

IN CONVERSATION WITH

Henry Delmar

Interviewed by The PMFA Journal

We were delighted to catch up with **Henry Delmar**, esteemed Plastic & Aesthetic Surgeon and founding member of the Aesthetic Multispecialty Society.

Can you tell us a little bit about what led you into the field of plastic surgery and what have been the highlights so far?

Plastic surgery combines several qualities: technique, creativity and the human dimension. These qualities impose a daily dedication and opens the way to excellence. The rejuvenation of the face and neck benefits from scientific developments, but also from exchanges between colleagues.

Who has inspired you in your career and why?

From as young as I remember I always wanted to be a doctor. Then my decision was confirmed with the meeting of surgery in the first instance and plastic and aesthetic surgery in the second instance. Why was I first attracted to medicine? Simply because my mother admired doctors.

What one paper or book would you recommend every plastic surgeon should read?

I recommend a book written in the 1990s by Jack Sheen: *Aesthetic Rhinoplasty*. What is important in this book is the intention. Intention of a well-done work. Intention of an artwork well done. Intention to invest one's whole being for a formal quest of one's action.

You are one of the founding members of the Aesthetic Multispecialty Society (AMS); can you tell us what led to the society being set up?

Knowledge is a common good. It is enriched daily by individual research but also by mutual exchanges. A platform capable of being a large data bank, capable of creating pleasant animations, a university degree platform, a horizontal exchange platform is a platform awaited by the aesthetic medical community.

What can the society offer to members and would you encourage others to get involved?

The AMS offering is rich! Training with a university degree; webinars; streaming of a congress; technical videos; a forum on complications, etc. Yes, you should definitely get involved! Visit



<https://multispecialtysociety.com/page/home-page> and see what it is all about.

And finally, if you have any spare time, how do you like to relax?

I enjoy practising yoga, travelling, and meeting colleagues and friends (when it is safe to do so of course).

Many thanks for your time!