedicated to intimate surgery. We are delighted to welcome you back to Cologne for the second time.

Exciting News!

This year's congress has undergone a comprehensive conceptual redesign to provide an even more interactive and practice-oriented experience.

For the first time, participants from all medical specialties will have the unique opportunity to join Hands-on Masterclasses directly in the operating theatre. Various intimate surgical procedures will be performed by highly experienced surgeons in clinics throughout Cologne and the surrounding area, allowing participants to observe and learn in a real clinical environment.

We encourage you to reserve your preferred Masterclass early and gain first-hand experience with innovative surgical techniques under expert supervision.

Following an inspiring scientific programme and the annual General Assembly on Friday, participants can look forward to a special surprise keynote speaker, whose presentation promises fresh perspectives and stimulating discussion.

The accompanying industry exhibition will once again provide an ideal setting for networking, professional exchange, and discovering the latest innovations in the field.

Saturday continues with another exciting programme. Following our Longevity Breakfast, internationally renowned experts will present the latest developments in aesthetic and reconstructive intimate surgery. Participants will experience live augmented reality (AR) demonstrations of surgical techniques and have the opportunity to discuss procedures directly with the operating surgeons.

A particular highlight will be our Technique vs. Technique Live

Battles, where experienced surgeons will debate different surgical approaches in pursuit of optimal clinical outcomes.

GAERID continues to promote close interdisciplinary collaboration between specialists in gynaecology, plastic surgery, urology, dermatology, as well as psychologists and experts from related medical disciplines.

This interdisciplinary exchange remains one of the society's defining strengths and a cornerstone of the congress.

As always, Live AR Surgical Sessions will be among the highlights of the meeting. This year, participants will even have the opportunity to experience selected procedures directly from the operating theatre.

The scientific programme is complemented by a comprehensive industry exhibition, offering participants the opportunity throughout both congress days to explore the latest products, technologies and services while engaging directly with leading industry partners.

We are convinced that the 14th GAERID Annual Congress will provide valuable inspiration for your daily clinical practice, exciting scientific insights, and excellent networking opportunities.

Join us in Cologne—a city renowned for its tradition, innovation and hospitality.

We look forward to welcoming you personally.

Yours sincerely,

Dr. Pirkko Schuppan

Congress President

Dr. Timo A.

Spanholtz

Congress

President



CONGRESS VENUE

The scientific programme and the industry exhibition will take place throughout 20 & 21 November 2026 at:



Steigenberger Hotel
Habsburgerring 9-13
50674 Cologne,
Germany



Workshop Venue
(Workshops 1-6)
Dr. Schuppan &
Colleagues
Alter Markt 28-32
50667 Cologne,
Germany

FACULTY



Dr. Gunther Arco Dr. Fernando Aznar Dr. Younes Benfdil Dr. Dasha Berek



Dr. Massimilian Brambilla Prof. Dr. Julie Cornish Dr. Cennet Dalmis Dr. Susanne Deichstetter

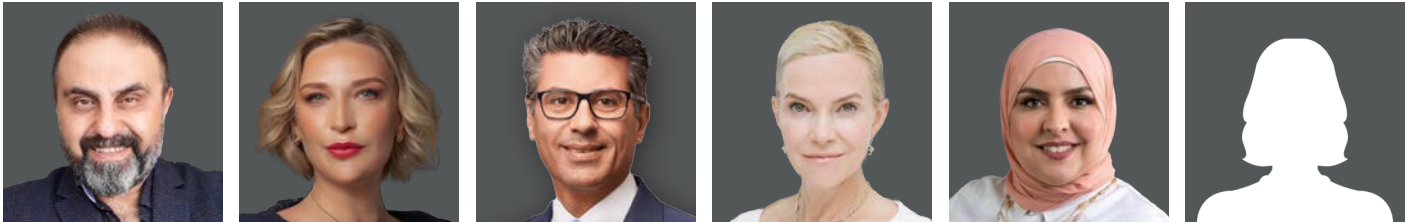


Dr. Elena Fasola Dr. Dr. Wolfgang Funk Dr. Alexander T. Hamers Ines Hartmann

FACULTY



Paulina Ioannidou BSc. MSc. PhD (c) Prof. Dr. Rafael Jakubietz Dr. Sonja Kästner Dr. Refaat Karim Dr. Christine Knobloch Dr. Stefan Langer



Dr. Özgür Leylek Dr. Anna Lukyanova Dr. Marwan Nuwayhid Dr. Patricia Ogilvie Prof. Dr. Doaa Saleh Dr. Brigitte Sayour



Prof. Dr. Jennifer Schiefer Dr. Pirkko Schuppan Dr. Timo A. Spanholtz Dr. Johannes Thiel Prof. Dr. Philip Zeplin



Hands-on-Masterclasses

Friday, 20 November 2026

Hands-on Masterclasses provide an exceptional educational experience, particularly in highly specialised fields such as intimate surgery. They enable participants to gain practical insight into surgical techniques, aesthetic considerations, and functional outcomes through direct observation and expert guidance.

- Participants benefit from:
- Practical, case-based surgical training
 - Direct supervision and individual feedback from experienced faculty
 - Small participant groups for intensive learning
 - Live surgical demonstrations
 - Interactive discussions
 - Peer-to-peer exchange of clinical experience
 - Improved surgical confidence, precision and safety
 - Insights into innovative procedures and the latest scientific developments



Thursday Afternoon
19. November 2026

Masterclass 1

BBL

Dr. Alexander Hamers



Masterclass 2

Reconstruction of the Vaginal Introitus Following Hidradenitis Suppurativa (Acne Inversa)

Dr. Massimiliano Brambilla & Dr. Alexander Hamers



Masterclass 3

Buttock Contouring Using Body Fillers

Dr. Alexander Hamers



Masterclass 4

Revision Mastopexy Using GalaFLEX

Dr. Philipp Braun & Dr. Pirkko Schuppan



Masterclass 5

Revision and Reconstruction Following Previous Labiaplasty Using the 3D Technique

Dr. Pirkko Schuppan & Dr. Christine Knobloch



Masterclass 6

Sunekos & Inticare Treatment
Innovative amino acid therapy for menopausal vaginal symptoms, lichen sclerosis and facial skin rejuvenation

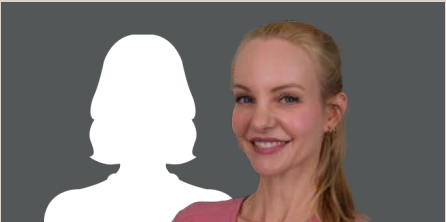
Dr. Christine Knobloch & Dr. Elena Fasola



Masterclass 7

Intimate Area Skin Bleaching

Dr. Doaa Saleh & Dr. Sonja Kästner



Masterclass 8

Volume-Preserving or Reduction Mastopexy Using the Central Pedicle Technique

Prof. Dr. Jennifer Schiefer & Dr. Sonja Kästner



Masterclass 9

Labia Majora Augmentation with Dermal Fillers

Dr. Timo Spanholtz



Masterclass 10

Labiaplasty (Labia Minora Reduction)

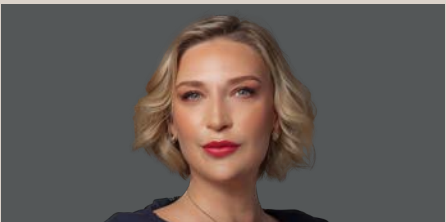
Dr. Annika Waldhauser



Masterclass 11

Labia Minora Reduction and Clitoral Hood Reduction

Dr. Anna Lukyanova



Masterclass 12

Minimally Invasive Vaginal Tightening Using the Sectum Technique

Dr. Anna Lukyanova

MASTERCLASS LOCATIONS

Masterclasses 1, 2, 3:

Dr. Alexander T. Hamers
Aesthetics
Aachener Str. 577
50226 Frechen
Tel.: +49 221 - 25992436

Masterclasses 4, 5, 6:

FAEM Plastic Surgery & Aesthetics by Dr. Pirkko Schuppan
Alter Markt 28-32
50667 Cologne
Tel.: +49 221 - 25 778 38

Masterclasses 7, 8:

JugendLiebe – Plastic Surgery
Cologne
Dürener Str. 291
50935 Cologne
+49 221 - 66962450

Masterclasses 9, 10:

Praxisklinik am Rosengarten - Plastic & Aesthetic Surgery
Krebsgasse 8
50667 Cologne
Tel.: +49 2202 - 240524

Masterclasses 11, 12:

NATURL. by Dr. Anna Lukyanova
Graf-Adolf Straße 20
40212 Düsseldorf
Tel.: +49 211 - 17420927

GAERID General Assembly

**Friday, 20 November
17:30-18:30**

18:00-19:00: AI Aperitif & Industry Networking Reception

Networking within the Industry Exhibition

From 19:30: „Intimate Meeting“ – Meet • Walk • Eat • Talk
Hosted by our industry partners (limited to 60 participants)

*Änderungen vorbehalten

Laser Safety Course in accordance with TROS 2018 / BGV B2
PREREQUISITES FOR THE LASER SAFETY
OFFICER CERTIFICATE:

Friday, November 20, 08:00 – 14:30

**8 CME-
CREDITS**

**THESE
COURSES ARE
OFFERED ONLY
IN GERMAN.**

Participation in the laser safety course and successful completion of the examination. To facilitate the operation of laser devices and enhance safety during laser treatments, we are organizing a training course for Laser Safety Officers for the first time as part of the GAERID Annual Meeting. Our laser safety course covers the physical principles of lasers, laser safety, and the practical application of lasers used in medicine. The course—including the examination—meets the requirements of the regulation „Technical Rules for the Occupational Health and Safety Ordinance on Artificial Optical Radiation“ (TROS 2018 Laser Radiation).

08.00 - 08.30	Physikalische Größen und Eigenschaften der Laserstrahlung
08.30 - 09.00	Biologische Wirkung von Laserstrahlung
09.00 - 09.30	Expositionsgrenzwerte und Laserklassen
09.30 - 10.30	Lasersicherheit & -schutz inklusive indirekte Gefährdungen (Laserklassen, Grenzwerte, Gefährdungen)
10.30 - 11.15	Rechtliche Grundlagen und Regeln der Technik
11.15 - 11.25	KURZE PAUSE
11.25 - 12.55	Aufgaben und Verantwortung des Laserschutzbeauftragten im Betrieb
12.55 - 13.30	Laserschutzmaßnahmen
13.30 -14.00	Praxis der Lasersicherheit: Gefährdungsbeurteilung
14.00 - 14.30	ABSCHLUSS: Lernzielkontrolle

LASER EXPERTISE REFRESHER COURSE / NISV ONLINE COURSE
For Medical Specialists (Dermatology and Plastic Surgery)
In Accordance with the Recommendations of the German Medical Association (BÄK) for NISV \$5

Extra-Angebot NUR für GAERID Teilnehmer:

Special offer exclusively for GAERID participants: Register for GAERID 2026 and the NiSV course for €445 (instead of €595) and automatically receive a link to the e-learning tool. This is a purely e-learning-based tool that can be accessed at your convenience between July 1 and November 30, 2026.

- 1. Rechtsgrundlagen,** Qualitätssicherung, Foto-, Befund- und Therapiedokumentation, Zertifizierung & Patientensicherheit

2. A. Epilation entsprechend Hauttypen, Haarzyklus, Geschlecht und speziellen klinischen Besonderheiten mit verschiedenen Lasern, sowie IPL und Home Devices

2. B. Therapien zur **Hautverjüngung:** Laser-/Lichtsysteme geringer Energie, die im Bereich des Wasserabsorptionsspektrums emittieren oder wie bei der photo-dynamischen Therapie im Bereich des sichtbaren Lichtes, ohne die Hautbarriere zu verletzen

3. Therapie **pigmentierter und nicht pigmentierter Haut,** Melasma, Hyperpigmentierungen sowie Pigmentstimulation mittels 308-nm-Excimer-Laser oder-Systeme

4. Therapie **vaskulärer Hautveränderungen,** wie lokalisierte oberflächliche Gefäßerweiterungen in verschiedenen Körperregionen und diffuse flächige Gefäßerweiterungen in verschiedenen Körperregionen (Rosazea, Erytheme)

5. Therapie des **Fettgewebes/Body Contouring** (z.B. RF, Ultraschall, Laserlipolyse, Kryolipolyse, Stoßwellentherapie des Bindegewebes, sowie Magnetfeldstimulation der Muskulatur)

6. Koagulative und **ablative Laserverfahren,** exzisionale oder flächig ablative Therapie benigner Neoplasien der Haut, ablative (fraktionale) Therapie (z.B. der intrinsischen und extrinsischen Hautalterung)

7. Fraktionale Laser für Narben, Skin Rejuvenation und Konzept der fraktional ablativen Laser für LADD bei Onychomykose, Narben, Nagelpsoriasis und anderen Hautveränderungen

8. LADD sowie lokal destruierende Laser zur Therapie von aktinischen Keratosen und Basalzellkarzinom (Einsatzoptionen im Rahmen der Leitlinien und Abgrenzung zu Off-Label-Use)

**ONLINE
COURSE
ONLY**

**11 CME-
CREDITS**

***Hinweise:** Die Anerkennung liegt seitens der ÄK Niedersachsen vor!



SCIENTIFIC PROGRAMME

Friday, 20 November 2026

13.00 - 19.30

Chairs **Dr. Pirkko Schuppan & Dr. Timo A. Spanholtz**
Welcome & Opening Ceremony
DR. PIRKKO SCHUPPAN & DR. TIMO A. SPANHOLTZ

Knowledge sharing remains at the heart of the Saturday scientific programme. Internationally recognised faculty will present current developments in intimate surgery from a wide range of specialties, fostering interdisciplinary exchange between dermatologists, plastic surgeons, gynaecologists and urologists.

*Programme subject to change.

13.20 - 14.30 ISRAIT Session

Session Chairs: **DR. NUWAYHID & DR. SPANHOLTZ**

13.20 - 13.30	Clitoral Reduction in Androgenital Syndrome DR. REFAAT KARIM
13.30 - 13.40	Surgical Treatment of Lichen Sclerosus DR. MASSIMILIANO BRAMBILLA
13.40 - 13.50	Treatment of Vaginismus – An Intimate Health & Wellness Protocol PROF. DR. DOAA SALEH
13.50 - 14.00	Inticare in the Treatment of Lichen Sclerosus DR. ELENA FASOLA
14.00 - 14.10	Botulinum Toxin for the Clitoris (ClitTox) DR. FERNANDO AZNAR
14.10 - 14.30	Discussion & Q&A

14.30 - 15.30 Silent Island • Industry Exhibition • Innovation Award

15.30 - 16.30 Transgender Surgery & Body Contouring

Session Chairs: **DR. HAMERS & TBA**

15.30 - 15.40	Vaginoplasty in Gender-Affirming Surgery PROF. DR. STEFAN LANGER
15.40 - 15.50	Facial Feminisation Surgery in Transgender Patients DR. DR. WOLFGANG FUNK
15.50 - 16.00	Body Contouring DR. ALEXANDER HAMERS
16.00 - 16.10	Gender Dysphoria, Gender Incongruence and Disorders of Gender Identity DR. BRIGITTE SAYOUR
16.10 - 16.30	Discussion & Q&A

16.30 - 17.30 Beyond Intimate Surgery

Session Chairs: **DR. SPANHOLTZ & DR. SCHUPPAN**

16.30 - 17.00	Surgical Outcomes from the 2025 GAERID Annual Meeting DR. TIMO SPANHOLTZ, DR. TILL SCHOLZ, DR. PIRKKO SCHUPPAN
17.00 - 17.30	Bridging the Gap – The Everywoman Festival Between Medicine, Prevention and Public Awareness PROF. DR. JULIE CORNISH

17.30 - 18.30	GAERID Members' Assembly	17.30 - 18.30	Parallel Workshop (Dietary supplements - only in German)
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18.00 - 19.30 AI in Industry

19.30 Dinner „Intim Meeting“ - Meet-Walk-Eat-Talk

SCIENTIFIC PROGRAMME

Saturday, 21 November 2026

08.00 - 18.00

*Programme subject to change.

08.00 - 09.00 **„Longevity Breakfast“**

Session Chairs: DR. SCHLOSSBERGER & DR. SPANHOLTZ

08.00 - 08.10	Why Strength Training Not Only Strengthens the Pelvic Floor but Also Contributes to Longevity PAULINA IOANNIDOU, MSC.
08.10 - 08.20	TBA DR. DR. ULI DIRK HAIDE
08.20 - 08.30	TBA DR. CLAUDIA HENNIG
08.30 - 08.40	Longevity – A Multimodal Approach DR. CENNET DALMIS
08.40 - 08.50	Intimate Longevity: Redefining Healthy Ageing in Women PROF. DR. DOAA SALEH
08.50 - 09.00	Discussion & Q&A

09.00 - 11.15 **Female Intimate Surgery & Pelvic Floor Reconstruction**

Session Chairs: DR. KÄSTNER & PROF. DR. ZEPLIN

09.00 - 09.25	Vulvar Hypotrophy – Fat Grafting or Biostimulators? DR. MARWAN NUWAYHID
09.25 - 09.40	TBA DR. GUNTHER ARCO
09.40 - 09.50	Beyond Routine – Challenging Cases in Intimate Surgery PROF. DR. PHILIP ZEPLIN
09.50 - 10.00	The 3D Technique DR. SUSANNE DEICHSTETTER
10.00 - 10.10	TBA DR. PATRICIA OGILVIE
10.10 - 10.25	Regenerative Tissue Modulation in Intimate Aesthetics – A Clinical Treatment Concept Using NAHYCO® Hybrid Technology DR. MICHAELA MONTANARI
10.25 - 10.35	Sculptra DR. DASHA BEREK
10.35 - 10.45	TBA DR. ANNA LUKYANOVA

Interdisciplinary exchange remains a central element of the GAERID Annual Congress. Renowned national and international experts present the latest advances in aesthetic and reconstructive intimate surgery, encouraging dialogue between specialists in gynaecology, plastic surgery, dermatology and urology.

10.45 - 11.00	Laser Duel in Gynaecology: Erbium or CO2? Choosing the Right Laser Technology for Modern Clinical Practice INES HARTMANN
11.00 - 11.15	Stress Urinary Incontinence in Female Athletes PAULINA IOANNIDOU, MSC.
	Discussion & Q&A

11.15 - 11.45 **Coffee Break**

11.45 - 12.15 **Male Intimate Surgery**

Session Chairs: TBA & DR. SPANHOLTZ

11.45 - 11.55	TBA DR. TIMO A. SPANHOLTZ
11.55 - 12.05	TBA TBA
12.05 - 12.15	TBA TBA
11.55 - 12.15	Discussion & Q&A

12.15 - 13.15 **Reconstructive Intimate Surgery & Female Genital Mutilation (FGM)**

Session Chairs: SPANHOLTZ & JAKUBIETZ

12.15 - 12.25	TBA DR. YOUNES BENFDIL
12.25 - 12.35	TBA DR. RAFAEL JAKUBIETZ
12.35 - 12.45	TBA DR. JOHANNES THIEL
12.45 - 13.05	TBA DR. ÖZGÜR LEYLEK
13.05 - 13.15	Discussion & Q&A

13.15 - 14.00 **Lunch Break**

*Programme subject to change.

SCIENTIFIC PROGRAMME

*Programme subject to change.

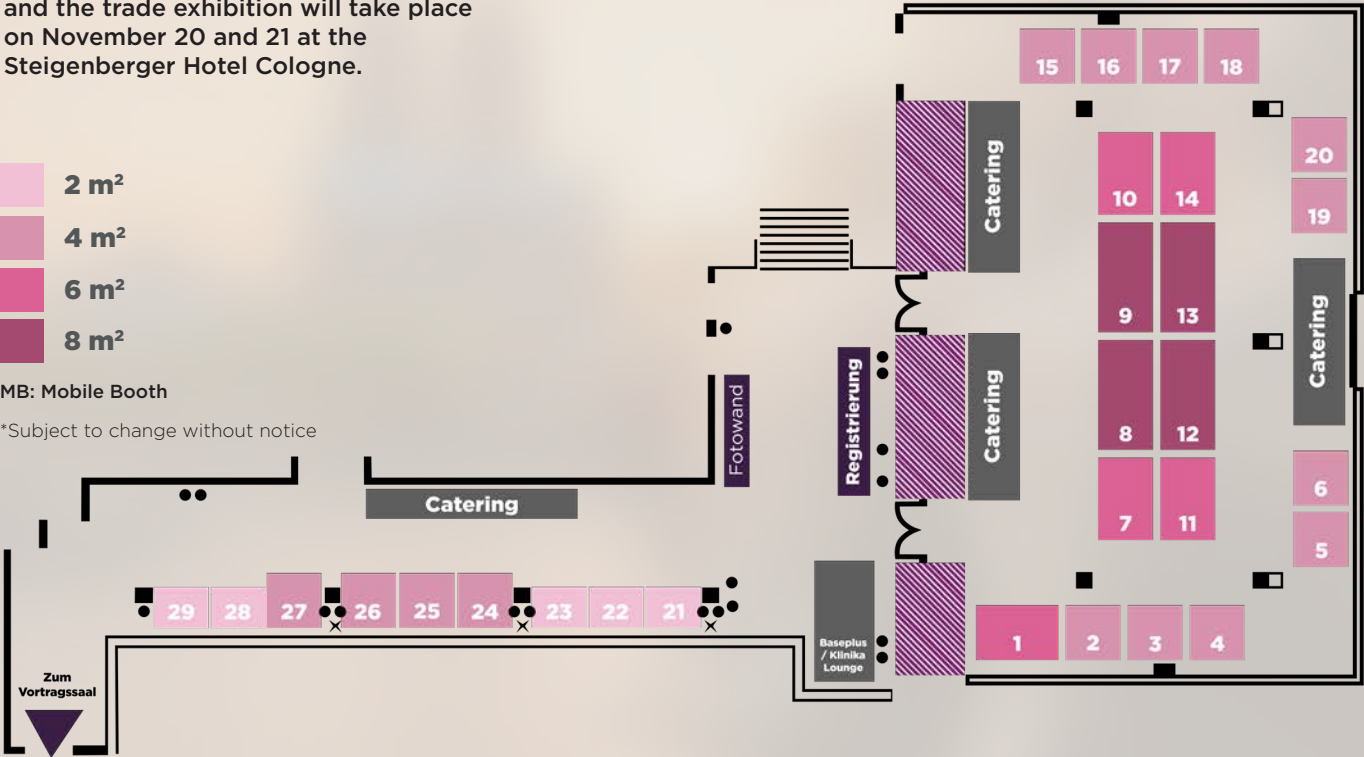
Saturday, 21 November 2026

08.00 - 18.00

14.00 - 15.00	Exhibition Challenge / Gamification
15.00 - 16.20	Live Decision Battles
Session Chairs: DR. SPANHOLTZ & DR. SCHUPPAN	
15.00 - 15.20	GalaFLEX Mesh & Caudal Pedicle Technique vs. Mastopexy without Mesh Using the Central Pedicle Technique DR. SONJA KÄSTNER & DR. PHILIPP BRAUN
15.20 - 15.40	Dermal Fillers vs. Implants vs. Autologous Fat Grafting DR. ALEXANDER HAMERS
15.40 - 16.00	My Most Challenging Surgical Complication DR. MARWAN NUWAYHID, DR. REFAAT KARIM, DR. ÖZGÜR LEYLEK, PROF. DR. DOAA SALEH, DR. PIRKKO SCHUPPAN, DR. TIMO SPANHOLTZ
16.00 - 16.20	Discussion & Q&A
16.20 - 16.50	 Coffee Break
16.50 - 17.50	Surgical Spotlights on Tape
Session Chairs: DR. KÄSTNER & DR. SPANHOLTZ	
16.50 - 17.05	Revision Labiaplasty Surgical Planning & Operative Technique DR. PIRKKO SCHUPPAN
17.05 - 17.20	Combined Labiaplasty Techniques DR. SONJA KÄSTNER
17.20 - 17.35	TBA TBA
17.35 - 17.50	Discussion & Q&A
17.50 - 18.00	Closing Ceremony & Acknowledgements
18.00	End of Congress

FLOOR PLAN

The scientific programme and the trade exhibition will take place on November 20 and 21 at the Steigenberger Hotel Cologne.



GAERID E.V.

GAERID e.V. stands for scientific excellence, interdisciplinary exchange, and social responsibility. As a leading professional society in the field of aesthetic and reconstructive genital surgery, it brings together dedicated experts who continuously improve medical care and translate new scientific findings into clinical practice.

The focus of GAERID's work is science. The society promotes research, supports the development of evidence-based treatment concepts, and creates a platform for high-level professional exchange through congresses, workshops, research projects, and continuing education programs. Members benefit from a unique network of renowned specialists and gain access to the latest scientific developments, innovative surgical techniques, and practical expertise.

At the same time, GAERID assumes social responsibility. Its long-standing commitment regarding female genital mutilation (FGM) deserves particular mention. The society actively advocates for raising awareness, conducting scientific research,

and providing medical care for affected women. Through training programs, research projects, and the promotion of reconstructive treatment options, it contributes to sustainably improving the quality of life for many patients. This commitment combines medical expertise with a clear dedication to human rights and women's health.

Membership in GAERID therefore means far more than simply belonging to a professional society. It means becoming part of a strong scientific community that fosters innovation, sets quality standards, and actively shapes the future of the field. It offers the opportunity for professional development, the chance to forge valuable connections, and the ability to work alongside colleagues to make a significant contribution to improving patient care.

Anyone wishing to help shape science, benefit from a top-tier network of experts, and simultaneously champion the health and dignity of women worldwide should become a member of GAERID. After all, progress emerges where knowledge, responsibility, and commitment come together.

Become a member

... of our professional society
& enjoy all the benefits of membership.



Board of Directors

Dr. Pirkko Schuppan | Cologne

Dr. Cennet Dalmis | Kriftel

Dr. Gernot Maiwald | Ingolstadt

Dr. Alexander T. Hamers | Frechen-Königsdorf

Dr. Timo A. Spanholtz | Bergisch Gladbach

Scientific Advisory Board

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Department of Psychology

Prof. Dr. Ada Borkenhagen

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Dr. Marwan Nuwayhid | Leipzig

Dr. Frank Schneider-Affeld | Neumünster

Dr. Gerhard Sattler[†]

Prof. Dr. Dr. Philip H. Zeplin MHBA | Ludwigsburg



THE ISRAIT

The ISRAIT society was founded in 2018 by an international group of doctors dealing with all aspects of intimate surgery. Intimate surgery is en vogue and the demand for treatment is increasing worldwide. It ranges from vaginal tightening and correction of the labia in women, to penile corrections and scrotum tightening in men.

The aim of ISRAIT is to develop guidelines for the best and safest intimate treatments worldwide and to contribute to the training and promotion of high-quality education. The annual conference is the perfect forum for this: Promoting international exchange between specialists in intimate-surgical interventions in various disciplines, providing information on the latest developments and presenting innovative treatment methods.

BOARD OF DIRECTORS – EXECUTIVE COMMITTEE (2018 – 2021)

President: Dr. Marwan Nuwayhid, Germany;
Vice President: Dr. Gustavo Leibaschoff, USA;
Treasurer: Dr. Nicolas Berreni, France;
Clerk: Dr. Evgeni Leshunov, Russia;
Secretary: Dr. Refaat B. Karim, Netherlands;
Executive Boards Coordinator:
Dr. T. Hamers, Spain





*Gesellschaft für ästhetische und rekonstruktive
Intimchirurgie Deutschland e.V.*

Further information at:
WWW.GAERID.DE

or follow us
on social media



RESEARCH FACTS IMPROVEMENT