

**FELLOWSHIP IN AESTHETIC MEDICINE – Level 1**

**17 – 19 September 2022**

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**08:30 – 09:00**

**Registration**

**09:00 – 10:00**

**MECHANISM OF AGING & FACIAL ANATOMY**

- ❖ Mechanism of Aging
- ❖ Treatment of Aging
- ❖ Anatomy of skin/hair
- ❖ Skin type classification
- ❖ Wrinkle classification

**10:00 – 10:15**

**Coffee Break**

**10:15 – 11:30**

**BOTULINUM TOXIN TYPE A**

- ❖ Introduction
- ❖ Pharmacology/dosage
- ❖ Anatomy
- ❖ Consultation / patient selection
- ❖ Botox Marking

**11:30 – 12:00**

**Basic Indications**

Glabella/Forehead/Crow feet/Complications/Contraindication

**12:00 – 13:00**

**Lunch Break**

**13:00 – 13:45**

**DERMAL-FILLER**

- ❖ Introduction to filler
- ❖ Pharmacology of Hyaluronic Acid
- ❖ Nasolabial folds injection
- ❖ Anatomy Techniques and 3 Point injection approach
- ❖ Needles versus cannula

**13:45 – 14:00**

**DERMAL-FILLER**

- ❖ Patient selection
- ❖ Side Effect
- ❖ Complications and Management
- ❖ Recommendation

**14:00 – 14:15**

**Coffee Break**

**14:15 – 16:30**

**LIVE DEMO/HANDS-ON BOTOX AND DERMAL FILLERS**

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**09:00 – 10:00**

- Skin structure & anatomy
- ❖ Anatomy of skin
  - ❖ Mechanism of aging
  - ❖ Wrinkle classification

**10:00 – 10:15**

**Coffee Break**

**10:15 – 11:30**

- Skin preparation for laser procedures
- ❖ Skin conditioning & preparation
  - ❖ Cosmeceuticals and skin care products
    - Moisturizer
    - Sun block
    - Anti-oxidants

**11:30 – 12:00**

- Lasers & light therapies in aesthetic medicine
- ❖ Laser physic & Laser safety
  - ❖ Type of lasers
  - ❖ CO2
  - ❖ Erbium
  - ❖ NdYag
  - ❖ Fractionated
  - ❖ IPL

**12:00 – 13:00**

**Lunch Break**

**13:00 – 14:00**

- Patient selection for light therapy indications for light therapy
- ❖ Skin Rejuvenation (Ablative/Non-Ablative)
  - ❖ Hair Removal
  - ❖ Pigmented Lesions
  - ❖ Side Effects / Complications
  - ❖ Contraindications
  - ❖ Consideration For Equipment Purchase

**14:00 – 14:15**

**Coffee Break**

**14:15 – 16:30**

**LIVE DEMO/HANDS-ON LASER**

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<b>09:00 – 10:00</b>	<p>Skin preparation for chemical peeling</p> <ul style="list-style-type: none"> <li>❖ Skin conditioning &amp; preparation</li> <li>❖ Cosmeceuticals and skin care products</li> <li>❖ Moisturizer</li> <li>❖ Nano technology</li> <li>❖ Medical &amp; cosmetic preparation</li> <li>❖ Sun block &amp; Anti-oxidants</li> <li>❖ Arnica Montana</li> <li>❖ Side Effects</li> <li>❖ Recommendation</li> </ul>
<b>10:00 – 10:15</b>	<b>Coffee Break</b>
<b>10:15 – 11:30</b>	<p>Chemical peeling</p> <ul style="list-style-type: none"> <li>❖ Patient selection / Indication</li> <li>❖ Chemical Peels Classification</li> <li>❖ Skin Physical peeling</li> <li>❖ Skin chemical Peeling (Glycolic acid, Salicylic acid, TCA Peels, Jessner Peels)</li> <li>❖ CROSS technique</li> </ul>
<b>11:30 – 12:00</b>	<ul style="list-style-type: none"> <li>❖ Side Effects</li> <li>❖ Complications and management</li> <li>❖ Contraindications</li> <li>❖ Advices</li> </ul>
<b>12:00 – 13:00</b>	<b>Lunch Break</b>
<b>13:00 – 14:00</b>	<p>The business of aesthetic medicine</p> <ul style="list-style-type: none"> <li>❖ Office setup: Rooms, Supplies and EMR</li> <li>❖ Staffing</li> <li>❖ Marketing</li> <li>❖ Consultation</li> </ul>
<b>14:00 – 14:15</b>	<b>Coffee Break</b>
<b>14:15 – 16:30</b>	<b>LIVE DEMO/HANDS-ON Chemical Peels</b>
<b>16:30 – 16:45</b>	MCQ and Evaluation
<b>16:45 – 17:00</b>	Certificate Distribution & Closing Address

*This program is subject to change without prior notice.*