

***Aesthetic Plastic Surgery* Instructions for Authors**

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Before Manuscript Submission

English Language Editing

Manuscripts must be written in English, and authors are urged to aim for clarity, brevity, and accuracy of information and language. All manuscripts must include a structured abstract. Authors whose first language is not English should have their manuscripts checked for grammar and stylistic accuracy by a native English speaker.

For editors and reviewers to accurately assess the work presented in your manuscript you need to ensure the English language is of sufficient quality to be understood. If you need help with writing in English you should:

- Ask a colleague who is a native English speaker to review your manuscript for clarity.
- Visit the Springer English language tutorial that reviews a number of grammatical rules that should be followed when writing in English.

Use a professional language editing service. Two such services are provided by our affiliates Nature Research Editing Service and American Journal Experts. Other services are available, and using either of the below is not a requirement for publication in this journal and does not imply or guarantee that the article will be selected for peer review or accepted.

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If your manuscript is accepted it will be checked by our copyeditors for spelling and formal style before publication.

Ethical Responsibilities of Authors

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Authors should refrain from misrepresenting research results which could jeopardize their entire scientific endeavour. Maintaining the integrity of the research and its presentation can be achieved by following the rules of good scientific practice:

- The manuscript has not been submitted to more than one journal for consideration.
- The manuscript has not been published previously (partly or in full), unless the new work concerns an expansion of previous work; please provide transparency on the re-use of material to avoid the hint of text-recycling (“self-plagiarism”).
- A single study is not split up into several parts to increase the quantity of submissions and submitted to various journals or to one journal over time (e.g. “salami-publishing”).
- No data have been fabricated or manipulated (including images) to support your conclusions
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Submissions to Aesthetic Plastic Surgery are now being checked for plagiarism via CrossCheck. CrossCheck, a multi-publisher initiative, screens published and submitted content for originality and detects instances of overlapping and similar text in submitted manuscripts. This will ensure that the journal is actively combating plagiarism and is publishing only original research.

Notes on Authorship

- Ensure that consent to publish has been received from all co-authors and responsible authorities at the institute/organization where the work has been carried out before the work is submitted.
- Authors whose names appear on the submission have contributed sufficiently to the scientific work and therefore share collective responsibility and accountability for results.

In addition:

- Changes in authorship or in the order of authors are not accepted after acceptance of a manuscript.
- Upon request, authors should be prepared to send relevant documentation or data in order to verify the validity of results. This could be in the form of raw data, samples, records, etc.
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 - If the article is still under consideration, it may be rejected and returned to the author.

- If the article has already been published online, depending on the nature and severity of the infraction, either an erratum will be attached to the article, or in severe cases, the article will be completely retracted. The reason must be given in the published erratum or retraction note.
- The author's institution will be informed of the investigation.

Conflicts of Interest

Authors must disclose all relationships or interests that could influence or bias the work. Although an author may not feel there are conflicts, disclosure of relationships and interests affords a more transparent process, leading to an accurate and objective assessment of the work. Awareness of real or perceived conflicts of interests is a perspective to which the readers are entitled and does not imply that an inappropriate relationship. Examples of potential conflicts of interest that are directly or indirectly related to the research may include but are not limited to the following:

- Research grants from funding agencies (please provide the research funder and grant number)
- Honoraria for speaking at symposia
- Financial support for attending symposia
- Financial support for educational programs
- Employment or consultation
- Support from a project sponsor
- Position on advisory board or board of directors or other type of management relationship
- Multiple affiliations
- Financial relationships, for example equity ownership or investment interest
- Intellectual property rights (e.g. patents, copyrights and royalties from such rights)
- Holdings of spouse and/or children that may have financial interest in the work

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The corresponding author collects the conflict of interest disclosure forms from all authors. In author collaborations where formal agreements exist, it is sufficient for the corresponding author to sign the disclosure form on behalf of all authors. The corresponding author should include a summary statement in the text of the manuscript in a separate section before the reference list that reflects what is recorded in the potential conflict of interest disclosure form(s).

See below examples of disclosures:

- Funding: This study was funded by X (grant number X).
- Conflict of Interest: Author A has received research grants from Company A. Author B has received a speaker honorarium from Company X and owns stock in Company Y. Author C is a member of committee Z.

If no conflict exists, the authors should state:

Acknowledgement: The authors declare that they have no conflict of interest.

→ [The APS Conflict of Interest Form can be found online here](#)

Statement of Human and Animal Rights

When reporting on studies that involve human participants, authors should include a statement that the studies have been approved by the appropriate institutional and/or national research ethics committee and have been performed in accordance with the ethical standards as laid down in the 1964 Declaration of Helsinki and its later amendments or comparable ethical standards.

If doubt exists whether the research was conducted in accordance with the 1964 Helsinki Declaration or comparable standards, the authors must explain the reasons for their approach, and demonstrate that the independent ethics committee or institutional review board explicitly approved the doubtful aspects of the study.

The following statements should be included in the text before the References section:

Ethical approval: "All procedures performed in studies involving human participants were in accordance with the ethical standards of the institutional and/or national research committee and with the 1964 Helsinki declaration and its later amendments or comparable ethical standards."

The welfare of animals used for research must be respected. When reporting experiments on animals, authors should indicate whether the institutional and/or national guidelines for the care and use of animals were followed.

For studies with animals, the following statement should be included:

■ ■ All applicable institutional and/or national guidelines for the care and use of animals were followed."

If articles do not contain studies with human participants or animals by any of the authors, Springer recommends including the following sentence:

■ ■ This article does not contain any studies with human participants or animals performed by any of the authors."

For retrospective studies, please add the following sentence:

■ ■ For this type of study formal consent is not required."

Informed Consent

All individuals have individual rights that are not to be infringed. Individual participants in studies have the right to determine how personal data is gathered and used, especially when identifiable photographs are used. It is important that all participants give their informed consent in writing prior to inclusion in the study. Identifying details (names, dates of birth, identity numbers and other information) of the participants that are studied should not be published in written descriptions, photographs, and genetic profiles unless the information is essential for scientific purposes and the participant (or parent or guardian if the participant is incapable) has given written informed consent for publication. Complete anonymity is difficult to achieve in some cases, and informed consent should be obtained if there is any doubt. Masking the eye region in photographs of participants is inadequate protection of anonymity. If identifying characteristics are altered to protect anonymity, such as in genetic profiles, authors should provide assurance that alterations do not distort scientific meaning.

Double Blind Peer Review

This journal follows a double-blind reviewing procedure. Authors are therefore requested to submit two separate files for their manuscript:

- A title page including all authors and affiliations

- A blinded manuscript without any author names and affiliations in the text or on the title page. Self-identifying citations and references in the article text should either be avoided or left blank.

Evidence Based Medicine

This journal requires that authors assign a level of evidence at the end of the Abstract whenever Evidence-Based Medicine rankings are applicable. This excludes Review Articles, Book Reviews and manuscripts that concern Basic Science, Animal Studies, Cadaver Studies, and Experimental Studies. Author assignments may be subject to review and modification by the Editor-in-Chief.

Example: author should include entire phrase at the end of the Abstract:

“Level of Evidence: Level II, therapeutic study.”

EBM ratings will be based on a scale of 1-5 as follows:

Level I: Evidence obtained from at least one properly designed randomized controlled trial.

Level II: Evidence obtained from well-designed controlled trials without randomization.

Level III: Evidence obtained from well-designed cohort or case-control analytic studies, preferably from more than one center or research group.

Level IV: Evidence obtained from multiple time series with or without the intervention, such as case studies. Dramatic results in uncontrolled trials might also be regarded as this type of evidence.

Level V: Opinions of respected authorities, based on clinical experience, descriptive studies, or reports of expert committees.

No level of evidence is needed for Basic Science, Animal Study, Cadaver Study, and Experimental Study Articles.

Research Data Policy

The journal encourages authors, where possible and applicable, to deposit data that support the findings of their research in a public repository. Authors and editors who do not have a preferred repository should consult Springer Nature's list of repositories and research data policy. [List of Repositories](#)

General repositories - for all types of research data - such as figshare and Dryad may also be used.

Datasets that are assigned digital object identifiers (DOIs) by a data repository may be cited in the reference list. Data citations should include the minimum information recommended by DataCite: authors, title, publisher (repository name), identifier. [DataCite](#)

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Manuscript Preparation Notes for Online Submission

Types of Manuscripts Accepted

Words/Figures/References/Video

- | | |
|--|------------------|
| • Original Articles | 3000/20/No limit |
| • Review Articles | 3000/20/No limit |
| • Special Topic Articles | 3000/20/No limit |
| • Featured Operative Technique (By Invitation Only) | 3000/15/20/Video |
| • Innovative Techniques | 1000/4/20/Video |
| • Viewpoints/Letter To The Editor | 500/2/5 |

***** If submitting an Invited Discussion, Commentary or Response to a Letter; please include a citation to the target article in your reference list.**

Manuscripts are submitted to Aesthetic Plastic Surgery online via Editorial Manager. Please log directly onto the Editorial Manager site at : <https://www.editorialmanager.com/apsu/> and upload your manuscript files following the instructions provided on the screen.

Please note: If you have already registered on Editorial Manager, please use your provided username and password and log in as 'Author' to track your manuscript or to submit a new manuscript. (Do not register again as you will then be unable to track your manuscript).

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Lindsay MacMurray

Aesthetic Plastic Surgery Editorial Office

Email: apseditorialoffice@springer.com

Manuscript Specifications

Title Page

The title page should include:

- The name(s) of the author(s)
- A concise and informative title
- The affiliation(s) and address(es) of the author(s)
- The e-mail address, telephone and fax numbers of the corresponding author
- Include a short title (not to exceed 30 characters in length, including spaces between words) for use as a running head
- Disclosure of any commercial interest that they may have in the subject of study and the source of any financial or material support

- An Abstract of not more than 250 words that states concisely the background, methods, results, and conclusions of the manuscript.
 - For Original Articles and Reviews - please include, below your Abstract, a bullet point list of 3-4 important points about your work.
- A Level of Evidence statement at the end of the Abstract.
- A maximum of six keywords, separated by a comma, that can be used for indexing purposes

Innovative Techniques

Innovative Techniques describe a new method, photos preferred.

Letters to the Editor

A maximum of THREE authors allowed.

Please note: Neither Letters to the Editor nor Replies shall appear in the Print version of Aesthetic Plastic Surgery. Letters will be published, be assigned a DOI, be searchable in PubMed, and will be citeable – they just will not appear in the printed version.

Structuring your Manuscript

Original Articles, Reviews, and Case Reports should be structured in the following order: Abstract, Introduction, Materials and Methods, Results, Discussion, Conclusion, Acknowledgements, Compliance with Ethical Standards, References, Figure Legends, and Tables.

- Use a normal, plain font (e.g., 12-point Times Roman) for text
- Double-space the text
- Use italics for emphasis
- Use the automatic page numbering function to number the pages
- Do not use field functions
- Use tab stops or other commands for indents, not the space bar
- Use the table function, not spreadsheets, to make tables

References

Reference citations in the text should be identified by numbers in brackets. The in-text references and the reference list at the end of the manuscript should be in citation order. Authors are fully responsible for the accuracy of their references. Only works referred to in the text and already accepted for publication should be listed.

Types of references

(1) Articles from journals: Name(s) and Initials of all author(s), year in parentheses, full title, journal name as abbreviated in Index Medicus, volume followed by a colon, first and last page numbers.

Berci G, Paz-Partlow M (1998) Electronic imaging in endoscopy. Surg Endosc 2: 227-233

(2) Articles from electronic publications: Name(s) and initials of all authors, year in parentheses, full title, journal name as abbreviated in Index Medicus, DOI number, and publication date.

Lee SW, Gleason NR (2000) Port site tumor recurrence rates in a murine model of laparoscopic splenectomy decreased with increased experience. Surg Endosc, DOI: 10.1007/s004640000231, August 9, 2000

(3) Books: Name(s) and initials of all author(s), year in parentheses, title, edition, publisher, place of publication.

Roy C (1997) Ultrasound of the Abdomen (Exercise in radiological diagnosis). Springer, Berlin

(4) Chapters in edited books: Names and initials of all authors, year in parentheses, title of chapter. In: names and initials of all editors, title of book, publisher, place of publication, first and last page numbers.

White ME, Choyke PL (1988) Duplex sonography of the abdomen. In: Grant EG, White M (eds) Duplex Sonography, Springer, New York, pp 129-190

Tables

- All tables are to be numbered using Arabic numerals
- Tables should always be cited in text in consecutive numerical order
- For each table, please supply a table heading
- The table title should explain clearly and concisely the components of the table
- Identify any previously published material by giving the original source in the form of a reference at the end of the table heading
- Footnotes to tables should be indicated by superscript lower-case letters (or asterisks for significance values and other statistical data) and included below the table body

Figures (Illustrations)

- All figures are to be numbered using Arabic numerals
- Figure parts should be denoted by lowercase letters
- Figures should always be cited in text in consecutive numerical order
- For each figure, please supply a figure caption
- Make sure to identify all elements found in the figure in the caption
- Identify any previously published material by giving the original source in the form of a reference at the end of the caption
- Individual, high-resolution (300+) TIF or JPG files (not Word) must be submitted for each figure in the article.

Video Requirements

- The file resolution must be preferably 16:9 or alternatively 4:3.
- Video or video clips should not exceed 9 minutes total
- Videos cannot exceed 100MB in size.
- A high-quality audio narration in English must accompany the video.
- Videos must be in one of the following formats: avi, wmv, mp4, mov, m2p, mp2, mpg, mpeg, flv, mxf, mts, m4v or 3gp. File sharing platforms cannot be used.
- The video file must be playable on a Windows-based computer or MacBook.
- Do not use any music sound tracks.

- Avoid "fancy" video transitions.
- Annotation of anatomic structures is encouraged.

Artwork Instructions

- Common graphics files such as GIF, JPEG, EPS, TIFF and many others are supported. Do not upload figures as PDF files.
- All figures must be numbered using Arabic numerals. Figure parts should be denoted by lowercase letters. Figures should always be cited in text in consecutive numerical order. For each figure, include the figure legends at the end of the manuscript text. Name your figure files with "Fig" and the figure number, e.g., Fig1.eps.
- Photographs must be submitted in color. Photographs of patients in which the subject is identifiable must be accompanied by written permission from the individual in the photograph before publication.
- If you include figures that have already been published elsewhere, you must obtain permission from the copyright owner(s) for both the print and online format.
- Every clinical article must include high resolution pictures of minimum 2 patients with matching lighting and target area size. Pre and post operative photos are required for each patient.
- A video of the procedure must be included for technical articles along with illustrations prepared by a medical illustrator.
- The required pictures for any rhinoplasty article includes front, profile and head tilted back high resolution views of the face above the shoulder (there is no need to include shoulder on a rhinoplasty picture). A quarter view picture of the face is highly recommended but is not a requirement.
- All the graphics included in the article should be in color.
- All breast related articles should include at least front and profile views. A quarter view is optional.
- A frowning view is highly recommended with any forehead rejuvenation article that includes removal of the frowning muscles.

Vector Graphics: The preferred format is EPS; for halftones, please use TIFF format. MSOffice files are also acceptable. Vector graphics containing fonts must have the fonts embedded in the files.

Line Art: Must be black and white with no shading. Ensure that all lines and lettering within the figures are legible at final size. All lines should be at least 0.1 mm (0.3 pt) wide. Scanned line drawings and line drawings in bitmap format should have a min. resolution of 1200 dpi.

Halftone Art (photographs, drawings or paintings with fine shading, etc.): If magnification is used in photographs, indicate this by using scale bars within the figure. Halftones should have a minimum resolution of 33 dpi.

Combination Art (combination of halftone and line art) should have a minimum resolution of 600 dpi.

Color Art: Photographs must be submitted in color. Color art is free of charge for online publication. If the print version will be published in black and white, make sure that the information will be visible; many colors are not distinguishable when converted to black and white. You may choose to use patterns rather than colors in such instances. Color illustrations should be submitted as RGB (8 bits/ channel). Lettering and Numbering in Figures: Helvetica and Arial (sans serif fonts) text are preferred. Keep lettering size consistent throughout (preferably 2-3 mm / 8-12 pt). Avoid shading and other text features, and do not include titles or captions within your figures.

Guidelines for Sizing an Image: The final size of the image depends on its content. It should be displayed for best viewing and should therefore be neither too small nor too large. Before sizing, the images must be cropped. Frames must be deleted.

While sizing, the layout of the journal must be considered. The graphics operator must have access to the figure captions.

The following are the criteria for determining the correct size:

Letter size: The size should neither be smaller than 6 pt nor larger than 14 pt. The optimum is 8–12 pt. If there are similar graphics in one article, the letters should also have the similar letter size.

Make sure that the figure lettering is always well readable

Content to be displayed: In halftone images bones or cells or any other structures in the images must be clearly visible.

Images of similar content have to be sized consistently within a article.

The maximum size and the optimal size for the typesetting process are determined by the journal layout. If possible, the image should have the optimal layout size.

Optimal layout size:

- > **Double column**
- > **Column + 1 gutter + sub-column**
- > **Column**
- > **Sub-column**

Note: If the image size is slightly ($\pm 10\%$) larger or smaller than the optimal layout size, always enlarge or reduce the figure to the optimal size.

| These rules are valid for all layouts. The values for the global standard layouts are given in Table | Double column | Column + 1 gutter + sub- column | Column | Sub-column | Max. column length |
|---|--------------------------|--|---------------|-------------------|-------------------------------|
|---|--------------------------|--|---------------|-------------------|-------------------------------|

6. Layout

| | | | | | |
|--------------|--------|--------|-------|-------|--------|
| Global large | 174 mm | 129 mm | 84 mm | 39 mm | 234 mm |
|--------------|--------|--------|-------|-------|--------|

| | | | | | |
|------------------------|--------|--------|-------|-------|--------|
| Global medium | 160 mm | 118 mm | 76 mm | 34 mm | 216 mm |
| Global small condensed | | 122 mm | 80 mm | | 198 mm |
| Global small extended | | 119 mm | 78 mm | | 195 mm |

Revisions

If revisions are requested for your submission, please upload both a clean version and a tracked version of your revised manuscript.

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The article will be published online after receipt of the corrected proofs. This is the official first publication citable with the DOI. After release of the printed version, the paper can also be cited by issue and page numbers. After online publication, further changes can only be made in the form of an Erratum, which will be hyperlinked to the article.

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