



# **AESTHETICS** 2016

## **Scientific Program**

# **LEARNING FROM EACH OTHER**

CME accreditation has  
been applied to the  
Delhi Medical Council

**19th to 21st August 2016**

**INDIA HABITAT CENTRE**

Lodhi Road New Delhi

[www.aestheticsdelhi.com](http://www.aestheticsdelhi.com)



# AESTHETICS 2016

**LEARNING FROM EACH OTHER**

19th to 21st August, 2016  
**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 **19th to 21st August 2016 at India Habitat Centre, New Delhi for AESTHETICS 2016**, a unique combination of two specialties 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



**Prof. Antonella Tosti**

Dermatologist  
University of Miami.

**United States**



**Dr. Martin Kassir**

Director,  
Worldwide Laser Institute

**Texas, United States**



**Ms. Antonia Mariconda**

Aesthetic Practice  
Marketing Expert

London,  
**United Kingdom**



**Dr. Paola Rosalba Russo**

Vice-President,  
Italian Society of Aesthetic  
Medicine & Surgery

**Florence, Italy**



**Dr. Doris Maria Hexsel**

Principal Investigator,  
Brazilian Center for  
Research in Dermatology

**Brazil**



**Prof. Parvin Mansouri**

Dermatologist  
Skin and Stem Cell Research Center,  
Tehran University of Medical Sciences

**Iran**



**Dr. Doris Spreitzer**

Plastic Surgeon

**Austria**



**Dr. Dorina Donici**

Plastic Surgeon

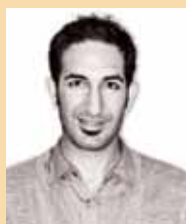
**Switzerland**



**Dr. Lance Setterfield**

Medical Director,  
Acacia Dermacare

**Canada**



**Dr. Med. Afschin Fatemi**

Director, The S-thetic group

**Germany**



**Dr. Tony Worapon Sukeewatana**

Dermatologist

**Bangkok**



**Dr. N. Med. Katarzyna Skwara  
– Guzikowska**

Dermatologist

**Poland**

*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. Such an endeavor was 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, 2014** and **2015** with leading International and National faculties and were attended by more than **700 delegates** each year from 15 countries. An exciting academic activity is being planned for AESTHETICS 2016 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 2016** 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 dermal needling, female hair loss, non surgical body contouring, invisible face lifting, Latest in Chemical Peeling, Lasers, Advanced Indications of fillers, PR & PRP.

Aesthetic Medicine and Surgery - Past, Present and Future

# Program

## Pre Conference Parallel Workshops (Please choose only two workshops)

Course Fee for  
each Workshop **Rs.5000/-**

**Date :** 19th August 2016/ **Time :** 09.00 AM to 1.00 PM & 2.00 PM to 6.00 PM

### 1 Workshop on Dermal Needling

**Faculty:** **Dr. Lance Setterfield, Dr. Mukta Sachdev**

- *In the face of so many high profile modalities, Dermal Needling (AKA dermal rolling) is providing, equal or better results in skin rejuvenation with less cost and effort. This workshop will be a complete guide through this exceptional modality, explaining everything a practitioner needs to know about the how's, why's, and when's of dermal needling. Discussion includes; the science behind the results, expectations & outcomes, treatment parameters & protocols, synergistic treatment modalities with hands on.*

### 2 Workshop on Non Surgical Body Contouring

**Faculty:** **Dr. Martin Kassir, Dr. Med. Afschin Fatemi, Dr Tony Worapon Sukeewatana**

- *Learn from the experts use of RF and energy based devices for face, neck, extremities and body contouring and fat reduction, A tool must for every active practice.*

### 3 Workshop on Invisible Face Lifting

**Faculty:** **Dr. Paola Rosalba Russo, Dr. Piyali Chatterjee**

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.

- *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*

### 4 Workshop on Basic Injections Techniques

**Faculty:** **Dr. Doris Spreitzer, Dr. Latika Arya, Dr. Priti Shukla**

- *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 Advanced Indications of Fillers

**Faculty:** **Dr. Doris Maria Hexsel, Dr Chiranjiv Chhabra, Dr. Kuldeep Singh**

- *Holistic Approach to full-face and altering contours by fillers from beautiful jaw line to midface and periorbital region.*

# Program

## 6 Workshop on Lasers

**Faculty:** **Dr. Martin Kassir, Prof. Parvin Mansouri, Dr. Anil Ganjoo**

- 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. Niti Khunger, Dr N. Med. Katarzyna Skwara – Guzikowska**

- 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 How to be your own PR For the Aesthetic Professional

**Faculty:** **Ms. Antonia Mariconda, Dr. Vivek Mehta**

*Learn from the expert with over 15 years in the industry as a qualified media professional specialising in beauty and aesthetics. As a aesthetic professional, understanding how you can be your own PR as social media success can be a tricky and confusing task, after all you want to be ethical and professional, but you don't want to miss out on all the latest social media developments and PR possibilities. Learn in 6 simple steps how you can achieve this swiftly and effectively.*

## 9 Workshop on Local Flaps & Ear Repair

**Faculty:** **Dr. Atul Shah**

*Small skin defects can be better managed with variety of local skin flaps. The workshop is aimed at discussing geometry of local flaps on stretchable fabric to get a feel of texture and tension. It is clubbed with discussion on ear repair. Wide ear lobule holes need closure, where many alternatives are available. Discussion will be based on sparing of intact rim and on bringing a small flap to create new tear resistant hole for ornaments. Use of TCA and CO2 laser will also be discussed.*

## 10 Video Workshop on Interesting Plastic Surgery Cases

**Convenor:** **Dr. R. K. Mishra, Dr. Rakesh Kalra**

*This unique workshop will cover less discussed topics like; Sex Re-assignment Surgery, Facial Feminization, Voice Change, Penile lengthening & Fat grafting , Female genital rejuvenation, Genioplasty, Buccal fat pad removal, Cheek Dimple, Scarless Gynecomastia & many other procedures from the experts.*

### DAY 1

#### 9.00 am – 10.30 am : Innovations in Vitiligo Surgery

- 1) Phototherapy in vitiligo: What, when, how long - **Dr. R. P. Gupta**
- 2) Assessing stability and inducing stability: Selecting and preparing the right candidate for transplantation in vitiligo - **Dr. Somesh Gupta**
- 3) Combination cellular grafting : A new approach in surgical management of vitiligo - **Dr. Devender Prasad**
- 4) Smash grafting , tissue grafting : How to optimize results - **Dr. Imran Majid**
- 5) Management of extensive vitiligo: Repigmentation / Depigmentation - **Dr. Munish Paul**
- 6) Panel discussion on management of tough cases of vitiligo - **Dr. Munish Paul**

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

- 1) Hair and nail in systemic disorders - **Prof. Antonella Tosti**
- 2) The concept of advanced periorbital rejuvenation - **Dr. Doris Spreitzer**
- 3) Under eye rejuvenation and tightening with threads - **Dr. Dorina Donici**
- 4) Golden rules for facial blocks - **Dr. Jayashree Sood**
- 5) Marketing for Aesthetics - How to make the cut - **Ms. Antonia Mariconda**

#### 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 : Laser Challenges - Trouble Shooters

- 1) What's new in lasers - Dr. L. D Dhami
- 2) Treatment of burn scars with fractional CO2 Lasers - Prof. Parvin Mansouri
- 3) How to set up energy based device cosmetic clinic - Dr. Vivek Mehta
- 4) Laser for Axillary hyperhidrosis - Dr. Med. Afschin Fatemi
- 5) Needling for melasma, pigment, scars and fine lasers - Dr. Martin Kassir
- 6) Un-conventional uses of CO2 Lasers - Dr. Niti Khunger

### 3.30 pm – 5.00 pm : Lessons from the Masters (Part-II)

- 1) Vaginal Rejuvenation - Dr. Tony Worapon Sukeewatana
- 2) How to get the best results with threads - Dr. Paola Rosalba Russo
- 3) Social Media for Aesthetic Practices - Ms. Antonia Mariconda
- 4) Surgical & non surgical correction of double chin - Dr. Vijay Kakkar
- 5) What's new in needling - Dr. Lance Setterfield

### 5.00 pm – 6.00 pm

**LOCAL CASES GLOBAL APPROACH -  
MODERATOR – DR.MANAS CHATTERJEE , DR.MUKTA SACHDEV**

### 6.00 pm – Onwards

## Cultural Evening & Banquet





## DAY 2

### 9.00 am – 10.30 am : Shady Colors – Brown to Grey

1) Non-Melasma facial pigmentation	- Dr. Manas Chatterjee
2) Melasma an update	- Dr. Mukta Sachdev
3) Treatment of Facial Pigmentation	- Dr. Doris Maria Hexsel
4) Surgical options for pigmentary lesions	- Prof. A. K Singh
5) Use of Laser in Skin of colour	- Dr. Anil Ganjoo
6) Local flaps for small facial defects	- Dr. Parag Sahasrabudhe

### 10.30 pm – 12.00 pm : Lessons from the Masters (Part-III)

1) Nail pigmentation	- Prof. Antonella Tosti
2) Rejuvenation of External Female Genitalia	- Dr. Doris Maria Hexsel
3) Meso therapy for facial rejuvenation	- Dr. Dorina Donici
4) Management of Complex Facial Scars	- Dr. S. S. Saha
5) When to say no for lip augmentation	- Dr. Doris Spreitzer

### 12.00 pm – 1.00 pm : Pearls of wisdom

1) My tryst with Dermatology	- Dr. Satish Sawant
2) My journey in Plastic Surgery	- Dr. K. Ramchandran

### 1.00 pm – 2.00 pm

## Lunch



## DAY 2

### 2.00 pm – 3.30 pm : Lessons from the Master (Part IV)

- |  |                           |
|--|---------------------------|
| 1) What's new in the treatment of hair disorders           | - Prof. Antonella Tosti   |
| 2) Threadlift – My approach                                | - Dr. Dorina Donici       |
| 3) The three elements of the aging face and its correction | - Dr. Doris Spreitzer     |
| 4) Nano Fat grafting for scars                             | - Dr. Anup Dhir           |
| 5) A review of laser lipolysis                             | - Dr. Med. Afschin Fatemi |

### 3.30 pm – 6.00 pm: Tips & Tricks in Hair Transplant

**FACULTY - DR. AMAN DUA, DR. K. RAMACHANDRAN, DR. KAPIL DUA, DR. MANOJ KHANNA, DR. SANDEEP SATTUR, DR. VENKATARAM MYSORE, DR. RAJAT GUPTA**  
**MODERATOR – DR.KAPIL DUA**

#### Session 1

1. Is every patient of FAGA a candidate for Hair transplant surgery?(Work up of a case of FAGA)?
2. How to deal with a young male having advanced grade of baldness?
3. Role of strip surgery in ever demanding world of FUE?
4. Is combination of Harvesting techniques an answer to the advanced grades of baldness

#### PANEL DISCUSSION ON SLIT MAKING - 40 MINUTES

**MODERATOR – DR. KAPIL DUA**

#### Session 2

1. Which are the better punches for FUE- the sharp or the blunt ones ?
2. What is the safe donor area in FUE / complications & management of badly done FUE
3. Do Follicular transection rates impact the results in FUE?
4. Does the Hair transplant surgeon need to know about artificial restoration in today's world?



# Program

## Hands on & Master Classes

(Same Classes will be Repeated on Both the Days)

Fee for each  
Course **Rs.3000/-**

### **1 Tips and Tricks on the Management Female Hair Loss** Faculty: Prof. Antonella Tosti

**Date :** 20th & 21st August 2016

#### **Course Outline**

Female hair loss – Easy to diagnose but difficult to treat. A detailed session on how to treat difficult cases of female hair loss. Learn to combine various therapies to achieve maximum results.

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

**Date :** 20th & 21st August 2016

#### **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.

### **3 Tips and Tricks for the best Result in the PRP** Faculty: Dr. Hema Pant

**Date :** 20th & 21st August 2016

#### **Course Outline**

Inventor of vampire facelift Dr. Charles Runnels shared his experience and techniques of PRP in AESTHETICS last year. We picked-up the tips and enhanced our skills, so this master class is a joint venture of his tips and our experience for the best results in PRP

### **4 Tips on Fat Transfer** Faculty: Dr. Milind Wagh

**Date :** 20th & 21st August 2016

#### **Course Outline**

Fat is considered as an unreliable filler. Learn how to harvest, process and inject, so the results are permanent.

### **5 Hands on Certificate Course on Suturing** Faculty: Dr. R. K Mishra

**Date :** 20th & 21st August 2016

#### **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-ometer 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  
Dr. Yogesh Marfatia

## **Patrons**

Dr. Ajay Swaroop  
Col. Manas Chatterjee  
Dr. Karoon Agrawal

## **Organizing President**

Dr. S. Kandhari

## **Organizing Chairman**

Dr. S. S. Saha

## **Organizing Secretary**

Dr. Vivek Kumar

## **Chairperson Scientific Committee**

Dr. Anil Ganjoo  
Dr. Rakesh Kalra

## **Scientific Secretary**

Dr. Hema Pant

## **Co-Chairperson Scientific Committee**

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

## **Chairpersons, Workshops**

Dr. Rishi Parashar  
Dr. Vandana Chatrath

## **Treasurer**

Dr. Lalit Choudhary  
Dr. Anurag Pandey

## **Coordinator, Scientific Committee**

Dr. Vivek Mehta

## **Coordinator, Workshops**

Dr. Rajat Kandhari

## **Advisory Board**

Dr. Arun Goel  
Dr. Bindu Dewan  
Maj. Gen. A. S. Bath  
Dr. Deepak Agarwal  
Dr. H. K. Kar  
Dr. Imran Majid  
Dr. Kamleender Singh  
Dr. Karoon Aggarwal  
Dr. Lalit Makhija  
Dr. Niti Khunger  
Dr. Narendra Patwardhan  
Dr. P. S. Bhandari  
Col. P. S. Bhandari  
Dr. Ram Chander  
Dr. R. P. Narayan  
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



# AESTHETICS 2016

19th to 21st August, 2016  
India Habitat Centre  
Lodhi Road New Delhi

## REGISTRATION FORM

PLEASE FILL IN CAPITAL LETTERS

**LEARNING FROM EACH OTHER**

Name \_\_\_\_\_ Age / Sex \_\_\_\_\_

Speciality \_\_\_\_\_ Affiliation \_\_\_\_\_

Postal Address \_\_\_\_\_

Email \_\_\_\_\_ Mobile \_\_\_\_\_

### Registration Fees :

- Till 15th July 2016 : Rs.5000/-
- Pre Conference Workshop Fee (Each Workshop) : Rs.5000/-
- After 15th July 2016 & Spot : Rs.7000/-
- Hands on & Master Classes Fee (Each Session) : Rs.3000/-

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

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Workshop on Dermal Needling              | <input type="checkbox"/> Workshop on Advance Indications of Fillers | <input type="checkbox"/> Workshop on Local Flaps & Ear Repair                |
| <input type="checkbox"/> Workshop on Non Surgical Body Contouring | <input type="checkbox"/> Workshop on Lasers                         | <input type="checkbox"/> Video Workshop on Interesting Plastic Surgery Cases |
| <input type="checkbox"/> Workshop on Invisible Face Lifting       | <input type="checkbox"/> Workshop on Chemical Peel                  |  |
| <input type="checkbox"/> Workshop on Basic Injections Techniques  | <input type="checkbox"/> Workshop on How to be your own PR          |  |

### Hands on and Master Classes :

- |   |  |
|---|--|
| <input type="checkbox"/> Tips and Tricks on the Management Female Hair Loss | <input type="checkbox"/> Tips on Fat Transfer                    |
| <input type="checkbox"/> Tips and Tricks for the Best Results in PRP        | <input type="checkbox"/> Hands on Certificate Course on Suturing |
| <input type="checkbox"/> Tips on Management of Hyperandrogenism             |  |

### ACCOMMODATION

Hotel Name	Distance from the Venue	Tariff: Per Room/Night		Choose: Single/Double Occupancy	
		Single	Double	Single	Double
The Park (5 Star)	7 kms, (15 Min. Drive)	INR 6000	INR 6000	<input type="checkbox"/> Single	<input type="checkbox"/> Double
Haris Court (3 Star)	7 kms, (15 Min. Drive)	INR 3000	INR 3500	<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.