

AMERICAN ACADEMY OF AESTHETIC MEDICINE

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

7-9 March 2019 (Cairo Egypt)

- 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: 7 March 2019

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: 8 March 2019

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 **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

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

10:30-10:45 Laser Tattoo Removal

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

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

11:30-11:45 Daily Test on Lasers

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

12:30 – 01:30 **LUNCH**

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: 9 March 2019

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.