

# Professor Sebastian Cotofana

*The PMFA Journal* were honoured to chat to Prof Sebastian Cotofana about his career and involvement in the Aesthetic Dialogue International Symposium in Prague.

**What led you to choose a career in the field of facial aesthetics and anatomy?**

My initial interest was in trauma surgery. As I spent more time in the anatomy lab, I became fascinated with facial anatomy. This passion eventually evolved naturally into a career.

**Can you tell us about some of the highlights of your journey so far?**

Collaborating with research professionals across the globe has been a highlight for me. I am fortunate to have research groups in Germany, Poland, China, etc. Working with these talented teams to develop studies that bring more structure to the aesthetic industry has been very rewarding.

**What do you think have been the most important scientific developments in the field during the last decade?**

Lately I have been conducting a lot of research with eye-tracking technology. This innovation has provided invaluable insights into how individuals perceive facial aesthetics, allowing us to refine treatment approaches to better meet patients' expectations and desires.

**You have trained and worked all over the world; do you think this has influenced your clinical practice?**

Of course. Exposure to diverse cultures and aesthetic preferences has definitely played a role in my understanding of global aesthetic ideals and treatment methodologies.

**You have long been associated with high quality education and are now leading the Aesthetic Dialogue International Symposium in Prague in November. Do you think this is bringing something new to the field?**

When I designed the Aesthetic Dialogue International Symposium, my goal was to create a programme that is much more scientific than typical conferences. By focusing on rigorous research and evidence-based practices, we aim to elevate the standards of aesthetic education and practice.

**Can you share some more details about the programme in Prague?**

I can't share too much because we are still designing the programme, however we have many great speakers this year from all over who will each bring something special to the conference.

**Do you see education as an important part of your work in medicine?**

The educational aspect of my career is a huge driving force behind my continued efforts in the field. Teaching allows me to share knowledge and inspire the next generation of practitioners, ensuring



that we continue to elevate the standards of care and improve patient safety and result outcome.

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

My wife and I spend a lot of time in the outdoors, hiking and cycling. I also enjoy chopping wood.

**SAVE THE DATE**

**Aesthetic Dialogue International Symposium  
7–9 November 2024  
Prague, Czech Republic  
<https://praguelab.international/>**