



**AMERICAN AESTHETIC ASSOCIATION (AAA)  
Step 2: Fellowship in Aesthetic Medicine (4-days course)**

27-30 September 2017  
Dubai, UAE

**DAY 1: 27 September 2017**

Time	Topic
08:30 – 09:00	Registration
09:00 – 10:00	ADVANCED BOTULINUM TOXIN APPLICATIONS Eye brow lift Lip lift Lower eyelid Perioral wrinkles Gummy smile
10:00 – 11:00	Mentalis DAO (mouth frown) Neck Décolleté Hyperhidrosis (axillaris/Manus/Pedis) Legs contouring Mesobotox
11:00 – 11:30	COFFEE BREAK
11:30 – 12:00	ADVANCED DERMAL FILLERS Making the right filler choice in a competitive market: HA Calcium hydroxyl apelite Poly L Lactic acid
12:00 – 12:30	Fillers for the Upper Face: Dark circles Temporal hollows Tear trough Eye brow lift
12:30 – 13:30	Fillers of the Mid Face: Nasolabial fold the PILLAR technique Cheeks Non surgical rhinoplasty Torn ear lobe High Definition Lip augmentation HIV related lipoatrophy
13:30 – 14:00	Fillers of the Lower Face: Marionette lines Chin Angle of the mandible Neck & Décolleté
14:00 – 15:00	Other Advanced Fillers applications: Scars Hands

	Neck & Décolleté Foot Facial asymmetry corrections Vaginal Rejuvenation
15:00 – 15:30	COFFEE BREAK
15:30 – 16:00	Genital Filler applications: Vaginal Rejuvenation: Labia majora G spot amplification
16:00 – 17:00	LIVE DEMO/HANDS-ON BOTULINIM TOXIN AND DERMAL FILLERS
17:00 – 18:00	LUNCH BREAK
16:00 – 18:00	QUESTIONS AND ANSWERS SESSION

## DAY 2: 28 September 2017

Time	Topic
09:00 – 09:30	Photodynamic therapy LED Applications
09:30 – 10:30	Noninvasive body contouring: US RF Cryolipolysis Laser Acne Treatment options Laser Lipolysis: The best wavelength!
10:30 – 11:00	Laser treatments for Ethnic Skin Laser Vaginal Rejuvenation
11:00 – 11:30	COFFEE BREAK
11:30 – 12:00	Cellulite Management
12:00 – 12:30	AESTHETIC PHLEBOLOGY Anatomy of superficial and deep venous system of lower limbs Pathophysiology of Venous System Clinical examination Echo-color-Doppler examination
12:30 – 13:00	Therapeutic strategies: Medical therapy Venous-lymphatic taping and venous-lymphatic massage Bandage and compressive stockings
13:00 – 13:30	Aesthetic Strategies Sclero-therapy: Sclerosing agents Classic sclero-therapy for varices, reticular vein and telangectasias Foam sclero-therapy for varices, reticular vein and telangectasias
13:30 – 14:30	Aesthetic Strategies Radiofrequency ablation (RFA) for varicose veins: indications & technique Laser and Light Based Treatment Techniques Lasers for telangectasias and spider veins IPL for telangectasias and spider veins V beam Radiofrequency and laser Endovenous laser ablation (EVLA) for varicose veins

15:00 – 15:30	COFFEE BREAK
15:30 – 17:00	LIVE DEMO/HANDS-ON LASER and SCLEROTHERAPY
17:00 – 18:00	LUNCH BREAK
16:00 – 18:00	QUESTIONS AND ANSWERS SESSION

### DAY 3: 29 September 2017

Time	Topic
09:00 – 09:30	PRP Introduction History of platelet rich plasma development in the last 20 years Overview Indications Therapeutic and Aesthetic uses Mechanism of action
09:30 – 10:00	Medical Photography and documentation PRP Technique: Platelet Harvesting Reducing Platelets poor plasma PRP Preparation PRP Injection Post-treatment instructions Contraindications
10:00 – 10:45	Facial Rejuvenation Placement Techniques Autologous Fat Transfer with PRP Results and follow up
10:45– 11:00	Hand Rejuvenation with PRP combination therapy
11:00 – 11:30	COFFEE BREAK
11:30 – 12:30	Hair Restoration with PRP injection Scar treatment with PRP injection Complications
12:30 – 13:30	STEM CELLS IN REGENERATIVE MEDICINE Guidelines to obtain adult stem cells from fat tissue Guidelines to obtain adult stem cells from fat tissue Uses of adult stem cells in regenerative medicine OA Macular degeneration Cardiopulmonary Uses of adult stem cells in Aesthetic medicine Facial rejuvenation Hair Restoration
13:30 – 14:00	FACIAL THREAD LIFTS: History Chemical and biologic properties Anatomic justification Indications and contraindications Technique Prevention and management of complications
14:00 – 15:00	THE ONE STICH FACE LIFT: Indications

	Technique
15:00 – 15:30	COFFEE BREAK
15:30 – 17:00	LIVE DEMO ON PRP/ LIFTS
17:00 – 18:00	LUNCH BREAK
18:00 – 19:00	QUESTIONS AND ANSWERS

#### DAY 4: 30 September 2017

Time	Topic
09:00 – 09:30	Symphony of Hormones- an introduction to BHRT therapy
09:30 – 10:00	Men's Health Testosterone treatment and monitoring Male Hypogonadism /Erectile dysfunction: BPH /Organic Impotence
10:00 – 10:45	COFFEE BREAK
10:45– 11:00	FEMALE HRT
11:00 – 11:30	Women's Hormone therapy with: Estrogen Progesterone Testosterone
11:30 – 12:30	Optimizing Hormone Replacement: an easy guideline on how to Prescribe BHRT Review symptoms Labs Medications
12:30 – 13:30	Female sexual Dysfunction: optimize BHRT to treat common issues in Menopause
13:30 – 14:00	Thyroid optimization. Is euthyroid status enough? Growth hormone (the Fountain of Youth)
14:00 – 15:00	Osteoporosis Treatments with BHRT Clinical Case Reviews : Menopause with FSD Andropause with ED
15:00 – 15:30	COFFEE BREAK
15:30– 16:00	Diagnose your own Hormone Deficiencies! Bring your Lab Tests and follow along with a Live Diagnosis on stage of Hormone Deficiencies. See if you have a Hormone Deficiency?
16:00 – 16:30	Bio-Identical Hormones and the Cardiovascular System – The benefit of Hormone Optimization Thyroid, Testosterone, Growth Hormone, Melatonin etc. for the Cardiovascular System. The current medical references to support these treatments.
16:30 – 17:00	QUESTIONS AND ANSWERS
17:00 – 18:00	LUNCH BREAK
18:00 – 19:00	CLOSING REMARKS AND DISTRIBUTION OF CERTIFICATES

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