



AESTHETICS 2015

Scientific Program

28th to 30th August 2015

India Habitat Centre

Lodhi Road New Delhi



**LEARNING
FROM EACH
OTHER**

www.aestheticsdelhi.com



AESTHETICS 2015

LEARNING FROM EACH OTHER

28th to 30th August, 2015
India Habitat Centre
Lodhi Road New Delhi

Invitation

WELCOME

Dear Colleagues,

On behalf of the organizing committee, it is our special privilege and honor to invite you on **28th to 30th August 2015 at India Habitat Centre, New Delhi for AESTHETICS 2015**, a unique combination of two specialities coming for a conference under one banner. The focus of the Conference is to create awareness about the interdisciplinary approach to the aesthetic practice & provide a holistic approach to management.

The Organizing committee is working hard to make it a really memorable event and the objective of the meeting is to provide didactic, highly interactive sessions to learn from world leaders in aesthetic medicine and surgery. This year we have introduced many new **hands on workshops & master classes** to sharpen the skills.

We look forward to welcome you in Delhi for this exciting academic bonanza.

With Regards



Dr. Hema Pant
Dermatologist
Scientific Secretary



Dr. Rakesh Kalra
Plastic Surgeon
Chairperson
Scientific Committee



Dr. Anil Ganjoo
Dermatologist
Chairperson
Scientific Committee



Dr. Vivek Kumar
Plastic Surgeon
Organizing Secretary

Invited International Faculty



Ms. Candace Crowe

Aesthetic Practice
Marketing Expert
Orlando,

United States



Dr. Jerome Paris

Plastic Surgeon
Director,
Euro-Mediterranean Inst. Marseilles,

France



Dr. Charles Runels

Inventor of Vampire Facelift
Alabama,

United States



Dr. Luitgard Wiest

Vice-President,
International Peeling Society
Munich,

Germany



Prof. Eckart Haneke

Dept of Dermatology
University of Bern
Bern,

Switzerland



Dr. Martin Kassir

Vice President
International Society of Dermatology
Texas,

United States



Dr. Federico Loreto

Plastic Surgeon
Paris,

France



Dr. Paola Rosalba Russo

Vice President
Italian Society of Aesthetic
Medicine & Surgery Florence,

Italy



Dr. Giovanni Salti

Plastic Surgeon
Lecturer in Aesthetic Dermatology,
University of Florence,

Italy



Dr. Uliana Gout

Dermatologist
London,

United Kingdom

And many more ...

About us

LEARNING FROM EACH OTHER

AESTHETICS-2010, AUG 28th - 29th, New Delhi, was organized as an interface between two specialties, Dermatology & Plastic Surgery under the aegis of Association of Plastic Surgeons of India (Delhi Chapter) and Association of Cutaneous surgeons of India. It was an endeavour, which had been organized for the first time in India and the leading specialists of the country had come together on a common forum to address the patient 's need with the theme of Learning From Each Other. Important topics discussed included Facial Rejuvenation, Botox update, Management of facial scars & Keloid, Hair transplantation, Body Contouring, Lasers, Chemical peel, Management of Vitiligo & Tattoo Removal.

AESTHETICS 2010 was attended by more than **400 delegates** and was successful in creating awareness about the interdisciplinary approach to the Aesthetic practice. The entire scientific deliberations centered around offering the complete medical solutions, both non-surgical & surgical to manage a demanding aesthetic patient. The experts discussed the problematic cases & the need of a combined approach for the benefit of the patient. The focus was to help in selecting the best therapies for making the body beautiful.

The Success of inaugural conference was expanded to **AESTHETICS 2011, 2012, 2013 and 2014** with leading International and National faculties and were attended by more than **700 delegates** each year. An exciting academic activity is being planned for AESTHETICS 2015 with new sessions, Master classes, Video sessions and Interactive discussions on controversies in aesthetic practice.

We request to kindly send us your topics of interest and valuable suggestions to make **AESTHETICS 2015** more informative and interactive.

CONFERENCE HIGHLIGHTS

Interface between Dermatologists and Plastic Surgeons

Hands on workshops and Master classes to learn from the world leaders

Evaluation of newer trends in Body Contouring and Aesthetic Practice

Hot Topics like Vampire Face Lift, Nail Surgery, Aesthetic Practice Marketing, Latest in Chemical Peeling and Facial Rejuvenation.

Aesthetic Medicine and Surgery - Past, Present and Future

Program

Pre Conference Parallel Workshops (Please choose only two workshops)

Course Fee for
each Workshop

Rs.4500/-

Date : 28th August 2015/ **Time :** 09.00 AM to 1.00 PM & 2.00 PM to 6.00 PM

1 Workshop on Lip and Perioral Rejuvenation

Faculty: **Dr. Uliana Gout**

Course Outline

- Lips and perioral enhancement by hyaluronic gels
- Not only lips but perioral filling for ageing lips
- Trends and techniques for lip enhancements especially in young females

2 Workshop on Facial Rejuvenation with PRP

Faculty: **Dr. Charles Runels**

Platelet rich plasma is one of the latest entrants in Aesthetic Practice, known infamously as the Vampire Face Lift. A definitive procedure which can be tried before or along with the surgical interventions. Newer insights with practical demonstrations of techniques of processing and injecting.

Course Outline

- Principles Of PRP
- Demonstration and Hands on
- Learn The Easy Way of PRP Preparation
- PRP And Face Rejuvenation
- Using PRP In Your Practice
- Interaction With The Faculty

3 Workshop on Invisible Face Lifting

Faculty: **Dr. Paola Rosalba Russo**

An experienced overview to tackle gravity induced sags and rejuvenation techniques from the global experts. An observational cum hands on workshop on newer techniques in non-surgical face lifting without scars. Learn how to weave thread lifting into your practice.

Course Outline

- Analyzing The Aging Face
- Technique Of Jowl & Neck Lifting
- What-Where-When-How To Combine
- Thread Lifting & Volumizing Naturally
- Nerve Blocks
- Interaction With The Faculty



Program

4 Workshop on Basic Injections Techniques

Faculty: **Dr. Giovanni Salti**

Course Outline

- A basic guidelines for injecting botulinum toxin and hyaluronic fillers.
- Building blocks to easy injection techniques and a comprehensive approach to facial aesthetics and right patient selection.

5 Workshop on Periorbital Rejuvenation

Faculty: **Dr. Jerome Paris**

Periorbital region is the first area to show signs of ageing and predictable changes occur in form of grooves and folds. In the workshop learn from the experts, how to select a patient for periorbital filling and regain youthful eyes again by combining various techniques.

6 Workshop on Lasers

Faculty: **Dr. Martin Kassir**

Course Outline

- Overview of laser physics and application
- Patient selection and preparation
- What to buy and how to use?
- Questions and answers panel
- Results, tips and mistakes in LHR, Pigmented Laser, Resurfacing Laser

7 Workshop on Chemical Peel

Faculty: **Dr. Luitgard Wiest, Dr. Niti Khunger**

Course Outline

- The Value of Peels in Aesthetic Practice
- Types of Peels and their Indications
- Next Generation Peels
- Non Facial Peels
- A, B, C of Peeling Technique
- Patient Selection and Preparation
- Complication - How to Avoid them, How to Deal with them, Advice Tips and Pearls
- Live Demonstrations and Hands on Training in Chemical Peels

8 Workshop on Local Flaps

Faculty: **Dr. Atul Shah**

This is the era of all 3 D softwares as well as simulator and mannequin based training. Let us learn applied geometry of variety of local skin flaps with a feel of texture and tension and thus bridge the gap.

DAY 1

9.00 am – 10.30 am : Chemical Peels: The Evolving World

- | | |
|--|----------------------|
| 1) Introduction | - Dr. Niti Khunger |
| 2) Body Peels | - Dr. Luitgard Wiest |
| 3) Combining Peels with Fillers, Toxins & Lasers | - Dr. Uliana Gout |
| 4) Hand Peels | - Dr. Luitgard Wiest |
| 5) Periocular Peels | - Dr. Niti Khunger |
| 6) Advanced Combination and Deep Peels For Dark Skin | - Dr. Luitgard Wiest |

10.30 am – 12.00 am : Lessons From The Masters (Part-I)

- | | |
|---|---------------------------|
| 1) Skin Care : Myths & Facts | - Dr. Martin Kassir |
| 2) Key Concepts of Beauty & Rejuvenation | - Dr. Uliana Gout |
| 3) Shape, Restore, Refine : An Innovative Approach For Balancing Face | - Dr. Paola Rosalba Russo |
| 4) Nail Aesthetics | - Prof. Eckart Haneke |
| 5) Eyebrow Management In 2015 | - Dr. Jerome Paris |
| 6) Off Label Uses of Fillers | - Dr. Giovanni Salti |

12.00 am – 1.00 pm

Inauguration & P G Quiz

1.00 pm – 2.00 pm

Lunch



DAY 1

2.00 pm – 3.30 pm : Lessons From The Masters (Part-II)

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|---|---------------------------|
| 1) Dark Circle Management | - Dr. Martin Kassir |
| 2) Changes in Ageing Nail & Their Management | - Prof. Eckart Haneke |
| 3) Bidirectional Sutures in Treating Sagging Face | - Dr. Paola Rosalba Russo |
| 4) Filler Complications Seen in India | - Dr. Martin Kassir |
| 5) HIFU : New Armamentarium in the Practice | - Dr. Rishi Parashar |
| 6) O Shot - How It Works | - Dr. Charles Runels |

3.30 pm – 5.00 pm : Practice Management Tips

- | | |
|---|---------------------------|
| 1) How to Set up Medical Spa | - Dr. Ashish Dhawalbhakta |
| 2) Why Traditional Marketing is not Enough for Aesthetic Practice | - Ms. Candace Crowe |
| 3) Mobile Apps for Aesthetic Practice | - Dr. Aniketh Venkataram |
| 4) How to Create a Memorable Brand Experience | - Ms. Candace Crowe |
| 5) MCI Cases In 2014 | - Dr. Atul Shah |
| 6) The Magic of How We Decide | - Ms. Candace Crowe |

5.00 pm – 6.00 pm

FROM MEDICAL SCHOOL TO SPIRITUAL LEARNING: A JOURNEY - Dr. Charles Runels

6.00 pm – Onwards

BANQUET



DAY 2

9.00 am – 10.00 am : Correcting The Stubborn Chin

- | | |
|-------------------------------|-----------------------|
| 1) Assessment of Chin Profile | - Dr. Federico Loreto |
| 2) Surgical Correction | - Prof. A K Singh |
| 3) Non Surgical Correction | - Dr. Federico Loreto |

10.00 am – 11.30 am : Body Contouring: Shaping the Shape less

- | | |
|---|--------------------------|
| 1) Pathophysiology of Lipolysis | - Dr. Mukund Jagannathan |
| 2) Review of Various Surgical Techniques For Liposuction | - Dr. Rakesh Kalra |
| 3) Critical Review of Current Technologies For Non-Surgical Body Contouring | - Dr. Sangeeta Velaskar |
| 4) Injection Lipolysis | - Dr. Giovanni Salti |
| 5) Complications of Non Surgical Body Contouring | - Dr. Srilata Trassi |

11.30 pm – 1.00 pm : Lessons From The Masters (Part III)

- | | |
|---|-----------------------|
| 1) Future of Facial Analgesia & Anesthesia | - Dr. Jayashree Sood |
| 2) Combined Therapies For Facial Symmetrization | - Dr. Jerome Paris |
| 3) Management of Complex Facial Scars | - Dr. S.S. Saha |
| 4) Tips For Facial Fat Grafting | - Dr. Federico Loreto |
| 5) Complications of Facial Fat Filling | - Dr. Varun Dixit |

1.00 pm – 2.00 pm

Lunch



DAY 2

2.00 pm – 3.30 pm : Lessons From The Masters (Part IV)

- | | |
|---|-----------------------|
| 1) Nail Bed Reconstruction | - Prof. Eckart Haneke |
| 2) Innovations in Vitiligo Surgery | - Dr. Somesh Gupta |
| 3) Medical Rhinoplasty : A New Era of Nose Correction | - Dr. Jerome Paris |
| 4) Treating Pigmentation Beyond Boundaries | - Dr. Vivek Mehta |
| 5) Vampire Breast Lift By PRP | - Dr. Charles Runels |
| 6) Hand Rejuvenation : Key Concepts | - Dr. Uliana Gout |

3.30 pm – 5.00 pm: Tips & Tricks in Hair Transplant (Video Session)

- | | |
|---|---------------------------|
| 1) How to Enroll a Patient for Hair Transplant | - Dr. Narendra Patwardhan |
| 2) Different Ways of Preparing the Donor Area of FUE | - Dr. Kapil Dua |
| 3) How to Prepare the Recipient Area | - Dr. Manoj Khanna |
| 4) How to do Giga Session | - Dr. Vivek Saxena |
| 5) Tips & Tricks of Extracting Grafts From Scalp By FUE | - Dr. Aman Dua |
| 6) How to Extract Grafts from Non Scalp Donor Areas | - Dr. Kapil Dua |
| 7) How to Design A Natural Hairline | - Dr. Charu Sharma |
| 8) What is the Best Way of Implanting Grafts | - Dr. Manoj Khanna |
| 9) How to Undertake A Women Hair Transplant | - Dr. Narendra Patwardhan |
| 10) Facial Hair Transplant : The Latest Fad | - Dr. Aman Dua |



Program

Hands on & Master Classes

(Same Classes will be Repeated on Both the Days)

Fee for each
Course

Rs.3000/-

Date : 29th & 30th August 2015

1 Tips and Tricks in Aesthetic Practice Marketing *Faculty: Ms. Candace Crowe*

Course Outline

Learn from the masters various techniques to effectively reach the masses and make your practice grow.

2 Tips and Tricks in Nail Surgery *Faculty: Prof. Eckart Haneke*

Course Outline

Nail disorders – Easy to diagnose but difficult to treat. A detailed session on how to treat difficult cases of nail disorders. You will benefit immensely from this round table discussion and learn to combine various therapies to achieve maximum results.

3 Tips and Tricks in Nasolabial fold correction *Faculty: Dr. Federico Loreto*

Course Outline

Nasolabial fold is most common area for filling. Learn from the expert various tips and tricks using needle and cannula to give the best results.

4 Tips on Management of Hyperandrogenism *Faculty: Dr. Sanjiv Kandhari*

Course Outline

A comprehensive session on management of Androgenetic disorders the right way. Master the art of managing PCOS and hormonal acne and hair loss. Benefit from one to one discussions and clear your doubts.

5 Technique of Computer Simulation and Altering Images *Faculty: Dr. Rakesh Kalra*

Course Outline

This new topic in master classes shall demonstrate to delegates how to project expected post procedural results to clients. It is also a great tool to plan and record the execution of the procedures-great help for both the Cosmetic Surgeons as well as Dermatologists.

6 Hands on Certificate Course on Suturing *Faculty: Dr. Anant Kulkarni*

Course Outline

This 3 hours program will help to enhance the skills of healthcare professional in all closure technique with help of sutures. All the suturing and knot tying techniques will be covered. The healthcare professional can work on the knot-o-meter machine to know strength of the knot they have done.

Organising Committee

Patrons in Chief

Dr. D. S. Rana
Dr. R. B. Ahuja
Prof. A.K.Singh
Prof. Devesh Mishra

Patrons

Dr. Ajay Swaroop
Dr. Koushik Lahiri
Dr. Karoon Agrawal

Organizing President

Dr. S. Kandhari

Organizing Chairman

Dr. S. S. Saha

Co-Chairman Organizing Committee

Dr. Ahmed Zaheer

Organizing Secretary

Dr. Vivek Kumar

Chairperson Scientific Committee

Dr. Rakesh Kalra
Dr. Anil Ganjoo

Scientific Secretary

Dr. Hema Pant

Co-Chairperson Scientific Committee

Dr. Lokesh Kumar
Dr. Anup Dhir
Dr. Chiranjiv Chhabra
Dr. Kuldeep Singh
Dr. Vasundhara Oberoi

Chairpersons, Workshops

Dr. Rishi Parashar
Dr. Vandana Chatrath

Jt. Organizing Secretary

Dr. Manish Pahwa

Treasurer

Dr. Lalit Choudhary
Dr. Anurag Pandey

Coordinator, Scientific Committee

Dr. Vivek Mehta

Coordinator, Workshops

Dr. Rajat Kandhari

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Dr. Lalit Makhija
Col. Manas Chatterjee
Dr. Niti Khunger
Dr. Narendra Patwardhan
Dr. P. S. Bhandari
Col. P. S. Bhandari
Dr. Ram Chander
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Dr. S. Bhattacharya
Dr. Sharad Mutalik
Dr. S. C. Bharija
Dr. Somesh Gupta
Dr. T.Sachidanand
Dr. V. K. Sharma
Dr. V. Ramesh
Dr. V. K. Garg
Dr. V. K. Tiwari
Dr. Vinay Saraf

Conference Secretariat

Dr. Vivek Kumar

Organizing Secretary

Consultant Plastic Surgeon

Room No. 2325 3rd floor SSRB Block, Sir Ganga Ram Hospital,
Rajinder Nagar, New Delhi – 110 060
Tel.: 9810218129, 9711198444
Email: drkumarvivek@gmail.com
Website: www.aestheticsdelhi.com



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LEARNING FROM EACH OTHER

28th to 30th August, 2015
India Habitat Centre
Lodhi Road New Delhi

REGISTRATION FORM

FILL IN CAPITAL LETTERS ONLY

Name _____ Age/Sex _____

Speciality _____ Affiliation _____

Postal Address _____

Email _____ Mobile _____

Registration Fees :

- Till 30th June 2015 : Rs.4500
- Pre Conference Workshop (Each Workshop) : Rs.4500
- After 30th June 2015 & Spot : Rs.7000
- Hands on & Master Classes (Each Session) : Rs.3000

Pre Conference Workshops : (Tick the two you are attending)

- | | | |
|--|---|---|
| <input type="checkbox"/> Lip and Perioral Rejuvenation | <input type="checkbox"/> Facial Rejuvenation with PRP | <input type="checkbox"/> Invisible Face Lifting |
| <input type="checkbox"/> Basic Injections Techniques | <input type="checkbox"/> Periorbital Rejuvenation | <input type="checkbox"/> Lasers |
| <input type="checkbox"/> Chemical Peel | <input type="checkbox"/> Local Flaps | |

Hands on and Master Classes :

- | | |
|---|--|
| <input type="checkbox"/> Tips and Tricks in Aesthetic Practice Marketing | <input type="checkbox"/> Tips and Tricks in Nail Surgery |
| <input type="checkbox"/> Tips and Tricks in Nasolabial fold correction | <input type="checkbox"/> Tips on Management of Hyperandrogenism |
| <input type="checkbox"/> Technique of Computer Simulation and Altering Images | <input type="checkbox"/> Hands on Certificate Course on Suturing |

ACCOMMODATION

Hotel Name	Distance from the Venue	Tariff: Per Room/Night		Choose: Single/Double Occupancy	
		Single	Double		
The Lalit (5 Star)	4 kms, (5 Min. Drive)	INR 7000	INR 7500	<input type="checkbox"/> Single	<input type="checkbox"/> Double
The Ashok (5 Star)	4 kms, (5 Min. Drive)	INR 7000	INR 7500	<input type="checkbox"/> Single	<input type="checkbox"/> Double
Janpath (4 Star)	6 kms, (10 Min. Drive)	INR 5000	INR 5000	<input type="checkbox"/> Single	<input type="checkbox"/> Double
Haris Court (Boutique Hotel)	7 kms, (15 Min. Drive)	INR 3000	INR 3500	<input type="checkbox"/> Single	<input type="checkbox"/> Double
Hotel Broadway	8 Kms, (25 Min. Drive)	INR 2600	INR 3200	<input type="checkbox"/> Single	<input type="checkbox"/> Double

Included : Buffet Breakfast at Hotel / Pick & Drop from Hotel to the Venue & Back / All Current Applicable Taxes.

Please send one day Room Rent (Non-Refundable) as advance for Hotel Booking.

I am enclosing the DD / Cheque No. _____ Dated _____ Drawn on Bank _____

_____ for Rs. (In Words) _____

In favour of "SIR GANGA RAM HOSPITAL" payable at New Delhi. **Registration for the Conference is Mandatory for the Participation in Courses & Master Classes**

Please Send your Registration Form and DD/Cheque to the Conference Secretariat.