

# AMERICAN ACADEMY OF AESTHETIC MEDICINE

## Diploma in Aesthetic Medicine Level 2 (5-Day Course)

12-16 March 2019

Dubai UAE

**Day 1:** 12 March 2019

### COSMETIC DERMATOLOGY

0830 – 10:00	<b>Sun Protection for Any Skin Type</b> <b>Pigmentation Disorders Management</b> <b>Acne Management</b> <ul style="list-style-type: none"><li>• Etiology</li><li>• Classification</li><li>• Complications</li><li>• Treatment</li></ul> <b>Rosacea Management</b> <ul style="list-style-type: none"><li>• The Triggers</li><li>• Treatments</li></ul> Management of Hypertrophic Scars and Keloids Hair Loss Management and Treatments
10:00 – 10:15	<b>COFFEE BREAK</b>
10:15 – 12:15	<ul style="list-style-type: none"><li>• Treatment of Stretch Marks</li><li>• Cellulite Management</li><li>• Advances in Chemical Peelings</li></ul>
12:15 – 1:15	<b>LUNCH</b>
1:15 – 03:00	<ul style="list-style-type: none"><li>• <b>Demo and Practical Session</b> on Keloid or Hypertrophic Scar Treatment</li><li>• <b>Demo and Practical Session</b> on Advanced Peeling</li></ul>
03:00 – 03:15	<b>COFFEE BREAK</b>
03:15 – 05:00	<ul style="list-style-type: none"><li>• <b>Continuation of practical session</b> on Advanced Peeling</li></ul>
05:00 – 05:30	<ul style="list-style-type: none"><li>• <b>Multiple Choice Question</b> Test Assessment on Cosmetic Dermatology</li></ul>
05:30	<b>End of Day 1</b>

**Day 2:** 13 March 2019

## **BOTULINUM TOXIN A – ADVANCED INDICATIONS AND TECHNIQUES**

08:30 – 10:15	<b>Introduction: What is Beauty? Botulinum Toxin Type A</b> <ul style="list-style-type: none"><li>• Analysis of Facial Beauty</li><li>• Pharmacology of Botulinum Toxin A</li><li>• Frown Lines and Brow Lifting</li><li>• Periocular Rejuvenation</li><li>• Periorbital Rejuvenation</li><li>• Platysmal Band Rejuvenation</li><li>• Hyperhidrosis</li><li>• Management of Complications from Botulinum Toxin A Injections</li></ul>
10:15 – 10:30	<b>COFFEE BREAK</b>
10:30 – 10:45	Multiple Choice Question Test Assessment on Botulinum Toxin Type A (Advanced Indications)
10:45 – 1:00	<b>Demo and Practical Session</b> on Botulinum Toxin Type A (Advanced Indications)
1:00 – 1:10	<b>GROUP PHOTO SESSION</b>
1:10 – 02:10	<b>LUNCH BREAK</b>
2:10 – 05:30	<b>Practical Session</b> continues on Botulinum Toxin Type A (Advanced Indications)
5:30	<b>End of Day 2</b>

**Day 3:** 14 March 2019

**MESOTHERAPY**

08:30 – 10:30	<ul style="list-style-type: none"><li>• History of Mesotherapy</li><li>• Definition</li><li>• Characteristics</li><li>• Pharmacology</li><li>• Techniques and Depth of Injection</li><li>• Injection Devices</li><li>• Dermatological Mesotherapy in your Daily Practice</li><li>• Indications<ul style="list-style-type: none"><li>○ Traditional</li><li>○ Lipodistrophy<ul style="list-style-type: none"><li>○ Facial Rejuvenation (Mesoglow/Mesolift)</li><li>○ Hair Loss</li></ul></li></ul></li></ul>
10:30 – 11:00	<b>COFFEE BREAK</b>
11:00 - 12:15	MESOTHERAPY ( <b>Demo and Practical Session</b> )
12:15 – 12:30	MULTIPLE CHOICE QUESTION TEST ASSESSMENT ON MESOTHERAPY
12:30 – 1:30	<b>LUNCH BREAK</b>
1:30 – 03:15	MESOTHERAPY CONTINUOUS ( <b>Practical Session</b> )
03:15 – 03:30	COFFEE BREAK
03:30 – 05:30	MESOTHERAPY CONTINUOUS ( <b>Practical Session</b> )
05:30	<b>End of Day 3</b>

**Day 4:** 15 March 2019

**SKIN FILLERS – ADVANCED INDICATIONS AND TECHNIQUES**

830 – 1030	<b>Fillers</b> Hyaluronic Acid Fillers for Facial Aesthetic Enhancement Calcium Hydroxylapatite Facial Sculpting Facial Sculpting with Poly -L -Lactic Acid Advanced Volume Restoration of the Lower Face
10:30 – 11:00	<b>COFFEE BREAK</b>
11:00 – 12:30	<b>Fillers</b> Restoration of Lip Volume and Definition Using Facial Fillers Advanced Volume Restoration of the Aging Face Blunt Facial Cannula Technique The Role of Topical Agents and Regional Blocks Management of Complications from Filler Injections
12:30 – 01:30	<b>LUNCH BREAK</b>
01:30 – 01:45	Multiple Choice Question Test Assessment on FILLERS
01:45 - 03:15	<b>Demo and Practical Session on FILLER</b> (Advanced Indications)
03:15 - 03:30	COFFEE BREAK
03:30 - 05:30	<b>Practical Session continues on FILLER</b> (Advanced Indications)
05:30	<b>End Day 4</b>

**Day 5:** 16 March 2019

08:30 – 10:30 am	<b>SCLEROTHERAPY IN AESTHETIC MEDICINE</b> <ul style="list-style-type: none"><li>• Introduction to Phlebology</li><li>• Treatment of Telangiectasias and Varicose Veins</li><li>• Lifestyle and Conservative Medical Management</li><li>• Sclerotherapy</li><li>• Vascular Laser</li></ul>
10:30 – 10:45 am	<b>COFFEE BREAK</b>
10:45 – 1:00 pm	<b>PRP INDICATIONS</b> <ul style="list-style-type: none"><li>• Facial Rejuvenation</li><li>• Hand Rejuvenation</li><li>• Hair Restoration</li><li>• Scar Treatment</li><li>• Acne Treatment</li></ul> <b>PRP TECHNIQUE</b> <ul style="list-style-type: none"><li>• Platelet Harvesting</li><li>• Reducing Platelets Poor Plasma</li><li>• PRP Preparation</li><li>• Acne Treatment</li></ul> <b>MCQ on Sclero and PRP</b>
01:00 – 02:00 pm	<b>LUNCH BREAK</b>
02:00 – 03:30 pm	Demo and Practical Session on Sclerotherapy
03:30 – 03:45 pm	Coffee Break
03:45 – 05:30 pm	Demo and Practical Session on PRP
05:30	<b>Course ends- Feedback and distribution of certificates</b>

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