

# AMERICAN ACADEMY OF AESTHETIC MEDICINE

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

2-6 July 2019

Dubai UAE

**Day 1:** 2 July 2019

**Faculty:** Prof Alessio Redaelli

### MESOTHERAPY

08:30 – 10:30 am	<ul style="list-style-type: none"> <li>• History of Mesotherapy</li> <li>• Definition</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 – 10:45 am	<b>COFFEE BREAK</b>
10:45 - 12:15 pm	<p style="text-align: center;"><b>PRP INDICATIONS</b></p> <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> <p style="text-align: center;"><b>PRP TECHNIQUE</b></p> <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> <p style="text-align: center;"><b>INTRODUCTION TO FAT GRAFTING</b></p> <ul style="list-style-type: none"> <li>• History</li> <li>• Indications</li> <li>• Pre-Op instructions</li> <li>• Fat Harvesting</li> <li>• Post-Op instructions</li> <li>• Cell Assisted Lipotransfer (CAL)</li> <li>• Complications</li> </ul>
12:15 – 12:45 pm	MCQ test assessment
12:45 – 01:45 pm	<b>LUNCH BREAK</b>
01:45 – 03:15 pm	<b>MESOTHERAPY (Demo and Practical Session)</b>
03:15 – 03:30 pm	COFFEE BREAK
03:30 – 05:30 pm	<b>PRP (Demo and Practical Session)</b>
05:30	<b>End of Day 2</b>

**Day 2:** 3 July 2019

**Faculty:** Prof Alessio Redaelli

08:30 am – 10:30 am	Review of Facial Anatomy with volunteers using colored pencils
10:30 – 10:45 am	<b>COFFEE BREAK</b>
10:45 am – 12:00 pm	Combined Treatments
12:00 pm – 01:00 pm	Introduction to Thread Lift
1:00 pm – 01:05 pm	<b>Group Photo Session</b>
01:05 pm – 02:00 pm	<b>LUNCH BREAK</b>
02:00 pm – 03:00 pm	<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>
03:00 pm – 03:30 pm	MCQ / test on Sclerotherapy
03:30 pm – 03:45 pm	<b>COFFEE BREAK</b>
03:45 pm – 05:30 pm	Demo and Practical Session on Sclerotherapy
05:30	<b>End of Day 2</b>

**Day 3:** 4 July 2019

**Faculty:** Prof Alessio Redaelli

### **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	Multiple Choice Question Test Assessment on Botulinum Toxin Type A (Advanced Indications)
10:30 – 10:45	<b>COFFEE BREAK</b>
10:45 – 1:00	<b>Demo and Practical Session</b> on Botulinum Toxin Type A (Advanced Indications)
1:00 – 02:00	<b>LUNCH BREAK</b>
2:00 – 05:30	<b>Practical Session</b> continues on Botulinum Toxin Type A (Advanced Indications)
5:30	<b>End of Day 3</b>

**Day 4:** 5 July 2019

**Faculty:** Dr Rami Haidar

**SKIN FILLERS – ADVANCED INDICATIONS AND TECHNIQUES**

8:30 – 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 pm – 1:00 pm	Multiple Choice Question Test Assessment on FILLERS
1:00 pm – 2:00 pm	<b>LUNCH BREAK</b>
2:00 pm - 03:15 pm	<b>Demo and Practical Session on FILLER</b> (Advanced Indications)
03:15 - 03:30	<b>COFFEE BREAK</b>
03:30 - 05:30	<b>Practical Session continues on FILLER</b> (Advanced Indications)
05:30	<b>End of Day 4</b>

**Day 5:** 6 July 2019

**Faculty:** Dr Marcelo Suarez-Bigetti

### COSMETIC DERMATOLOGY

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