



**AMERICAN AESTHETIC ASSOCIATION (AAA)**  
**Step 1: Fellowship in Aesthetic Medicine (3-days course)**

24-26 September 2017  
 Dubai, UAE

**DAY 1: 24 September 2017**

Time	Topic
08:00 – 08:30	Registration
08:30 – 09:00	MECHANISM OF AGING & FACIAL ANATOMY Mechanism of Aging Treatment of Aging Anatomy of skin/hair Skin type classification Wrinkle classification
09:00 – 09:30	COFFEE BREAK
09:30 – 10:30	BOTULINUM TOXIN TYPE A Introduction Pharmacology/dosage Anatomy Consultation / patient selection Botox Marking
10:30 – 11:30	Basic Indications Glabella Forehead Crow feet Complications Contraindication
11:30 – 12:30	LUNCH BREAK
12:30 – 13:30	DERMAL-FILLER Introduction to filler Pharmacology of Hyaluronic Acid Naso-labial folds injection Anatomy Techniques and 3 Point injection approach Needles versus cannula
13:30 – 14:30	DERMAL-FILLER Patient selection Side Effect Complications and Management Recommendation
14:30 – 15:00	COFFEE BREAK
15:00 – 15:30	DAILY TEST
15:30 – 17:30	LIVE DEMO/HANDS-ON BOTOX AND DERMAL FILLERS

**DAY 2: 25 September 2017**

<b>Time</b>	<b>Topic</b>
08:30 – 09:30	SKIN STRUCTURE & ANATOMY Anatomy of skin Mechanism of aging Wrinkle classification
09:30 – 10:30	SKIN PREPARATION FOR LASER PROCEDURES Skin conditioning & preparation Cosmeceuticals and skin care products Moisturizer Sun block Anti-oxidants
10:30 – 11:00	COFFEE BREAK
11:00 – 12:30	LASERS & LIGHT THERAPIES IN AESTHETIC MEDICINE Laser physic & Laser safety Type of lasers CO2 Erbium NdYag Fractionated IPL
12:30 – 13:30	LUNCH BREAK
13:30 – 14:30	PATIENT SELECTION FOR LIGHT THERAPY INDICATIONS FOR LIGHT THERAPY: Skin rejuvenation (ablative/non-ablative) Hair removal Pigmented lesions Side Effects / complications Contraindications Consideration for equipment purchase
14:30 – 15:00	COFFEE BREAK
15:00 – 15:15	DAILY TEST
15:15 – 17:00	LIVE DEMO/HANDS-ON LASER

**DAY 3: 26 September 2017**

<b>Time</b>	<b>Topic</b>
08:30 – 09:30	SKIN STRUCTURE & ANATOMY Anatomy of skin Mechanism of aging Wrinkle classification
09:30 – 11:00	SKIN PREPARATION FOR CHEMICAL PEELING Skin conditioning & preparation Cosmeceuticals and skin care products Moisturizer Nano technology Medical & cosmetic preparation Sun block & Anti-oxidants Arnica Montana Side Effects Recommendation
11:00 – 11:30	COFFEE BREAK
11:30 – 12:30	CHEMICAL PEELING Patient selection / Indication Chemical Peels Classification Skin Physical peeling Skin chemical Peeling (Glycolic acid, Salicylic acid, TCA Peels, Jessner Peels) CROSS technique
12:30 – 13:30	LUNCH BREAK
13:30 – 14:30	Side Effects Complications and management Contraindications Advices
14:30 – 15:00	THE BUSINESS OF AESTHETIC MEDICINE Office setup : Rooms, Supplies and EMR Staffing Marketing Consultation
15:00 – 15:30	COFFEE BREAK
15:30 – 16:00	DAILY TEST
16:00 – 17:30	LIVE DEMO/HANDS-ON Chemical Peels

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