

# Fresh Frozen Cadaver Flap Course for Plastic Surgical Trainees



## Fresh Frozen Cadaver Flap Course for Plastic Surgical Trainees

This intensive one-day training programme was designed to provide early- and middle-stage registrars (ST3 to ST6) and equivalent-level plastic surgeons with practical, hands-on experience in raising a comprehensive range of local, regional, and free flaps. The course was delivered using unembalmed fresh frozen cadaveric specimens, which offered soft, pliable tissue ideal for accurate simulation of live operative conditions and refined tissue handling.

Prior to the practical component, the attendees were required to attend a virtual session (held via Zoom) on the evening (1830-2100 hours) of Thursday 24<sup>th</sup> July. This theoretical session introduced the vascular anatomy, surgical indications, planning considerations, flap design, contraindications, and technical principles for each flap.

On the day of the course, participants worked in small, closely supervised groups under the direct guidance of experienced consultants. A high faculty-to-trainee ratio ensured detailed, personalised instruction throughout. Delegates were exposed to or raised a number of flaps, including, but not limited to, cross-finger flap, Foucher flap, Quaba flap, Becker flap, rhomboid flap, keystone flap, bilobed flap, radial forearm flap, posterior interosseous flap, lateral arm flap, groin flap, hypogastric flap, anterolateral thigh (ALT) flap, gracilis flap, latissimus dorsi flap, free fibula flap, and some common facial flaps.

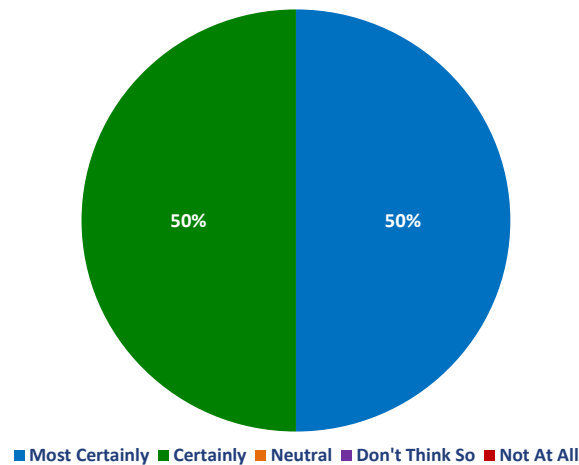
### Course Information

|                     |                                                                                                                                                                                |
|---------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Venue:</b>       | <b>Department of Anatomy,<br/>School of Biosciences,<br/>Cardiff University</b>                                                                                                |
| <b>Date:</b>        | <b>28<sup>th</sup> July 2025</b>                                                                                                                                               |
| <b>Attendance:</b>  | <b>12 Delegates</b>                                                                                                                                                            |
| <b>Aimed at:</b>    | <b>Plastic Surgery Registrars (ST3–ST6)<br/>or equivalent-level Plastic Surgeons;<br/>Experienced Orthopaedic Registrars<br/>interested in orthoplastic<br/>reconstruction</b> |
| <b>Course Fee :</b> | <b>£385.00</b>                                                                                                                                                                 |

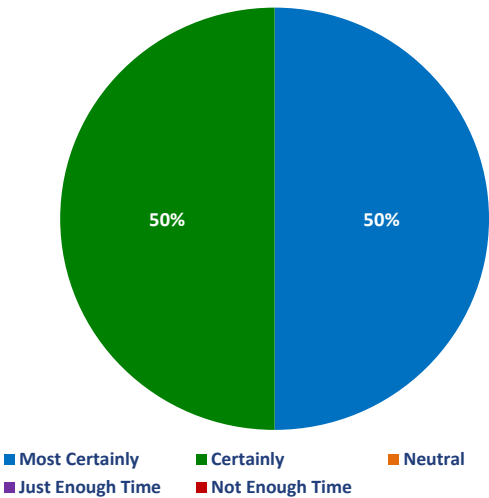


# Overall Feedback

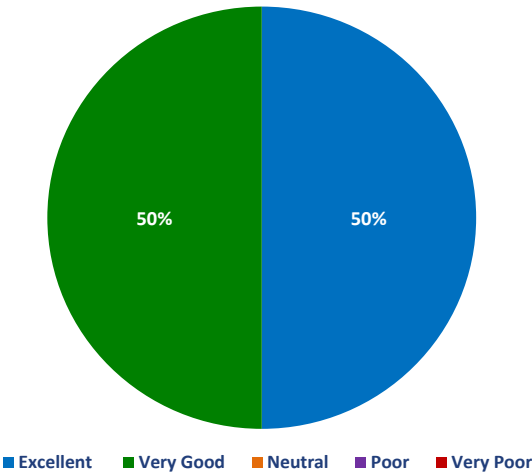
Did you think this learning opportunity was beneficial for the trainees and would have enhanced their operative anatomy?



Did you think there was sufficient time for the trainees to carry out all the relevant procedures?



What did you think about the facilities, refreshments and lunch?



## Individual Comments

Great faculty and a wonderful opportunity to learn anatomy and flaps. Looking forward to more courses like this!

**CJ**

***Whiston Hospital, Prescott***

I really appreciate the supervision and guidance we got from faculty while performing flaps.

**AA**

***Lahore General Hospital, Lahore, Pakistan***

Great faculty, very relevant to clinical practice .

**GA**

***Queen Victoria Hospital, East Grinstead***

Management was very good, managed to get most of my priority flaps. It was useful to have the online teaching prior to the cadaveric dissection day, especially making the materials available online was helpful.

**XL**

***University Hospital Birmingham NHS, United Kingdom***

good price, venue, approachable faculty, use of cadaver and shared - would happily do a repeat of this course.

**KG**

***Salisbury NHS Foundation Trust, United Kingdom***

Good faculty, nice place. Excellent teaching and venue. Incredible to be able to do this course

**CJ**

***Whiston Hospital, Prescott***

Everything was excellent, thank you.

**NF**

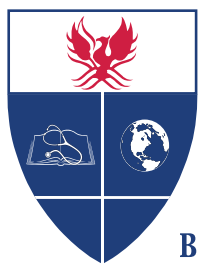
***Plastic Jsd, United Kingdom***

Able to do a range of free flaps.

Very hands on which I appreciated, thank you.

**DM**

***Queen Elizabeth Hospital, Birmingham***



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### Undergraduate:

- Final Year Medicine and Surgical Revision Courses
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- Surgical Anatomy of Important Operative Procedures
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- Structured Introduction to Surgical Skills

### Postgraduate:

- MRCS Part A
- MRCEM Part A
- MRCS Part B OSCE
- DOHNS: Intensive Revision & OSCE
- Intercollegiate Basic Surgical Skills (RCSEd delivered)
- MRCP PACES Part 2
- FRCS (General Surgery) Exit Exam
- Cadaveric Ultrasound-Guided Musculoskeletal Intervention Course
- Ultrasound-Assisted Botulinum Toxin Injection for Neuromuscular Disorders
- Live Advanced Laparoscopic Colorectal Course



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- General Surgery Exams
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