

# AESTHETICS 2010 : Learning from Each Other

28th-29th August, 2010  
Lady Hardinge Medical College, New Delhi

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Dr. Bindu Dewan  
Dr. V.K. Tiwari  
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# AESTHETICS 2010 : Learning from Each Other

28th-29th August, 2010  
Swarn Jayanti Auditorium,  
Lady Hardinge Medical College  
New Delhi

*Endorsed by  
Association of Plastic  
Surgeons of India  
(Delhi Chapter)*

&

*Association of Cutaneous  
Surgeons of India*

**Conference Secretariat  
Dr. Vivek Kumar**

**Department of Plastic & Cosmetic Surgery**  
Room No. 2325, 3rd Floor, S.S.R.B. Block,  
Sir Ganga Ram Hospital, New Delhi - 110060

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**AESTHETICS 2010 - LEARNING FROM EACH OTHER**  
**(INTERFACE BETWEEN PLASTIC SURGEONS**  
**AND DERMATOSURGEONS)**

**HALL A**

**9.00-9.45 am**

**Management of Vitiligo - what's new**

Chairpersons - **Prof AK Singh, Dr Ramchander, Dr Binod Khaitan**

- Technique of melanocyte suspension. Dr. MUNISH PAUL 10 mins
- Newer technique of melanocyte transfer Dr SOMESH GUPTA 10 mins
- Difficult areas and when to say No Dr ATUL SHAH 10 mins
- How to manage complications Dr. MUKESH GIRDHAR 10 mins

**Facial Rejuvenation- What we can do-refill, relax, resurface, redrape**

**9.45-10.30 am**

**Refill-fat and fillers**

Chairpersons - **Dr. Kaushal Verma, Dr. PS Bhandari, Dr. Omar Azad**

- Technique of fat grafting Dr .TOPAZ 10 mins
- Facial, nasal and lip contouring with fillers Dr VANDANA CHATRATH 10 mins
- Real problem areas with fillers Dr. AMIT LUTHRA 10 mins
- How to manage complications of fillers Dr MUKTA SACHDEV 10 mins

**10.30-11.00 am Tea**

**11.00-11.45**

**Relax- Botox Update**

Chairpersons - **Dr. Ahmed Zaheer, Dr. Romella Kak, Dr. Rakesh Kalra**

- Patient selection and technique. Dr JAISHREE SHARAD 10 mins
- Newer, advanced indications and combinations with Botox Dr MUKTA SACHDEV 10 mins
- Complications - How to manage? Dr . HEMA PANT 10mins
- My best and worst experiences Dr. SIMAL SOIN 10 mins

**11.45-12.15**

Chairpersons - **Dr. Lokesh Kumar, Dr. Archana Singhal, Col. B. Chakrovarty**

**Periocular rejuvenation- A 3 Dimensional view**

- Dermatologist Dr. AMIT LUTHRA 10 mins
- Plastic Surgeon Dr. S.S.SAHA 10 mins
- Oculoplastic surgeon Dr. A.K GROVER 10 mins

**12.15-1.00**

**The latest in aesthetics - what works, what doesn't**

Chairpersons - **Dr Raj Kubba, Dr Rashmi Sarkar, Dr.V.K.Tiwari**

- Whats new in aesthetics- does it work? Dr. JAISHREE SHARAD 15 mins
- New Cosmetic Products Dr. GOSSAIN 10 mins
- **Panel discussion** on facial rejuvenation- Dr Jaishree, Dr Vandana, Dr Mukta, Dr Topaz Dr Azad Moderator Dr Soni Nanda 15 mins

**1.00-2.00 Lunch**

**2.00 - 2.45**

**Resurface - Non-surgical face lifts and tummy tucks- Myth or reality**

Chairpersons - **Dr. Sanjiv Kandhari, Dr. AK Malik, Dr. P.K Talwar**

- Ablative fractional resurfacing - where and how Dr NITEEN DHEPE 15 mins
- Facial and Abdominal skin tightening - Does it work Dr SIMAL SOIN 15 mins

- Ablative vs nonablative vs radiofrequency tightening- what's the best panel discussion 15 mins

**Dr Munish Paul, Dr. P.K. Talwar, Dr. Anil Ganjoo, Dr. Anurag Tiwari**  
**Moderator Dr. Kabir Sardana**

**2.45-3.15**

**Whats New in Basics**

Chairpersons - **Dr. S.N. Bhattacharya, Dr. B. Sahoo, Dr. Arun Goel**

- New dressings including VAC Dr. TOPAZ 15 mins
- Wound Management Dr .V.K.TEWARI 15 mins

**3.15-3.45**

**Management of facial scars-A big problem**

Chairpersons - **Dr. V Ramesh, Dr. Bindu Diwan, Col.B.Chakrovarty**

- Acne scars - Minimally invasive techniques Dr. NITI KHUNGER 10 mins
- Scar revision techniques - How to choose? Dr. A.K.SINGH 10 mins
- New modalities for scar management Dr. DEVANSH 10 mins

**3.45-4.00 -tea**

**4.00-4.30**

**Redraping the face**

Chairpersons - **Dr. R.B Ahuja, Dr AK Saxena, Dr. Vimla Rajan**

- Minimally invasive face lifts-how to do Dr. SATISH AROLKAR 10mins
- Thread lifting procedure - to do or not to do Dr. RAKESH KALRA 10 mins
- How to create dimples Dr. ANUP DHIR 10mins

**4.30-5.00**

**Keloids - the tough problem**

Chairpersons - **Dr. R.S Misra, Dr. R.P. Sharma, Dr. Mahesh Mangal**

- Management of keloids - dermatologist's view Dr. SOMESH GUPTA 10 mins
- Surgical management Dr. PS BHANDARI 10 mins
- How to treat resistant Keloid Dr. VIJAY KUMAR 10 mins

**5.00-6.00**

**Marketing and legality**

Chairpersons - **Dr. Anil Agarwal, Dr. Karoon Aggrawal, Maj.Gen.A.S.Bath**

**Moderation & Conclusion by Dr. Prabhat Shrivastava**

- How to market your aesthetic practice - the inside story Dr. JAISHREE SHARAD 5 mins,
- Dr. HEMA PANT 5 mins
- Dr. RAKESH KALRA 5 mins
- Legal aspects of Aesthetic practice - Dr. ATUL SHAH 15 mins
- Complications of cosmetic surgery- How to handle? Dr. SATISH AROLKAR 10 mins

**7.00 p.m. onwards**

**Banquet**

**Railway Club, State Entry Road, Connaught Place, New Delhi**

**29 August Sunday**

**9.00-10.-00 am**

**Body Contouring - Artistic surgery**

Chairpersons - **Dr. Sanjiv Vaishampayan, Dr. Dinesh Bhargav, Dr. Vimla Rajan**

- Liposuction - Which technique to use? Dr. SATISH AROLKAR 20 mins
- Other modalities for body contouring Dr. VIVIAN TALWAR 10 mins
- Body Contouring by fat grafting Dr. VIVEK KUMAR 10mins
- Lipo sculpturing Dr. RAKESH KALRA 10mins

**10.00-10.30**

**Chemical peels - Burning questions**

Chairpersons - **Dr. VK Upadhyay, Dr. A.K.Singh, Dr. Rishi Prashar**

- Technique of peeling and managing complications Dr. MAYA VEDAMURTY 12 mins
- Newer Peels and How to select Dr. NITI KHUNGER 12 mins

**10.30-11.00 Tea**

**11.00-12.30**

**Hair Transplant - Hair raising issues**

Chairpersons - **Lt. Gen.P.Bhargava, Dr RK Joshi, Dr. Lalit Makhija**

- Patient selection Dr. A.K SINGH 10 mins
- How I do Dr. MANOJ KHANNA 20 mins
- How to optimize results & facial hair grafting Dr. ROHIT NAYYAR 10 mins
- FUE- How I do and correcting bad results Dr A. SURANA 15 mins
- FUE Vs Strip method Dr. MANOJ KHANNA 10 mins

**Panel Discussion-What to do and how?- Dr. A.k Singh, Dr. Manoj Khanna, Dr. Rohit Nayyar, Dr. A. Surana**

**12.30-1.00**

**Lasers- Hep vs Hype**

Chairpersons - **Dr RP Gupta, Dr Kaushal Verma, Dr. P. K. Talwar**

- Whats new in lasers Dr. SOMSAK 15 mins
- Complications of hair removal-how to manage Dr. A GANJOO 10 mins

**1.00-2.00 Lunch**

**2.00-2.45**

**Tattoos and Spas**

Chairpersons - **Dr HK Kar, Dr.S.C Bharija, Dr.Anup Dhir**

- Removing tattoos and its complications Dr. SOMSAK 20 mins
- Management of cellulite and striae Dr. VANDANA CHATRATH 10 mins
- Treating parlor dermatoses Dr. NEENA KHANNA 10 mins

**2.45-3.15**

**Controversies in Aesthetics**

Chairpersons - **Dr Kamlander Singh, Dr. S.P. Arumugam, Dr. Kuldeep Singh**

- Mesotherapy and mesobotox Useful- 5 mins Dr. MAYA
- Useless- 5 mins Dr. SHIKHA
- Skin Polishing Useful- 5 mins Dr. SONI NANDA
- Useless- 5 mins Dr. CHIRANJIV CHABRA
- Lasers for melasma Useful- 5 mins Dr. SOMSAK
- Useless- 5 mins Dr. HK KAR

**3.15-4.00**

**Aesthetic Surgery-My Tips and Tricks**

Chairpersons - **Dr Sanjiv Kandhari, Dr. Manoj Khanna, Dr.R. K. Khazanchi**

- Dr S P Arumugam
- Dr Satish Arolkar
- Dr Maya Vedamurthy

**4.00-5.00**

Chairpersons - **Dr Anil Ganjoo, Lt.Gen.P Bhargava, Dr. Karoon Aggarwal**

**Moderator- Dr Vivek Kumar**

**Discussion (Difficult cases invited from the delegates to be discussed)**

**Expert panelists-** Dr Saha, Dr Somesh Gupta, Dr Niti Khunger, Dr RB Ahuja, Dr Maya, Dr Devansh, Dr Somsak, Dr. Topaz

**Hall B**

**Video session**

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