

FELLOWSHIP IN AESTHETIC MEDICINE

American Board of Cosmetic and Regenerative Medicine

Day 1		
Human Aging Aesthetic Lasers and Concomitant Technologies Skin Conditioning Non-Laser Techniques		
TIME	TOPIC	FACULTY
0900 – 0930	MECHANISMS OF HUMAN AGING <ul style="list-style-type: none"> • Statistics of aging epidemic • Mechanisms of human aging • Wrinkle classifications 	Fadi Hamadani, MD
0930 – 1000	<ul style="list-style-type: none"> • History of Lasers • Physics • Laser classifications • Laser tissue interactions • Laser safety • Contraindications 	Fadi Hamadani, MD
1000 – 1030	<ul style="list-style-type: none"> • Hair removal 	Fadi Hamadani, MD
1030 – 1130	<ul style="list-style-type: none"> • Pigmented lesions • Tattoo removal • Intense pulsed light 	Fadi Hamadani, MD
1130 – 1200	<i>COFFEE BREAK</i>	
1200 – 1300	ABLATIVE LASER RESURFACING <ul style="list-style-type: none"> • Erbium • CO2 NON-ABLATIVE LASER RESURFACING <ul style="list-style-type: none"> • Cooltouch • Affirm • Smooth beam Laser Complications and their management	Fadi Hamadani, MD
1300 – 1400	<i>LUNCH BREAK</i>	
1400 - 1500	<ul style="list-style-type: none"> • Applied Skin Anatomy SKIN CONDITIONING <ul style="list-style-type: none"> • Skin conditioning and preparation • Objectives and ideal products • Steps <ul style="list-style-type: none"> ○ Exfoliation ○ Bleaching ○ Stimulation ○ Hydration 	Jamila Atannaz, MD

	<ul style="list-style-type: none"> • Prevention 	
1500 – 1530	<i>COFFEE BREAK</i>	
1530 – 1700	<ul style="list-style-type: none"> • Microneedling • Microdermabrasion • Plasma technology 	Fadi Hamadani, MD
1700 - 1730	Q & A Session	

Day 2		
Neuromodulators and Dermal Fillers		
TIME	TOPIC	FACULTY
0900 – 0930	FACIAL ANATOMY <ul style="list-style-type: none"> • Anatomy of the face • Facial aesthetic proportions 	Fadi Hamadani, MD
0930 – 1000	SKIN TYPING <ul style="list-style-type: none"> • Fitzpatrick skin typing • Lancer ethnicity scale 	Jamila Atannaz, MD
1000 – 1030	BOTULINUM TOXIN TYPE A <ul style="list-style-type: none"> • History and current statistics • Commercial types • FDA-approved indications • Pharmacology/dilution and dosage • Neutralizing antibodies • Applied anatomy • Consultation/patient selection • Contraindication • Medical photography • Botox scribing • The PAINLESS injection tips • Complications and their management 	Jamila Atannaz, MD
1030 – 1130	Basic indications and techniques <ul style="list-style-type: none"> • Glabeella • Forehead • Crow's feet • Bunny lines 	Fadi Hamadani, MD
1130 – 1200	<i>COFFEE BREAK</i>	
1200 – 1300	DERMAL FILLER <ul style="list-style-type: none"> • History • Pharmacology of Hyaluronic Acid Fillers <ul style="list-style-type: none"> ○ Stabilization ○ Degradation • Types and pharmacology of dermal fillers • Functions of HA 	Jamila Atannaz, MD

1300 – 1400	<i>LUNCH BREAK</i>	
1400 - 1500	DERMAL FILLER <ul style="list-style-type: none"> • Patient selection/consultation • Facial atrophy grades • Facial fold assessment scale • Filler choice • Basic injection techniques: Nasolabial fold • Needles versus cannula • Three-point injection approach • Fillers complications and management 	Fadi Hamadani, MD
1500 – 1530	<i>COFFEE BREAK</i>	
1530 – 1700	LIVE DEMO/HANDS-ON BOTOX AND DERMAL FILLERS	
1700 - 1730	Q & A Session	

ay 3		
Skin Chemical Peeling Carboxytherapy Platelet Rich Plasma The business of Aesthetic Medicine		
TIME	TOPIC	FACULTY
0900 – 0930	CHEMICAL PEELING <ul style="list-style-type: none"> • Patient selection • Indications • Contraindications 	Fadi Hamadani, MD
0930 – 1030	Individual Chemical Peels <ul style="list-style-type: none"> • Glycolic acid • Salicylic acid • TCA peels • Jessner peels CROSS technique	Fadi Hamadani, MD
1030 – 1100	Complications and management	Jamila Atannaz, MD
1100 – 1130	<i>COFFEE BREAK</i>	
1130 – 1200	PRP (Platelet Rich Plasma)	Jamila Atannaz, MD
1200 – 1300	Carboxytherapy	Fadi Hamadani, MD
1300 – 1400	<i>LUNCH BREAK</i>	
1400 – 1430	<ul style="list-style-type: none"> • The business of aesthetic medicine • How to excel and differentiate yourself from competition • Pricing and packaging • Marketing • EMR 	Jamila Atannaz, MD
1430 - 1700	LIVE DEMO/HANDS ON CHEMICAL PEEL – PRP – CARBOXYTHERAPY (PRP facial rejuvenation, PRP hand rejuvenation, PRP for scar treatment)	
1700 - 1730	Q & A Session	

