

# 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

---

08:30-08:45 **Introduction to the World of Aesthetic Medicine**

---

08:45-10:30 **Skin conditioning + Skin classification**

- Indications & contra-indications
- Side effects
- Results
- Skin regimen

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

---

11:00-12:30 **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

12:30-1:30 **LUNCH**

---

1:30- 2:45 Management of complications from chemical peelings

---

2:45 - 3:00 Daily Test on Skin Conditioning and Peelings **(MCQ)**

---

3:00 - 3:30 **COFFEE BREAK**

3:30-5:30 **Live Demonstrations and Hands-On Peelings** (Glycolic, Salicylic)

---

5:30 **End DAY 1**

## DAY 2: 5 Dec 2018

Faculty: Dr Nadine Hamada

### LASERS and IPL, BASICS

---

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

---

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

---

9:00-9:15 Laser Skin Resurfacing

---

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

- Intense Pulsed Light (IPL)
  - Radiofrequency
  - Infrared (IR) and Ultrasounds (US)
  - Fraxel Lasers
- 

9:45-10:00 Laser Treatments for Vascular Lesions

---

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

---

10:15-10:30 Laser Tattoo Removal

---

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

---

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

- What are available on the market today?
  - Making the right choice
- 

11:00-11:15 Management of Complications from Lasers and IPL

---

11:15-11:30 Daily Test on Lasers

---

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

---

1:00 – 1:10 **GROUP PHOTO SESSION**

---

1:10 – 2:10 **LUNCH**

---

**Afternoon:**

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

**Faculty:** Dr Haneef Alibhai

---

2:10 - 05:30

#### **Botulinum toxin Type A**

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

#### **Dermal Fillers**

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

5:30

**End DAY 2**

**DAY 3: 6 Dec 2018**

Faculty: Dr Haneef Alibhai

---

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

---

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

---

10:30-11:45 **COFFEE BREAK**

---

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

---

01:00 -02:00 **LUNCH**

---

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

- Nasolabial Fold Indications

---

03:00-03:30 **COFFEE BREAK**

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

- Nasolabial Fold Indications

---

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

---

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