

AAAM LEVEL 1 CERTIFICATE COURSE

December 5-7, 2014
Newark, New Jersey

DAY 1: Friday, December 5, 2014. Faculty: Jill Pechacek, MD **SKIN CONDITIONING AND CHEMICAL PEELINGS**

07:30 – 08:30	Registration and Continental Breakfast Registration Continental Breakfast
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08:30 – 08:45	Introduction to the World of Aesthetic Medicine
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08:45 – 10:30	Skin Conditioning + Skin Classification ➤ Indications & contra-indications ➤ Side effects ➤ Results ➤ Skin regimen
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10:30 – 11:00	COFFEE BREAK
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11:00 – 12:30	Chemical Peelings ➤ Indications and patient selection ➤ Contra-indications ➤ Peeling agents: How to make the right selection? ♦ Glycolic acid ♦ Salicylic acid ♦ TCA ▪ Modified TCA (Easy Peel, Blue Peel) ▪ Plain TCA ♦ Combined peelings ▪ Apothepeel ▪ Jessner Peel
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12:30 – 13:30	LUNCH
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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, Easy Peel, Salicylic, Apothepeel)
17:30 – 19:00	Wine and Cheese Welcome Reception

Day 2: Saturday, December 6, 2014. Faculty: Jill Pechacek, MD
BOTULINUM TOXIN TYPE A AND DERMAL FILLERS

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

8:30 – 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**
 - ❖ Glabella
 - ❖ Forehead
 - ❖ Crow's Feet

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

15:30 – 17:30 **Practical Workshop and Hands-On Dermal Fillers**

- **Nasolabial Fold Indications**

Day 3: Sunday, December 7, 2014. Faculty: Jill Pechacek, MD
LASERS, PHYSICAL PEELINGS AND TECHNOLOGIES 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 Workshop on Lasers, IPLs and Other Systems
