



FELLOWSHIP PROGRAMME IN AESTHETIC MEDICINE (4-8 weeks)

Module 1

SESSION 1

Dermatology

- Introduction
- Terminologies
- Anatomy and Physiology of Skin and its Appendages
- Classification and analysis of Skin
Consultation, Etiology, Diagnosis and Management of common skin ailments (Acne, Pigmentation, Dark circles, Stretch Marks etc)

SESSION 2

CHEMICAL PEELS

- Introduction to chemical peels.
 - Priming of Skin.
 - Classification of peels (AHA,BHA , PHA etc)
 - Superficial Peels
 - Medium Depth Chemical Peels
 - Deep peels
 - Combination Chemical Peels
 - Pigmentation of the Face-Evaluation and Treatment
 - Facial Peels
1. Classification – Superficial, Medium, Deep
 2. Characteristics- Glycolics/Salicylic/ Fruit Peels/ Jessner/ TCA/Phenol/ Yellow peel/Black acetic acid etc
 3. Basic Understanding of each Different Agent- Indexations for Use/Contraindications/Mode of Application/Mechanism of Action/ Potentiating Factors/ Adverse Effects.



Module 2

SESSION 3 –

MEDI-FACIALS

- Iontophoresis
- Deincrustation
- Electroporation
- Ultrasound
- High Frequency (Direct, Indirect)

SESSION 4

OTHER BASIC PROCEDURES

- Crystal microdermabrasion
- Diamond microdermabrasion
- Radio cautery (removal of warts, moles, skin tags, DPN etc)
- Electrolysis/thermolysis.
- Non- Surgical Ear Lobe Repair
- Radio Frequency

Module 3

SESSION 5A

BOTULINUM TOXIN

- The Product
- Indications
- Facial Anatomy in Detail
- Mode of Action
- Appropriate Doses/ Dilutions



- Markings and Injection technique
- Side Effects and Complications: Allergic/ Regional
- Duration of Action
- Safety and Toxicity
- Storage and Transport
- Regional Anesthesia for Face

SESSION 5B

ADVANCE BOTULINUM TOXIN

- Botulinum for Middle Face
- Botulinum for Lower Face
- Botulinum for Neck
- Botulinum Toxin for Hyperhidrosis (Axillary/Palmar/Plantar)

SESSION 6 A

DERMAL FILLERS

- Introduction to dermal fillers
- Pharmacology
- Types of Dermal Fillers
- Patient selection for dermal fillers
- Indications
- Side Effects and Complications
- Management of Complications
- Recommendations
- Combination Therapies
 1. Botulinum and Fillers
 2. Botulinum and Skin Resurfacing
 3. Light Therapy and Skin Resurfacing



SESSION 6 B

ADVANCED DERMAL FILLERS

- Dermal Fillers for Frown Lines
- Dermal Fillers for Under Eyes (Tear Through)
- Dermal Fillers for Volume Augmentation of Cheeks
- Dermal Fillers for Volume Augmentation of Lips
- Dermal Fillers for Mentolabial Folds

SESSION 7

GLUTATHIONE

- What is Glutathione
- Importance of glutathione
- Benefits of glutathione
- Glutathione in skin lightening therapy
- Melanin Synthesis Pathway
- Mode of action
- Glutathione IV injection procedure

SESSION 8

MESOTHERAPY AND MICROMESOTHERAPY

- For Skin rejuvenation
- For Hair Rejuvenation
- Products and protocols
- Different Injection Techniques
- Stem cell Therapy
- Micromesotherapy/ Collagen Induction Therapy



SESSION 9

THREADLIFT & PRODUCT KNOWLEDGE

- Mono Threads (PDO, PLLA, PCA)
- Tornado Threads
- Cog Threads
- Cone Threads
- Barbed Threads
- Serums
- Stem cell serums
- Masks—Detan/hydrating/collagen etc
- Sunscreens and Sunblocks

SESSION 10

LASERS

- Introduction to Laser Terminologies in Laser Types of Lasers
- IPL:
 1. Permanent Hair Reduction
 2. Photo Rejuvenation
 3. Pigment Reduction
 4. Vascular Treatment
 5. Acne Treatment
- Diode / NdYAG: Permanent Hair Reduction by Laser
- Fractional CO₂ :
 1. Removal of Warts, Moles, Skin Tags
 2. Removal of Nevus
 3. Scar Reduction
 4. Skin Resurfacing



5. Stretch marks reduction

- Q Switch Nd:Yag:
 1. Tattoo Removal
 2. Pigment Reduction
 3. Freckles

Latest Advancements in Lasers.