



# AMERICAN ACADEMY OF AESTHETIC MEDICINE

## WORLD LEADERS IN AESTHETIC MEDICINE & COSMETIC SURGERY

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

**06-08 SEPTEMBER, 2018 (Bahrain)**

- 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: 06 SEPTEMBER, 2018**

### SKIN CONDITIONING AND CHEMICAL PEELINGS

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

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

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

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

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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**

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

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

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

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

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5:30 **End DAY 1**

**DAY 2: SEPTEMBER 07, 2018**

**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 **Photorejuvenation 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- 10:30 **COFFEE BREAK**

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10:30-10:45 Laser Tattoo Removal

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10:45-11:00 Laser Treatments for Hair Removal

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11:00-11:15 **Body Contouring Medical Devices**

- What are available on the market today?
  - Making the right choice
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11:15-11:30 Management of Complications from Lasers and IPL

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11:30-11:45 Daily Test on Lasers

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11:45-12:30 Live Workshop on Lasers and IPL

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12:30 – 01:30 **LUNCH**

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**Afternoon:**

**BOTULINUM TOXIN TYPE A AND DERMAL FILLERS**

01:30-05:30

**Botulinum toxin Type A**

- Introduction
  - Patient selection
  - Advice pearls
  - Indications and consent
  - 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 DAY 2**

**DAY 3: [SEPTEMBER 08, 2018](#)**

**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**

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

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.