


A4M Fellowship in Aesthetic Anti-Aging Medicine

American Academy of Anti-Aging Medicine & American Academy of Anti-Aging Medicine Dubai

 An AVIVO Group Enterprise	`Hands-on` Aesthetic Use of Lasers & Energy Based Devices (Module 5)	
Day 1 Energy based Hair reduction (Includes chemical peel resurfacing)		
2-Day Program Dubai Healthcare City		
Main supervisor: Dr Maria Angelo-Khattar, Course director		
09.00-11.00	The fundamentals of lasers and light based devices	
Dr. Maria Angelo – Khattar	The physics of Lasers and Pulsed light systems	
	Fitzpatrick skin typing and special considerations in treating darker skin types with lasers and light based devices	
	Basic Laser Safety	
Discussion and Coffee Break		
11.15-12.15	Photopneumatic therapy in the treatment of acne vulgaris	
Dr. Azaiba Kara	(Lecture) Combined broadband light and photopneumatic technology in acne vulgaris	
	Live demonstration on acne patient	
12.15-13.00	An overview of permanent laser hair reduction	
Dr. Maria Angelo – Khattar	Methods & systems available for laser and light based hair removal	
	Methods for a successful hair reduction practice	
	Pilosebaceous Structure and Hair Growth Cycle	
Group Lunch		
13.45-16.00	HANDS-ON PRACTICAL TRAINING WITH LIVE MODELS: Hair removal	
All teaching faculty	HAIR REMOVAL ACTIVITIES USING:	
	Alexandrite	
	Diode	
	Nd: YAG lasers	
	Pulsed Light systems	
16.15-17.00	Skin resurfacing with chemical peels as an alternative to lasers	
Dr. Maria Angelo – Khattar	Peeling agents and resurfacing techniques	
17.00-17.30	Live demonstrations: skin preparation and peel administration	
Day 2		



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Day 2: SKIN RESURFACING METHODS WITH LASERS	
Main supervisor: Dr Maria Angelo-Khattar, Course Director	
09.00-10.00	Non ablative fractional skin resurfacing
Dr. Maria Angelo – Khattar	Energy based systems
	Broadband light system in the treatment of solar lentigenes & telegiactasia
10.00-11.00	Ablative fractional skin resurfacing
Dr. Maria Angelo – Khattar	Er:YAG laser
	CO2 laser
	Fractional Radiofrequency
Discussion and Coffee Break	
11.15-11.45	The Laser 360 Concept: combining laser technologies for total skin rejuvenation
Dr. Maria Angelo – Khattar	
11.45-13.15	HANDS-ON PRACTICAL TRAINING WITH LIVE VOLUNTEERS: PART 1: NON ABLATIVE SKIN REJUVENATION
All teaching faculty	Photo Rejuvenation with pulsed Light systems (IPL)
	Q-Switched laser
Lunch Break	
14.15-18.00	HANDS-ON PRACTICAL TRAINING WITH LIVE VOLUNTEERS: PART 3: ABLATIVE SKIN REJUVENATION
All teaching faculty	Fractional Resurfacing with Er:YAG, CO2 & Fractional Radiofrequency

