



AAAM LEVEL 1 CERTIFICATE COURSE

November 11-13, 2020
Orlando, Florida

Faculty: Alejandro Espailat, MD (USA); Omnia Latif, MD (USA)

DAY 1: Wednesday, November 11, 2020. Faculty: Alejandro Espailat, MD
SKIN CONDITIONING AND CHEMICAL PEELINGS

07:30 - 08:30 **Registration and Continental Breakfast**

08:30 - 08:45 **Introduction to the World of Aesthetic
Medicine**

08:45 - 09:15 **Conducting Patient Consultation**

09:15 - 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 and 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 - 13:30 **LUNCH**

13:30 - 14:45

**Management of Complications from
Chemical Peelings**

14:45 - 15:00

Daily Test on Skin Conditioning and Peelings

15:00 - 15:30

COFFEE BREAK

15:30 - 17:30

Live Demonstrations and Hands-On Peelings
(Glycolic, Salicylic)

DAY 2: Thursday, November 12, 2020. Faculty: Omnia Latif, MD (USA)
BOTULINUM TOXIN TYPE A and FACIAL DERMAL FILLERS

08:00 - 08:30 **Continental Breakfast**

08:30 - 10:30 **Botulinum Toxin Type A**

- Introduction
- Indications and consent
- Patient selection
- Complications
- Advice pearls

10:30 - 11:00 **COFFEE BREAK**

11:00 - 12:15 **Dermal Fillers**

- Facial wrinkles classification
- Skin fillers
 - ❖ Introduction and types
 - ❖ Indication and consent
 - ❖ Patient selection
 - ❖ Complications
 - ❖ Advice Pearls

12:15 - 12:30 **Daily Test on Botox and Fillers**

12:30 - 13:30 **LUNCH**

13:30 - 15:00 **Practical Workshop and Hands-On Botulinum Toxin A Upper Face Indications and**

- Glabella
- Forehead
- Crow's Feet

15:00 - 15:30 **COFFEE BREAK**

15:30 - 17:30 **Workshop on Dermal Fillers**

- Nasolabial Fold

**DAY 3: Friday, November 13, 2020. Faculty: Alejandro Espailat, MD
LASERS, IPL, AND OTHER NEW TOOLS IN AESTHETIC MEDICINE**

08:00 - 08:30 **Continental Breakfast**

08:30 - 09:15 **Introduction to Lasers and Their Physics**

09:15 - 10:00 **Types of Lasers and Laser Safety**

10:00 - 10:30 **Laser Skin Resurfacing**

10:30 - 11:00 **COFFEE BREAK**

11:00 – 11:45 **Photorejuvenation Techniques**

- Intense Pulsed Light (IPL)
- Radiofrequency
- Infrared (IR) and Ultrasounds (US)
- Photodynamic Therapy (PDT) and Light Emitting Diode (LED)

11:45 – 12:15 **Fraxel Lasers**

12:15 – 12:30 **Laser Treatments for Vascular Lesions**

12:30 – 13:30 **LUNCH**

13:30 – 13:45 **Laser Tattoo Removal**

13:45 – 14:00 **Laser Treatments for Hair Removal**

14:00 – 14:15 **Body Contouring Medical Devices**

- What is available on the market today?
- How to make the right choice?

14:15 – 14:30 **Management of Complications from Laser and IPL**

14:30 – 14:45

Physical Peelings

- Cryopeelings
- Microdermabrasion
- Dermabrasion

14:45 – 15:00

Daily Test on Lasers

15:00 – 15:30

COFFEE BREAK

15:30 – 17:30

Live Demonstration and Workshop on Lasers, IPL, and Other Systems
