

# 3-Day Hands-On Training Program in Aesthetic Medicine

## Advanced Clinical Aesthetic Medicine – Hands-On Certification Program

### Advanced • Structural • Regenerative • Safety-Driven

## Kandy, Sri Lanka Special Batch

#### DAY 1 – ADVANCED FACIAL INJECTABLES

Structural Intelligence & Precision Execution

Theme: Full-Face Structural Mastery

- ◆ Advanced Neurotoxins (Botulinum Toxin Type A)
- Upper face refinement beyond basics
  - Microtoxin & intradermal toxin
  - Lower face reshaping (DAO, mentalis, platysma)
  - Nefertiti neck lift
  - Masseter contouring & facial slimming
  - Managing ptosis & asymmetry
- ◆ Advanced Dermal Fillers
- Structural midface support
  - Tear trough (depth & vascular safety)
  - Temple restoration
  - Chin & jawline projection
  - Lip contouring without overfilling
  - Avoiding overfilled syndrome
- ◆ Complication Prevention Lab
- Vascular occlusion protocol
  - Hyaluronidase dosing strategy
  - Blindness risk zones
  - Ultrasound-guided injection (demo)

#### Hands-On on Anatomical Model

- Full-face mapping
- Midface + jawline structuring
- Tear trough precision
- Advanced toxin refinement

#### DAY 2 – BODY FILLERS, BIOSTIMULATORS & COLLAGEN BANKING

Theme: Regenerative & Body Contour Innovation

- ◆ Sculptra (PLLA) Advanced Protocols
- Reconstitution science
  - Vector-based body contouring
  - Buttocks enhancement (non-surgical BBL concept)
  - Hip dip correction
  - Long-term collagen stimulation planning
- ◆ Proffhilo & Bio-Remodeling
- Neck rejuvenation
  - Undereye skin quality improvement
  - Elbow & hand rejuvenation
  - Skin laxity correction
  - Injection depth precision
- ◆ Collagen Banking (Age Lock Technique)
- Preventive collagen stimulation strategy
  - 30–45 age group protocols
  - Maintenance cycle planning
  - Combination therapy design

#### Hands-On / Demonstration on Anatomical Model

- Body marking techniques
- Vector planning
- Dilution & reconstitution lab
- Safe cannula placement

#### DAY 3 – THREAD LIFTING (Dedicated Hands-On Day)

Morning – Theory

- Types of threads:
  - PDO, PLLA, PCL
- Indications:
  - Lifting vs collagen stimulation
- Facial vectors & anchoring points
- Patient selection (very important for outcomes)

Live Demo

- Mid-face lift
- Jawline lift
- Brow lift

#### Hands-On Training (Core Highlight)

Each participant performs:

- Mono threads (collagen stimulation)
- Cog threads (lifting)
- Jawline / mid-face lifting

Complication Management

- Thread migration
- Asymmetry
- Infection control
- Removal techniques

Advanced Concepts

- Combination treatments:
  - Threads + fillers
  - Threads + Botox
- Longevity optimization

#### CERTIFICATES YOU WILL RECEIVE

- Board Certification in Advanced Aesthetic Medicine
- Advanced PG Diploma in Aesthetic & Regenerative Medicine

#### Optional Fellowship Track Add-On:

- Practical assessment
- Case submission (5 cases within 3 months)
- Viva evaluation

Awarded Title:

- Fellowship in Advanced Aesthetic & Regenerative Medicine

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