



DERMATOLOGY & AESTHETICS

# Comprehensive Aesthetic Medicine Hands-on Course

Three months of supervised, hands-on aesthetic training, built on safety first.

3 months (12 weeks)

physical

Fee Contact us

## Week 1 Skin science & facial anatomy

Foundations · skin, ageing, facial layers, danger zones

### Theory & demonstration

#### Skin structure & ageing

- Skin structure and function, wound healing and collagen biology
- Fitzpatrick skin types and what they mean for South Asian skin
- Intrinsic vs extrinsic ageing; Glogau photoageing classification

#### Facial anatomy for injectors

- Facial layers, fat compartments and ligaments; how the face ages layer by layer
- Muscles of facial expression and their actions
- Arterial and venous anatomy of the face; nerve pathways
- Danger zones: glabella, nose, nasolabial fold, temple, periorbital region and lips
- Sensory nerves of the face (supraorbital, supratrochlear, infraorbital, mental) and their foramina, as the basis for regional nerve blocks
- Anatomy of the neck, décolletage, hands and scalp for non-facial treatments

### Supervised hands-on

- Surface anatomy mapping and marking of danger zones on models
- Facial analysis: proportions, symmetry and volume assessment

## Week 2 Consultation, consent, photography & infection control

Foundations · patient assessment and safe clinic practice

### Theory & demonstration

#### Patient assessment

- The aesthetic consultation: concerns, medical history, medications and previous treatments
- Patient selection, contraindications and when to say no
- Recognising body dysmorphic disorder and unrealistic expectations

#### Consent & records

- Informed consent: risks, alternatives, costs and expected course
- Documentation, treatment records and product batch tracking
- Standardised clinical photography: lighting, positioning and consent for images

#### Infection control

- Aseptic technique and skin preparation
- Clinic hygiene, sharps and clinical waste
- Storage and handling of products and medicines

#### Anaesthesia & comfort for procedures

- Topical anaesthetics: products, application time, maximum treatment area and the risk of toxicity with large areas or occlusion
- Local infiltration and regional nerve blocks (supraorbital, infraorbital, mental) for fillers, lasers and minor procedures
- Local anaesthetic systemic toxicity: early signs and immediate management
- Non-drug comfort measures: cooling, vibration and patient communication

#### Supervised hands-on

- Mock consultations and consent conversations
- Clinical photography protocol practice
- Setting up an aseptic procedure tray
- Topical anaesthetic application and timing protocol
- Landmarking for supraorbital, infraorbital and mental nerve blocks on models

## **Week 3 Complications & emergency management**

Foundations · vascular occlusion, anaphylaxis, emergency kit

### **Theory & demonstration**

#### **Recognising complications early**

- Bruising, swelling, infection, nodules and biofilm; early vs delayed complications
- Vascular occlusion: early signs (blanching, pain, livedo, delayed capillary refill) and the time-critical response
- Visual disturbance after filler as an emergency: immediate escalation pathway
- Toxin complications: spread, asymmetry, dysphagia and other rare systemic effects
- Device complications: laser and RF burns, paradoxical hair growth, fat loss and paradoxical adipose hyperplasia after cryolipolysis
- Herpes simplex reactivation after peels, lasers and lip treatments: who needs antiviral prophylaxis
- Tyndall effect, filler migration and late-onset inflammatory reactions

#### **Emergency protocols**

- Hyaluronidase: reconstitution, patch-test considerations and high-dose pulsed protocols for vascular occlusion, following current expert consensus
- Anaphylaxis recognition and management in the aesthetic clinic
- Vasovagal episodes and basic life support
- The aesthetic emergency kit and clinic emergency plan

#### **Supervised hands-on**

- Simulated vascular-occlusion drill, including hyaluronidase preparation
- Anaphylaxis and basic life support drills
- Checking and stocking an emergency kit

## Week 4 Skin care, cosmeceuticals & chemical peels

Non-invasive · skin preparation and peels by depth

### Theory & demonstration

#### Skin care & cosmeceuticals

- Building a skin-care routine: cleansing, moisturising and sun protection
- Evidence for retinoids, vitamin C, AHAs/BHAs, niacinamide and other actives
- Skin preparation before procedures

#### Chemical peels

- Peel classification by depth: superficial, medium and deep
- Common peeling agents and how they work
- Choosing a peel by indication and Fitzpatrick type; reducing PIH risk in darker skin
- Pre- and post-peel care; recognising and managing peel complications
- Medium-depth peels: TCA and combination (Jessner's + TCA) peels — indications, technique and frosting levels
- Deep (phenol–croton oil) peels: an overview only — cardiac, renal and hepatic risks, monitoring requirements and why these belong in specialist settings
- Peels for melasma, post-inflammatory hyperpigmentation, acne and body areas (back, underarms, knees, elbows)

#### Pigmentation & melasma

- Assessing pigmentation: melasma, post-inflammatory hyperpigmentation, lentigines, freckles and acquired dermal pigmentation; Wood's lamp and dermoscopy
- Medical treatment first: strict photoprotection including visible-light protection, topical lightening agents and tranexamic acid (topical and oral), with their safety checks
- Where peels, microneedling and lasers fit, and why aggressive treatment worsens melasma in darker skin
- Recognising exogenous ochronosis and steroid damage from unregulated 'whitening' creams

#### Supervised hands-on

- Skin analysis and personalised skin-care plans
- Superficial peels on models under supervision
- Pigmentation assessment and combined treatment planning

## **Week 5 Facial treatments, LED & acne management**

Non-invasive · microdermabrasion, HydraFacial, LED

### **Theory & demonstration**

#### **Facial treatments**

- Microdermabrasion: indications, technique and limits
- HydraFacial: protocol, indications and patient selection
- LED therapy: wavelengths, evidence and realistic expectations

#### **Acne & acne scarring I**

- Medical management of active acne alongside procedures
- Classifying acne scars and planning treatment

#### **Dermaplaning & other facial procedures**

- Dermaplaning: indications, technique, contraindications (active acne, infection) and aftercare
- Oxygen, ultrasonic and jet-peel facials: what they do and realistic claims
- Comedone and milia extraction: sterile technique and avoiding scarring

### **Supervised hands-on**

- Microdermabrasion, HydraFacial and LED sessions on models
- Acne and scar assessment and treatment planning
- Dermaplaning and extraction technique on models

## Week 6 Lasers & IPL

Non-invasive · laser safety, hair removal, pigment, resurfacing

### Theory & demonstration

#### Laser principles & safety

- Laser and light physics: wavelength, chromophores, fluence and pulse duration
- Laser safety: eye protection, controlled areas and fire safety
- Treating darker skin types safely

#### Applications

- Laser hair removal: patient selection, device choice and settings principles
- Pigment lasers and IPL for pigmentation and vascular lesions
- Ablative and non-ablative fractional resurfacing
- Recognising and managing burns, pigment change and other complications

#### More laser applications

- Q-switched and picosecond Nd:YAG lasers: tattoo removal, naevus of Ota and other dermal pigment, and the carbon laser peel
- Vascular lasers (pulsed dye laser, long-pulsed Nd:YAG): telangiectasia, rosacea, port-wine stains and cherry angiomas, and when to refer
- Fully ablative CO<sub>2</sub> and Er:YAG resurfacing: overview, downtime and risks in darker skin
- Lasers and light for acne and acne scars

#### Supervised hands-on

- Laser hair removal and IPL on models under supervision
- Test patches and treatment documentation
- Supervised carbon laser peel and Nd:YAG treatment
- Laser treatment planning for tattoos and vascular lesions

## Week 7 Energy-based devices, microneedling & PRP

Non-invasive & minimally invasive · RF, HIFU, microneedling, PRP

### Theory & demonstration

#### Energy-based devices

- Radiofrequency (RF) and RF microneedling: principles and indications
- HIFU: indications, patient selection and safety

#### Microneedling & PRP

- Microneedling: depth, technique and aftercare
- PRP: preparation, indications for skin and hair, and evidence

#### Body contouring & skin tightening

- Cryolipolysis: patient selection, applicators, results and complications including paradoxical adipose hyperplasia
- RF, HIFU and electromagnetic muscle stimulation for body contouring and laxity
- Cellulite: classification and the evidence for devices, subcision and injectables
- Neck, décolletage and hand rejuvenation with devices

#### Hair restoration

- Assessing hair loss: androgenetic alopecia, telogen effluvium, alopecia areata and scarring alopecias that need specialist referral; trichoscopy and baseline blood tests
- Medical foundations: topical and oral minoxidil and finasteride, with their counselling points
- PRP, microneedling and mesotherapy for hair: protocols and evidence
- Low-level laser therapy, exosomes and other emerging treatments: what the evidence does and does not show
- Hair transplantation (FUE/FUT): an overview, patient selection and referral

#### Supervised hands-on

- RF, HIFU and microneedling demonstrations and supervised practice
- PRP preparation and supervised treatment
- Body-contouring consultation, measurement and device demonstration
- Scalp assessment, trichoscopy and supervised scalp PRP

## Week 8 Botulinum toxin I: upper face

Minimally invasive · toxin pharmacology and upper-face treatment

### Theory & demonstration

#### Botulinum toxin fundamentals

- Pharmacology, products, reconstitution and storage
- Patient assessment and dosing principles
- Upper face: glabellar lines, forehead lines and crow's feet
- Complications such as eyelid or brow ptosis, and how to prevent and manage them

#### Supervised hands-on

- Marking and supervised upper-face toxin treatment on models

## Week 9 Botulinum toxin II & dermal fillers I

Minimally invasive · advanced toxin, filler fundamentals

### Theory & demonstration

#### Botulinum toxin II

- Lower face and neck: introduction to masseter, DAO, gummy smile and platysmal bands
- Hyperhidrosis treatment

#### Dermal fillers I

- Hyaluronic acid fillers: rheology and product selection
- Needle vs cannula technique
- Lips, nasolabial folds and cheeks: assessment and technique

#### Advanced toxin indications

- Brow shaping, bunny lines, lip flip, chin dimpling and the 'Nefertiti' neck lift
- Masseter reduction and bruxism; DAO and gummy smile in detail
- Micro-droplet ('micro-toxin') technique for skin quality and oil control
- Axillary and palmar hyperhidrosis: starch-iodine mapping and technique

### Supervised hands-on

- Supervised toxin and filler treatments on models
- Supervised advanced toxin indications on models

## Week 10 Dermal fillers II, skin boosters & fat-dissolving injections

Minimally invasive · advanced filler areas, boosters, mesotherapy

### Theory & demonstration

#### Dermal fillers II

- Chin, jawline and tear trough: higher-risk areas and when to refer
- Biostimulators and non-HA fillers: an overview
- Temples and midface restoration: anatomy-led technique
- Non-surgical rhinoplasty: a high-risk area — demonstration, risks and patient selection only, within scope and with referral pathways
- Hands, neck and décolletage rejuvenation with fillers and biostimulators
- Profile balancing and full-face treatment planning
- Hyperdilute calcium hydroxylapatite and poly-L-lactic acid: reconstitution and technique

#### Skin quality treatments

- Skin boosters and mesotherapy: products, techniques and evidence
- Fat-dissolving (lipolytic) injections: patient selection, technique and complications
- Polynucleotides, exosomes and other regenerative injectables: products, evidence and regulatory status
- Under-eye and periorbital skin-quality options

### Supervised hands-on

- Supervised advanced filler, skin-booster and mesotherapy treatments on models

## **Week 11 Threads, sclerotherapy & scar management**

Minimally invasive · PDO threads, sclerotherapy basics, scar revision

### **Theory & demonstration**

#### **Threads**

- PDO threads: types, vectors, patient selection and complications
- Mono, screw and cog threads: what each can and cannot achieve
- Thread complications: dimpling, extrusion, infection and asymmetry, and how to manage them

#### **Sclerotherapy basics**

- Sclerotherapy for telangiectasia and reticular veins: patient selection, contraindications and when to refer

#### **Scar & acne management II**

- Combining subcision, peels, microneedling and energy devices for acne scars
- Hypertrophic scars and keloids: options and referral

#### **Minor skin procedures**

- Electrosurgery and radiofrequency ablation for skin tags, seborrhoeic keratoses, dermatosis papulosa nigra and syringomas
- Cryotherapy for warts and seborrhoeic keratoses: technique and pigment risk in darker skin
- Never destroy an undiagnosed lesion: recognising suspicious moles and when to biopsy or refer
- Shave and punch biopsy principles and sending histology

#### **Intimate & other specialist treatments**

- Energy-based 'intimate rejuvenation': an overview of the evidence and regulatory safety warnings, and why careful selection and referral matter

### **Supervised hands-on**

- Supervised thread placement on models
- Scar treatment planning and supervised procedures
- Supervised electrosurgery and cryotherapy for benign lesions

## **Week 12 Business, ethics, regulation & final assessment**

Practice · PHC Punjab, ethics, assessment, certification

### **Theory & demonstration**

#### **Regulation & ethics**

- Punjab Healthcare Commission (PHC) registration and licensing for aesthetic practice
- Ethical advertising, honest before-and-after images and realistic claims
- Scope of practice, medico-legal risk and record-keeping

#### **Building a practice**

- Setting up a safe clinic: equipment, products and protocols
- Pricing, patient experience and follow-up

#### **Final assessment**

- Practical assessment of supervised procedures on models
- Written assessment and review of your logbook
- AACM certificate of completion on successful assessment

#### **Combination treatment planning**

- Sequencing toxin, fillers, skin-quality treatments and devices in a full-face plan
- Planning treatment over time and budget, with honest expected results

### **Supervised hands-on**

- Final practical assessment
- Course review and individual feedback
- Full-face assessment and written combination plan for a model

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