

## **MASTERS - 1YEAR (3 SEMESTER)**

### **Masters in Aesthetic Medicine & Hair Science**

1<sup>st</sup> Semester: 2 Months Theory + 15days Hands on

2<sup>nd</sup> Semester: 2 Months Theory + 15days Hands on

3<sup>rd</sup> Semester: 2 Months Theory + 15days Hands on

Internship + Log book - 3 Months

Thesis - 30days

(Lectures, Panel discussion & Live Surgery)

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## **MASTERS IN AESTHETIC MEDICINE & HAIR SCIENCE**

SEM I - 2mnths Theory & 15days Hands on

SEM I I - 2mnths Theory & 15days Hands on

SEM III - 2mnths Theory & 15days Hands on

Thesis - 20days

Internship - 3Mnths

### **SEM I**

#### **INTRODUCTION**

- Introduction of Aesthetic Medicine & Surgery
- Skin Anatomy & Physiology

#### **SKIN**

- Structure & Function
- Skin Appendages
- Skin Types
- Common Skin Diseases: Aetiology, Clinical Features & Management

## **HAIR**

- Structure & Function
- Normal Hair Growth
- Hair Types
- Hair Problems

Dandruff/ Hair Fall/ Alopecia Areata/ Androgenetic Alopecia/Scarring

Alopecia/Telogen Effluvium/Anagen Effluvium/ Hirsutism/ Hypertrichosis/ Folliculitis

## **LASER BASICS**

- History
- Laser Physics
- Laser & Skin Interaction
- Laser Safety

## **TYPES OF LASERS AND THEIR INDICATIONS**

- Types of Lasers
- Choosing Appropriate Settings
- Newer Technologies

## **VASCULAR LASER**

- Principle of Vascular Lasers
- Devices
- Indications
- Contraindications
- Patient Information
- Patient Assessment
- Choosing appropriate settings

- Techniques
- Post-operative Care
- Management of Complications
- Practical Tips
- Live Demonstration & Hands-on Training

#### **LASERS FOR PIGMENTATION & TATTOOS**

- Principle of Q-Switched Lasers
- Devices
- Indications
- Contraindications
- Patient Information
- Patient Assessment
- Choosing appropriate settings
- Techniques
- Post-operative Care
- Management of Complications
- Practical tips
- Live Demonstration & Hands- on Training

#### **LASERS FOR EPILATION**

- Principle of Hair Removal
- Lasers Devices
- Indications
- Contraindications
- Patient Information

- Patient Assessment
- Choosing appropriate settings
- Techniques
- Post-operative Care Management of Complications
- Practical tips
- Live Demonstration & Hands-on Training

#### **FRACTIONAL (ABLATIVE & NON- ABLATIVE) LASERS**

- Principles
- Devices
- Indications
- Contraindications
- Patient Information
- Patient Assessment
- Choosing appropriate settings
- Techniques
- Post-operative Care
- Management of Complications
- Practical tips
- Live Demonstration & Hands-on Training

#### **LIGHT BASED DEVICES**

- Intense Pulsed Light (IPL)
- Light Emitting Diodes
- Principle of IPL Devices
- Indications
- Contraindications
- Patient Information

- Patient Assessment
- Choosing appropriate settings
- Techniques
- Post-operative Care
- Management of Complications
- Practical tips
- Live Demonstration

### **SKIN CONDITIONING**

- Indications/ Contraindications
- Side Effects
- Results
- Skin Regimen

### **CHEMICAL PEELS**

- Classification
- Superficial/Medium/Deep Peels
- Combination Peels
- Peels Characteristics
- Understanding of Different Peels
- Patient Evaluation
- Indications/Precautions
- Patient Selection
- Management

### **BOTULINUM TOXIN**

- The Product

- Indications – Upper Face
- Facial Anatomy in Detail
- Mode of Action
- Regional Anaesthesia for the Face
- Side Effects and Complications: Allergic/ Regional
- Duration of Action
- Appropriate Doses/ Dilutions
- Safety and Toxicity, Storage & Transport
- Botulinum Toxin in Use in Facial Rhytids

## **DERMAL FILLERS**

- Introduction to dermal fillers
- Pharmacology
- Types of Dermal Fillers (Restylane, Perlane, Juvederm etc.)
- Patient selection for dermal fillers
- Side Effects and Complications
- Recommendations
- Combination Therapies
  1. Botox and Fillers
  2. Botox and Skin Resurfacing
  3. Light Therapy and Skin Resurfacing

## **ACNE**

- Medical management
- Use of lasers
- Treatments of Acne scarring

## **MESOTHERAPY**

- For Skin rejuvenation
- For Hair rejuvenation
- Products and protocols
- Acoustic Wave Therapy (X-Wave)
- Mesotherapy Botox
- Mesolift, Mesoglow and meso sculpt
- Injection Lipolysis
- No-Needle Mesotherapy

## **BODY CONTOURING AND TIGHTENING DEVICES**

- Radio frequency devices
  1. R.F. Mono/ Bi & Tripolar (Exilis, Reaction, Pollogen etc.)
  2. Fraxel R.F
- Ultra Sound based devices
- Cryolipolysis Technologies
- Acoustic Wave Therapy (X-Wave)
- Cellulite Reduction Device

## **INTRODUCTION TO HAIR RESTORATION AND TREATMENTS**

- Basic Science of Hair
- Hair and Scalp Anatomy
- Androgenic Alopecia and other Types of Hair Loss
- Medical Treatments
- Growth Timeline
- Hair Loss Drugs
- Consultation, Planning, Preoperative Care and Hairline Design
- Local Anaesthesia
- Motorised/ Automated F.U.E. technique
- Donor Harvesting
- Graft Preparation Slivering and Graft Cutting
- Recipient Site Preparation and Insertion
- Video Demonstration
- Other technique: – Derma rollers and mesotherapy for hair regrowth



## SEM II

### **ADVANCED BOTOX**

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

### **ADVANCED FILLERS**

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

### **THREADLIFTS**

- Different types of threads
- Facial and body techniques

### **PRP (PLATELET RICH PLASMA)**

- What is PRP?
- Different growth factors and their function
- PRP devices and processing PRP
- Centrifugation single spin & double spin method
- Creation and activation of PRP
- Indications of PRP
- Contraindication of PRP

**SEM III**

**MESOTHERAPY**

- Mesotherapy for Skin
- Mesotherapy for Hair
- Products and protocols
- Meso-Botox
- Mesolift, Mesoglow
- Mesosculpt (Liquid Lipolysis)
- No-Needle Mesotherapy

**CHEMICAL PEELINGS**

- Superficial Peels
- Combination Chemical Peels
- Pigmentation of the Face-Evaluation and Treatment
- Medium Depth Chemical Peels
- Facial Peels
  1. Classification – Superficial, Medium, Deep, Augmented
  2. Characteristics– Glycolics/AHA/ Fruit Peels/ Jessner/ TCA/ Phenol/ Retinoic Acid/ Microdermabrasion/ Combinations
  3. Basic Understanding of each Different Agent– Indexations for Use/Contraindications/Mode of Application/Mechanism of Action/ Potentiating Factors/ Adverse Effects

**ADVANCED CHEMICAL PEELS**

- Retinol Peels
- Obagi Peels
- ZO Peels
- Sequential Peels

## **SKIN LIGHTENING**

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

## **BARIATRIC SCIENCE**

- Obesity classification and associated systemic disorders
- Obesity Medicine
- Cool Sculpting
- EMP Therapy
- Cavitation
- Skin Tightening RF & IR
- Lipolytic Injectables

## **WHAT'S NEW ?**

- Newest Technologies and Innovations in Aesthetic Medicine

## **IMPORTANT CONSIDERATIONS**

- How to setup cosmetic practice
- How To Market Your Practice and Build Your Customer Base
- Medico-Legal Aspects of Cosmetic Dermatology
- Ethics in Cosmetic Practice
- What to buy and Where to Buy



## **OTHER MINOR COSMETIC PROCEDURES**

- Derma Stamp/Derma Roller/Dermapen
- Electrocautery
- Mole & Skin Tag Removal
- Thermolysis/ Electrolysis for Depigmented Hair Removal
- Microdermabrasion

## **PLASMA TECHNOLOGIES IN AESTHETIC MEDICINE**

### **FACIAL AESTHETIC & SURGERY**

- Hair Transplant
- Dimple Creations
- Botox
- Buccal Fat Reduction
- Lip Augmentation
- Blephaeoplasty
- Fillers
- Earlobe Repair
- Minor Procedures
  1. Lasers
  2. Subcision
  3. Punches
  4. Facial swelling Excision
  5. Chemical Peeling
  6. Multiple Lipoma

## **HAIR TRANSPLANT**

- Introduction to Hair Transplantation
- History and the Past of Hair Transplantation
- Basic Science, Hair and Scalp Anatomy
- Asian Hair: Knowing the Difference
- Androgenic Alopecia and other Types of Hair Loss
- Medical Treatment
- Consultation, Planning, Preoperative Care and Hairline Design
- Local Anesthesia
- Donor Harvesting – Strip Excision and FUE Techniques
- Graft preparation Slivering and Graft Cutting
- Recipient Site Preparation and Insertion
- Dense Packing and Survival Rate
- Complications in Hair Transplantation
- Mega Sessions
- Body Hair Transplantation
- Hair Transplantation in Scars
- Eyebrows, Mustaches and Sideburns Transplantation
- Building a Hair Restoration Practice
- Future in Hair Transplantation
- Q & A's
- Video Demonstrations

Hands-on Training in Hair Transplantation – FUE

Hands-on Training in Hair Transplantation – FUT

## **IMPORTANT CONSIDERATIONS**

- How to setup Transplantation Center
- How To Market Your Practice and Build Your Customer Base
- Medico-Legal Aspects of Cosmetic Dermatology
- Ethics in Cosmetic Practice
- What to buy and Where to Buy

## **FACIAL FAT GRAFTING**

- Anatomy
- Adipose Tissue Structure Basic
- StructureSurgical Anatomy

## **VIDEO PRESENTATION**

- Surgery Demonstration

## **ASSESSMENT**

- Indications
- History
- Systemic Examination
- Local Examination
  1. Skin Laxity
  2. Subcutaneous Fat

## **TECHNIQUE**

- Preoperative Care
- Anaesthesia
  1. Local

## 2. Tumescent

- Liposuction Surface Marking
  1. Abdominal
  2. Lower Limbs
  
- Vital Structure Protection
- Incision
- Surgical Steps
  1. Liposuction
  2. Fat Harvesting
  3. Fat Transfer
  
- Postoperative Care

## **VITILIGO SURGERY ANATOMY**

- Skin Pigmentation
- Vitiligo
- Surgical Anatomy

## **VIDEO PRESENTATIONS**

Surgery Demonstration

## **ASSESSMENT**

- Indications
- History
- Systemic Examination
- Local Examination
  1. Skin Pigmentation





## 2. Lesion Size

## **TECHNIQUE**

### Preoperative Care Anaesthesia

1. Local Approach
1. Punch Graft for Small Lesions
2. Blister graft for medium lesions
3. Non Culture Cell Transfer for Large Lesions

### Surface Marking

### **Donar Site Preparation & Tissue Harvesting**

### **Receipient Site Preparation**

### **Surgical Steps**

1. Punch Graft Transfer
2. Blister Graft Transfer
3. Non Cultured Cell Transfer Postoperative Care

How to set your Clinical Practice Presentations, Examinations, certifications