

# AMERICAN ACADEMY OF AESTHETIC MEDICINE

## Certificate Course in Aesthetic Medicine- Level 1 (3-Day Course)

4-6 Dec 2018 (Dubai UAE)

- Participation in the certificate course in Aesthetic Medicine is the first step towards securing the American board certified given by Academy of Aesthetic Medicine (AAAM).
- A Course Certificate (Level 1) will be presented at end of course.
- Limited seats are available as we believe in a small class setting for better interactions between participants and lecturers.
- As the response is overwhelming and only limited places are available, please contact us as soon as possible for registration.
- We will accept your registration on a first come first served basis.
- Volunteer applications during workshop training are restricted.

### DAY 1: 4 Dec 2018

Faculty: Dr Haneef Alibhai

#### SKIN CONDITIONING AND CHEMICAL PEELINGS

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08:30-10:00 **Introduction to Aesthetic Medicine**

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10:00-10:30 **Skin Classification and Anatomy**

10:30 -11:00 **COFFEE BREAK**

11:00 – 12:30 **Skin Conditioning**

12:30 – 1: 30 **Lunch**

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1:30 – 3:00 pm **Chemical Peelings**

- Indications & contra-indications
  - Contra-indications
  - Peeling agents: how to make the right selection?
    - Glycolic acid
    - Salicylic acid
    - TCA
      - Modified TCA
      - Plain TCA
      - Combined peelings
      - Jessner Peel
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3:00 – 3:15 Daily Test on Skin Conditioning and Peelings **(MCQ)**

3:15 - 3:30 **COFFEE BREAK**

3:30-5:30 **Live Demonstrations and Hands-On Peelings**

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5:30 **End of DAY 1**

## DAY 2: 5 Dec 2018

Faculty: Dr Nadine Hamada

### LASERS and IPL, BASICS

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08:30-08:45 Introduction to the lasers and their physics

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08:45-9:00 Types of lasers and laser safety

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9:00-9:15 Laser Skin Resurfacing

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9:15-9:45 **Photo rejuvenation techniques**

- Intense Pulsed Light (IPL)
  - Radiofrequency
  - Infrared (IR) and Ultrasounds (US)
  - Fraxel Lasers
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9:45-10:00 Laser Treatments for Vascular Lesions

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10:00- 10:15 **COFFEE BREAK**

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10:15-10:30 Laser Tattoo Removal

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10:30-10:45 Laser Treatments for Hair Removal

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10:45-11:00 **Body Contouring Medical Devices**

- What are available on the market today?
  - Making the right choice
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11:00-11:15 Management of Complications from Lasers and IPL

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11:15-11:30 Daily Test on Lasers

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11:30-1:00 Live Workshop on Lasers and IPL

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1:00 – 1:10 **GROUP PHOTO SESSION**

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1:10 – 2:10 **LUNCH**

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**Afternoon:**

### BOTULINUM TOXIN TYPE A AND DERMAL FILLERS (Theory)

Faculty: Dr Haneef Alibhai

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2:10 - 05:30

#### Botulinum toxin Type A

- Introduction
  - Patient selection
  - Advice pearls
  - Indications and consent
  - Management of Complications
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#### Dermal Fillers

- Facial wrinkles classification □ Indications and consent
  - Skin fillers □ Patient selection
  - Introduction and types □ Complications □ Advice pearls
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5:30

**End of DAY 2**

**DAY 3: 6 Dec 2018**

Faculty: Dr Haneef Alibhai

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**FULL DAY WORKSHOP - BOTULINUM TOXIN TYPE A AND DERMAL FILLERS**

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08:30 - 8:45      *Daily Test on Botox and Fillers*

8:45 - 10:30      **Practical Workshop and Hands-On Botulinum Toxin A**

Upper Face Indications

- Glabella
- Forehead
- Crow's Feet

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10:30-11:45      **COFFEE BREAK**

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11:45 - 01:00      **Practical Workshop and Hands-On Continues on Botulinum Toxin A** Upper Face Indications

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01:00 -02:00      **LUNCH**

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02:00-03:00      **Practical Workshop and Hands-on Dermal Fillers**

- Nasolabial Fold Indications

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03:00-03:30      **COFFEE BREAK**

03:30-05:30      **Practical Workshop and Hands-on Dermal Fillers**

- Nasolabial Fold Indications

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05:30              **Course Ends- Feedback and Distribution of Certificates**

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**NOTE:** Course content can be modified, depending on AAAM curriculum changes and the days can be switched within the course period.