



Intensive 3-Day

Aesthetic & Regenerative Medicine

Hands-on Training

COLOMBO, SRI LANKA | 07 – 09 NOVEMBER 2025

International Medical Competency Accreditation Council (IMCAC)

Mumbai, MH India

DAY 1 – Scientific Foundations in Aesthetic & Regenerative Medicine

Overview:

Day 1 establishes the essential scientific knowledge required for safe, evidence-based practice. Participants will explore critical anatomy, neurotoxin pharmacology, regenerative agents, biostimulatory fillers, and energy-based devices. This foundation ensures precision and safety in clinical applications.

Facial Anatomy for Injectors

- High-risk zones: supraorbital foramen, infraorbital foramen, angular artery, superficial temporal artery
- Fat compartment theory: superficial vs. deep compartments & clinical relevance
- Muscular vectors: functional analysis of depressors vs. elevators in aesthetic modulation
- Anatomical variations by sex & race influencing treatment strategies

Botulinum Toxin Science & Applications

- Mechanism of action: pharmacodynamics and acetylcholine inhibition
- Comparative formulations: onabotulinumtoxinA, abobotulinumtoxinA, incobotulinumtoxinA
- Dilution protocols: standard vs. hyper-dilution for skin quality indications
- Complication management: ptosis, diplopia, asymmetry, antigenicity

Regenerative Aesthetics: Enzymes & Exosomes

- Enzymatic bioactivity: hyaluronidase, collagenase in fibrosis management
- Exosome biology: paracrine signaling, fibroblast & keratinocyte modulation
- Protocols: microneedling + exosomes vs. direct injection
- Case discussion: post-inflammatory pigmentation & textural refinement

Biostimulatory Fillers – Science & Clinical Use

- **CaHA:** lifting + collagen induction, hyperdilution strategies
- **PLLA/PDLLA:** fibroblast stimulation via microspheres
- **PCL:** long-term scaffold & neocollagenesis
- Injection techniques: cannula vs. needle, supraperiosteal vs. subdermal placement

Energy-Based Devices (EBDs)

- Modalities: Fractional RF, RF, IPL, HIFU, CO₂ lasers
- Mechanisms: neocollagenesis, dermal remodeling, heat-shock protein induction
- Safety & post-procedure protocols
- Integration with injectables for synergistic outcomes

Live Demonstration (Faculty):

- Full-face harmonization using combination therapy

“For international doctors, the hands-on training will be conducted on advanced anatomical models.”

DAY 2 – Aesthetic Mapping & Injectable Harmonization

Overview:

Day 2 emphasizes diagnostic mapping, proportion analysis, and advanced hyaluronic acid filler applications—including dedicated modules on lips. The goal is to achieve natural, balanced, and gender-appropriate results.

Facial Proportion & Design Principles

- Golden ratio, facial thirds & fifths, cross-cultural ideals of beauty
- Facial mapping techniques for treatment planning
- Algorithmic approach to feminization vs. masculinization

HA Filler Protocols

- **Upper third:** frontal contouring, temporal hollowing, brow support
- **Midface:** malar enhancement, deep medial fat support, nasolabial fold management
- **Lower third:** mandibular angle, prejowl sulcus, chin projection
- Injection techniques: retrograde linear threading, bolus, fanning

Lip Fillers – Specialized Module

- Lip anatomy & vascular safety zones
- Design strategies: augmentation, hydration, border definition
- Injection approaches: tenting, Russian technique, cannula use
- Complication management: vascular compromise, asymmetry, edema

Live Demonstration (Faculty):

- Full-face harmonization with HA fillers, including lips

Hands-On Session 1:

- Supervised rotations: HA fillers (all thirds), lips, and neurotoxin reinforcement
- Anatomical verification for each treated zone

“For international doctors, the hands-on training will be conducted on advanced anatomical models.”

DAY 3 – Threads, Complication Management & Regenerative Integration

Overview:

Day 3 equips participants with protocols for managing complications and mastering thread lifting techniques. Integration of threads with other injectables is emphasized for comprehensive harmonization.

Complication Management in Aesthetic Medicine

- Vascular occlusion: recognition, reversal with hyaluronidase, timing protocols
- Nodules, granulomas, Tyndall effect: diagnosis & treatment
- Biofilm prevention & antibiotic use
- Emergency kits: essential components & crisis management steps

PDO Thread Lifting

- Types: mono, cog, screw, barbed
- Vector planning: lifting vs. volumization strategies
- Techniques: entry point selection, subdermal insertion, anchoring methods
- Combination protocols: HA + threads, CaHA + threads

Hands-On Session 2 (Live Patients):

- Thread lifting (mid & lower third)
- Combination therapy cases for harmonization

“For international doctors, the hands-on training will be conducted on advanced anatomical models.”

Learning Outcomes

By the end of this masterclass, participants will be able to:

- ✓ Perform comprehensive facial assessment using diagnostic mapping & algorithms
 - ✓ Safely inject across facial layers with anatomical precision
 - ✓ Apply mechanistic insights behind toxins, HA, biostimulators, threads & regenerative therapies
 - ✓ Confidently manage complications using evidence-based protocols
 - ✓ Integrate exosomes, enzymes & energy-based devices into practice
 - ✓ Translate theory into outcomes through supervised live-patient training
-

Eligibility Criteria

Applicants must meet the following requirements to be considered:

1. Educational Background

- Licensed Medical Doctors (MBBS, MD, MBChB, DO)
- NON SRI LANKA Licensed Dentists (BDS, DDS, DMD) ONLY FOR INTERNATIONAL STUDENTS WHO LOCAL LAW PERMITS PRACTICING
- Specialists in Dermatology, Plastic Surgery, Maxillofacial Surgery, or related fields

2. Professional Experience

- Minimum **6 months of clinical practice** in aesthetic medicine or injectables

3. Documentation Required

- Medical registration/license (valid and in good standing)

Frequently Asked Questions (FAQs)

1. Who is eligible to attend this training?

This program is open to:

- Licensed Medical Doctors (MBBS, MD, MBChB, DO)
- NON SRI LANKA Licensed Dentists (BDS, DDS, DMD) ONLY FOR INTERNATIONAL STUDENTS WHO LOCAL LAW PERMITS PRACTICING
- Specialists in Dermatology, Plastic Surgery, Maxillofacial Surgery, or related fields

Participants must have a minimum of 6 months of experience in aesthetic medicine or injectable procedures.

2. Can non-doctors or aesthetic practitioners without a medical degree join?

No. This training is exclusively designed for **licensed medical professionals**. Non-doctors (cosmetologists, aestheticians, or therapists) are **not eligible** due to the invasive nature of the procedures.

3. What type of hands-on training is included?

- **Day 1 & 2:** Hands-on sessions with **advanced anatomical models** for international doctors
 - **Day 3:** Live patient demonstrations & supervised practice for eligible participants
 - Rotational stations for fillers, toxins, lips, and threads
 - Anatomical verification & safety checks for each treated zone
-

4. What will I learn during the 3 days?

By the end of the course, participants will be able to:

- ✓ Perform comprehensive facial assessment & mapping

- ✓ Safely inject toxins, HA fillers, and biostimulators with anatomical precision
 - ✓ Perform thread lifting techniques for harmonization
 - ✓ Manage complications confidently with evidence-based protocols
 - ✓ Integrate regenerative aesthetics (enzymes, exosomes, energy devices) into practice
-

5. Will I receive a certificate?

Yes. Upon successful completion, participants will receive a **Competency-Based Certificate in Aesthetic & Regenerative Medicine** from **IMCAC**, which validates both theoretical knowledge and hands-on skills.

6. What documents are required for registration?

Applicants must provide:

- Valid medical registration/license
-

7. Can international doctors apply?

Yes. International doctors are welcome. Hands-on training will be conducted on **advanced anatomical models** to ensure compliance with local medical regulations.

8. What is included in the course fee?

- 3 full days of lectures, demonstrations, and hands-on training
- Course manual & training materials
- Access to IMCAC competency framework & resources
- Certification upon completion
- Lunches, coffee breaks & networking sessions

(Accommodation and travel expenses are not included)

9. How many participants will be accepted?

To ensure personalized training, seats are **strictly limited**. Small-group rotations will allow close faculty supervision during hands-on practice.

10. Will there be post-training support?

Yes. IMCAC provides:

- Access to post-course online resources
- Guidance on setting up Aesthetic & Regenerative Medicine

Refund policy

✓ **Visa Rejection:** If a participant's visa application is rejected, they are eligible for a full refund upon submission of the official visa refusal document.

Visa applications must be made at least 15 days prior to the masterclass date to qualify for a refund in case of rejection.

- ♦ **Refunds will be processed within 90 business days.**

✓ **Cancellation 15 Days Before the Masterclass:**

Participants who cancel **at least 15 days before the event date** will receive a **full refund minus administrative fees**.

Cancellations made **less than 10 days before the event** are **non-refundable**.

- ♦ **Refunds will be processed within 90 business days.**
- ♦ **No refunds for no-shows or last-minute cancellations.**