

Introduction to Cosmetic Medicine Workshop

Time	Title of presentation
9.00am	<p>Introduction</p> <ul style="list-style-type: none"> • The Classification of skin Types and Levels of Photodamage • Assessment • Dyschromias • Wrinkles <p>What are Skin Peels</p> <ul style="list-style-type: none"> • Classification of Peel Depths • Peeling Agents • Toxicity <p>Reversal of Photodamage with Chemical Nonpeel Techniques</p> <ul style="list-style-type: none"> • Sun Avoidance • Retinoic Acid • Alpha Hydroxy Acids • Combination Therapy • Other Nonpeel methods <p>Basic Concepts in Skin Peeling</p> <ul style="list-style-type: none"> • Pharmaceutical considerations • Priming • Wound healing • Regional Peels • Repeeling • Anaesthesia • The difference between facial and Nonfacial skin peels <p>Patient Information</p> <ul style="list-style-type: none"> • Photographs • Checklists • Consent Forms • Instructions <p>Jessner Peels</p> <ul style="list-style-type: none"> • Jessners solution • Performing the peel • Complications <p>Glycolic Acid Peels</p>

	<ul style="list-style-type: none"> • Neutralisation • Glycolic acid strength and pH • Performing the peel • Complications <p>Trichloroacetic Acid Peels</p> <ul style="list-style-type: none"> • Trichloroacetic Acid Solutions and Basic Pharmacy • Performing the peel • Nonfacial Peels with Trichloroacetic Acid <p>Complications</p> <ul style="list-style-type: none"> • Tears dripping on the neck • Premature peeling • Infection • Acneform eruptions • Ecchymoses • Postinflammatory Hyperpigmentation • Hypopigmentation • Allergic reactions • Persistent Erythema • Scarring <p>Patient selection</p> <ul style="list-style-type: none"> • Initial Consultation • Treatment Programs <ul style="list-style-type: none"> • Glycolic Acid Peels • Jessner Peels • Trichloroacetic Acid Peels
10.30am-11.00am	Morning Tea
11.00am – 12.00pm	<ul style="list-style-type: none"> • Glycolic Acid Peel • Jessner Peel • Trichloroacetic Acid Peel
12.00pm-1.00pm	Lunch
1.00pm-3.00pm	<ul style="list-style-type: none"> • Glycolic Acid Peel • Jessner Peel • Trichloroacetic Acid Peel
3.00pm-3.30pm	Afternoon Tea
3.30pm-5.00pm	<p><u>Laser Physics</u></p> <ul style="list-style-type: none"> • Laser Safety • Eye Protection • Flammable liquids and gases • Smoke Hazard • Signage

Time	Title of presentation
9.00am -10.15am	<u>Botulinum Toxin A in the Treatment of facial wrinkles</u> <ul style="list-style-type: none"> • Where can Botulinum Toxin A be used? • Complications • Mechanism of action <u>Botulinum Toxin A in the Treatment of Hyperhidrosis</u> <ul style="list-style-type: none"> • Mechanisma of Action • Injection Technique
10.15am-10.45am	Morning Tea
10.45am-12.00pm	Live Workshops with Hands-On Training on Botulinum Toxin A
12.00pm -1.00pm	Lunch
1.00pm- 2.15pm	<u>Dermal Fillers</u> <ul style="list-style-type: none"> • Review a dermal fillers available • Indications of the face which can be treated effectively with dermal filler • Injection technique to treat the different indications of the face • Potential Complications • Management of Potential Complications • Post Treatment Protocols • Nasolabial Folds • Lip Augmentation
2.15pm - 2.45pm	Afternoon Tea
2.45pm – 4.00pm	<ul style="list-style-type: none"> • Live Workshops with Hands-On Training • Dermal Fillers • Nasolabial Folds • Lip Augmentation • Peri-orbital Lines • Peri-oral Lines • Oral Commissures • Scar Revisions (optional) • Fines lines and deep wrinkles

Time	Title of presentation
9.00am -10.30am	<ul style="list-style-type: none"> • The red Face: diagnosis and laser choices for the best outcomes • Vascular Lasers • Knowledge of conditions treatable by laser and the appropriate lasers to use • Clinical Understanding of Principles/Mode of Action • Indications • Side Effects and complications • Pigmentation Laser • Melasma, Age spots, Naevus of Ota • Ablative Resurfacing - CO2, Erbium, Fractionation, Plasma, • Hyperpigmentation: Outline methodology for the best success • Fraxel laser: Skin tightening and sun damage • Q Switched Lasers • 532, Ruby, Q switch etc, complications • Tattoo Removal - different colours, Q switch, Complications
10.30am-11.00am	Morning Tea
11.00am-12.30pm	<ul style="list-style-type: none"> • Selective Thermolysis • Treatment Parameters • Intense Pulsed Light • Non Ablative Lasers for Skin Rejuvenation • IPL Hair Removal • Side Effects and complications • M 22. New Generation Intense Pulsed Light • IPL for Benign Pigmented lesions • IPL for Vascular Lesions • IPL for Hair Removal
12.30pm-1.30pm	Lunch
1.30pm-3.00pm	Current concepts in the treatment of venous disease Practical demonstrations

3.00pm-3.30pm	Afternoon Tea
3.30pm-5.00pm	<ul style="list-style-type: none">• M22 - IPL• Gemini laser• Revlite - q-switched laser• AcuPulse - fractional CO2 laser• Duet - 810 nm laser• Varilite - 532nm and 940nm portable but very useful laser.• V-Raser - 980nm ("pocket" laser)• Zimmer - cooling device <p>Demonstration Sclerotherapy, Microsclerotherapy</p>