



# AESTHETICS 2011

Learning from Each Other



3rd-4th SEPTEMBER, 2011

INDIA HABITAT CENTRE, LODHI ROAD, NEW DELHI - 110003

*Endorsed by:*



**Conference Secretariat**

***Dr. Vivek Kumar***

Organising Secretary

Room No. 2325, 3rd Floor, S.S.R.B. Block  
Sir Ganga Ram Hospital, Rajender Nagar, New Delhi - 110060

**An Educational Initiative Supported by MYOVATEC**



WELCOME

Dear Colleagues,

On behalf of the organizing committee, it is our special privilege and honor to invite you on 3rd and 4th September 2011 at India Habitat Centre, New Delhi for AESTHETICS 2011, a unique combination of two specialities coming for a conference under one banner. We have planned Pre-conference HANDS ON WORKSHOP ON LASERS at Sir Ganga Ram Hospital and WORKSHOP ON CHEMICAL PEEL at Safdarjung Hospital on 2nd September 2011. 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 like Dr. J. Jernbeck (Sweden) and Dr. Molly Carter (USA). This year we have introduced many hands on workshops and master classes to sharpen the skills.

Please mark these dates in your calendar and join us for this academic feast. We look forward to welcome you in Delhi for this exciting academic bonanza.

With Regards

Dr. Niti Khunger  
Chairperson Scientific Committee  
Consultant Dermatologist  
Safdarjung Hospital, New Delhi  
Mobile No. : 9811786992

Dr. Vivek Kumar  
Organizing Secretary, AESTHETICS 2011  
Consultant Plastic Surgeon  
Sir Ganga Ram Hospital, New Delhi  
Mobile No. : 9711198444 , 9810218129

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

## About us

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 that 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 Updates, Management of Facial Scars & Keloids, Hair Transplantation, Body Contouring, Lasers, Chemical Peels, 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 aesthetic practice. The entire scientific deliberations centered around offering complete medical solutions, both non-surgical & surgical to manage a demanding aesthetic patient. The experts discussed 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.

Both the faculty and the delegates were of the opinion that AESTHETICS 2010, was a start up activity for the interface of two disciplines of medicine and should be a continued activity, for the benefit of complete learning. So organizers have decided to make it an annual activity. This year the plan is to have a holistic approach to management of patients focusing on aesthetic problems rather than only techniques.

We request to kindly send us your topics of interest and valuable suggestions to make AESTHETICS 2011 more informative and interactive.



## PRE CONFERENCE WORKSHOP

### WORKSHOP ON LASERS

**Date :** 2nd September 2011

**Venue :** Sir Ganga Ram Hospital

**Time:** 10.00 AM to 5.00 PM

**Course fees :** Rs. 3000/-

**Course Director :** Prof. A.K. Singh

**Faculty :** Dr. Shirang Pandit, Dr. Niteen Dhepe

**Coordinator :** Dr. Manish Pahwa, Dr. Rishi Prashar, Dr. Ranjan Upadhyay

#### Course Highlights

- \* Overview of Laser & IPL technologies
- \* Re Think the Business of Hair Removal -Newer innovation
- \* Burn Scars treatment protocols
- \* Fractional CO<sub>2</sub> into your practice
- \* Lasers - What to buy & How to use?
- \* Patient selection and preparation
- \* Live demonstrations and hands on training on fractional Co<sub>2</sub> Diode & IPL Lasers

### WORKSHOP ON CHEMICAL PEELS

**Date :** 2nd September 2011

**Venue :** Safdarjung Hospital

**Time:** 10.00 AM to 4.00 PM

**Course fees :** Rs. 3000/-

**Course Director :** Dr. Niti Khunger

**Faculty :** Dr. Niti Khunger, Dr. Soni Nanda, Dr. Deepali Bhardwaj

**Coordinator :** Dr. Rajat Khandari, Dr. Deepali Taneja

#### Course Highlights

- \* 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
- \* Complications - How to avoid them, how to deal with them
- \* Live demonstrations and hands on training in chemical peels for all participants.

## HANDS ON & MASTER CLASSES

### HANDS ON CERTIFICATE COURSE ON SUTURING

**Date :** 3rd & 4th September 2011, (10.00 a.m. to 1.00 p.m. & 2.00 p.m. to 5.00 p.m.)

**Course fees :** Rs. 1500/-

**Coordinator :** Dr. Ashish Roy, Dr. Rakesh Kain

#### Course Highlights

- \* 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.

### BASIC MICROSURGERY COURSE

**Date :** 5th September 2011, 9.00 a.m. to 5.00 p.m.

**Course fees :** Rs. 3000/-

#### Course Highlights

- \* This course has been designed for surgeons interested in the application of microsurgical techniques in their practices. This one day (8 hours on the microscope) course guides participants through a series of lectures on equipment and instrumentation used in microsurgery, commencing with a dry lab session in which the participants get hands-on experience on the use of equipment, instruments and microsurgical techniques. One day is dedicated to animate operative sessions to learn the finesse of dissection under microscope and anastomoses.

**Coordinator :** Dr. Vijay Kumar

### MASTER CLASS ON ADVANCES IN FAT GRAFTING

**Date :** 4th September 2011, (8.00 a.m. to 9.00 a.m. & 5.00 p.m. to 6.00 p.m.)

**Course fees :** Rs. 1500/-

**Faculty :** Dr. Molly Carter, Dr. Satish Arolkar

**Coordinator :** Dr. Richie Gupta, Dr. R.K. Mishra

#### Course Highlights

- \* Patient selection
- \* Lipoharvest
- \* Lipoprocessing
- \* Lipodelivery
- \* Complications
- \* Tips/tricks

### MASTER CLASS ON HAIR TRANSPLANTATION

**Date :** 4th September 2011. (8.00 a.m. to 9.00 a.m. & 5.00 p.m. to 6.00 p.m.)

**Course fees :** Rs. 1500/-

**Course Faculty :** Dr. Manoj Khanna, Dr. Sanjeev Vasa, Dr. Rohit Nayyar

**Coordinator :** Dr. Rohit Nayyar

#### Course Highlights

- \* Patient selection & evaluation
- \* Tips for strip harvesting
- \* Trichophytic closure
- \* Technique for follicular dissection
- \* Anterior hair line creation
- \* How to build up a team
- \* Post op treatment
- \* Is FUE better

## **AESTHETICS 2011 - LEARNING FROM EACH OTHER**

### **9.00-9.45 am - What we should know**

Chairpersons – Prof. A.K.Singh, Dr. R.S Mishra, Dr. S. Sacchidanand

Essential anatomy of the face

Facial blocks

Danger areas for Botox & Fillers

Dr. Karoon Aggarwal

Dr. Jayashree Sood

Dr. Manjul Aggarwal

### **9.45-10.30 - Holistic approach to facial rejuvenation - upper face**

Chairpersons – Dr. R.B Ahuja, Dr. S. Vaishampayan, Dr. Poonam Jain

Upper face- my approach

Upper face- my approach

Dr. Jan Urban Jernbeck

Dr. L.D. Dhama

### **10.30-11.30- Holistic approach to facial rejuvenation - mid face**

Chairpersons – Dr VK Upadhyay, Dr. A.K. Grover, Dr. P.S. Bhandari

Mid face- my approach – dermatologist

Mid face - my approach – plastic surgeon

How to create dimples

Dr Vandana Chatrath

Dr. S.S.Saha

Dr. Rakesh Kalra

### **11.30-12.30 - Holistic approach to facial rejuvenation - lower face**

Chairpersons – Dr. Karoon Aggarwal, Dr. R.K. Jain, Dr Vijay Garg

Lower face- my approach – dermatologist

Lower face - my approach – plastic surgeon

Lip rejuvenation

Smile design

Dr. Hema Pant

Dr. Sailesh Patel

Dr. Amit Luthra

Dr. Deepak Aggarwal

### **12.30-1.00 - Genital aesthetic surgery**

Chairpersons – Lt.Gen P.Bhargava, Dr Neena Khanna, Dr. R.K.Srivastav

Penile augmentation

Vaginoplasty

Dr. Anup Dhir

Dr. Rakesh Kalra

### **1.00-2.00 Lunch**

### **2.00-3.30 pm Surgical options for pigmentary disorders**

Chairpersons – Dr. Somesh Gupta, Dr. V.K. Tiwari, Dr. Dilip Kachhawa

Holistic approach to facial pigmentation

Moles and freckles - How to treat

Eyelid vitiligo and eyelash transplant - my approach

Acral vitiligo - my approach

Lip vitiligo – my approach – dermatologist

Lip vitiligo - my approach – plastic surgeon

Dr. Atul Shah

Dr Munish Paul

Dr. T Salim

Dr. KG Singh

Dr. T. Salim

Prof. A.K. Singh

### **3.30-4.00 PM Body reshaping**

Chairpersons – Dr. AK Saxena, , Dr. Lokesh Kumar, Col. P.S.Bhandhari

Mega Liposuction – Tips and tricks

Are newer techniques better than traditional liposuction

Dr. L.D. Dhama

Dr. Sailesh Patel

### **4.00 – 4.30 Tea**

### **4.30-5.30 Newer trends**

Chairpersons – Dr. R. B Ahuja, Dr. VK Sharma, Dr. Bindu Diwan

What new in antiaging

Stem cell therapy

Platelet rich plasma

Facial contouring with Implants

Dr. Jan Urban Jernbeck

Dr. Molly Carter

Dr. R.K. Joshi

Prof. A.K. Singh

### **5.30-6.00 Problem case discussion**

Melasma, Vitiligo, Ageing Face

Moderator - Soni Nanda, Deepak Nanda

Panelists - Prof. A.K. Singh, Dr. Vandana Chatrath, Dr. Hema Pant, Dr. Amit Luthra,

Dr. Jan Urban Jernbeck, Dr. Sunil Dogra, Dr. T. Salim, Dr. K.G. Singh, Dr. Dilip Kachhawa

### **6.00-6.30 PM – Inauguration**

### **6.30-8.00 PM Cultural Evening**

### **8.00 PM Onwards – Banquet**

## DAY – 2

### Sunday

#### 9.00-10.00 am Marketing and legal Issues

Chairpersons – Dr Anil Agarwal, Dr. Vimla Rajan

How to develop aesthetic practice – Dermatologist view

How to develop aesthetic practice – Plastic Surgeon view

Being sued!!! What to do?

Dr. Ahmed Zaheer

Dr. Manoj Khanna

Dr. Atul Shah

#### 10.00-11.00 am - Hair raising techniques

Chairpersons – Dr. V Ramesh, Dr. Sanjeev Vasa, Dr. Lalit Makhija

Newer simpler techniques

Creating a perfect hairline

FUE my approach

FUE vs. strip technique – which is better

Dr. R.K. Joshi

Dr. Manoj Khanna

Dr. Aman Dua

Dr. K. Ramchandran

#### Difficult case discussion

Moderator – Dr. R.K. Joshi, Dr. Karoon Aggarwal

Panelists - Dr. Ram Chandran, Dr. Manoj Khanna,

Dr. RK Joshi, Dr. Aman Dua

#### 11.00-11.30 am Breast Contouring

Chairpersons –Dr. Karoon Aggarwal, Dr. H. K. Kar

Breast Contouring

Vitiligo of the Nipple areola complex

Dr. Vivek Kumar

Dr. Niti Khunger

#### 11.30-12.30 Tips and Tricks

Chairpersons – Dr. Dinesh Bhargav, Dr. Rashmi Sarkar, Dr. Arun Goel

Hanging arms- Tips and tricks

Double chin and sagging neck - Tips and tricks

Rhinoplasty –Tips and tricks

Open pores and dull skin – Tips and tricks

Facial Pigmentation – Tips and tricks

Dr. K. Ramchandran

Dr. Satish Arolkar

Dr. Lalit Choudhary

Dr. Malvika Kohli

Dr. Archana Singhal

#### 12.30- 1.00 Difficult case discussions –malar bags, cellulite, stretch marks

Moderator –Dr. Prabhat Srivastava, Dr. Vandna Chatrath

Panelists – Dr. Malvika Kohli, Dr. Shirisha Singh, Dr. Shirang Pandit, Dr. Satish Arolkar

#### 1.00-2.00 pm Lunch

#### 2.00-3.30 pm – Lasers

##### Hair reduction - What works- what doesn't –what is the best?

Chairpersons – Prof. A.K. Singh, Dr Suresh Talwar, Dr Rishi Parasher

Dermatologist

Plastic surgeon

How to treat complications

Dr Malvika Kohli

Dr. Rohit Nayyar

Dr. Anil Ganjoo

##### Scar reduction- What works- what doesn't - what is the best?

Chairpersons – Maj. Gen. A.K. Bath, Dr. Vibhu Mehndiratta, Dr. S.S.Saha

Dermatologist

Plastic surgeon

How to treat complications

Dr. Suresh Talwar

Dr. P.K. Talwar

Dr Shirang Pandit

##### Skin tightening - What works- what doesn't- what is the best?

Chairpersons –Dr RP Gupta, Dr. P.K. Talwar, Dr. Kamlender Singh

Dermatologist

Plastic Surgeon

Dr. Chiranjeev Chabra

Dr. Kuldeep Singh

#### 3.30-4.00 pm Tea

#### 4.00-5.00 Acne & its Scars

Chairpersons – Dr. S.C.Bharija, Dr. Pramod Aggarwal, Dr. Lalit Makhija

Difficult Acne - How I manage

Simpler techniques in acne scars

Dr. Sanjeev Kandhari

Dr. Niti Khunger

#### Difficult Case Discussion

Moderator – Dr. Abir Saraswat

Panelists – Dr. Anil Ganjoo, Dr. Imran Majid, Dr. Sanjeev Kandhari,

Dr. S. Sacchidanand, Dr. Mukesh Giridhar

## SCIENTIFIC COMMITTEE

### Patrons in chief

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Dr. R.B.Ahuja  
Dr. Narendra Patwardhan

### Patrons

Lt. Gen. P. Bhargava  
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Dr. S.S.Saha

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Dr. Ahmed Zaheer

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Dr. Vivek Kumar

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Dr. Niti Khunger

### Co. Chairperson Scientific Committee

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Dr. Anup Dhir  
Dr. Rohit Nayyar  
Dr. Vasundhara Oberoi  
Dr. Abir Saraswat

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Dr. Manish Pahwa

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Dr. Lalit Choudhary

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Dr. Kamlender Singh	Dr. Somesh Gupta
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Dr. Lalit Makhija	Dr. V. Ramesh
Col. Manas Chatterjee	Dr. V.K. Garg
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Col. P.S.Bhandari	

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**Association of Cutaneous Surgeons of India**

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Learning from Each Other  
3rd - 4th SEPTEMBER, 2011

PRE-CONFERENCE WORKSHOP - 2ND SEPTEMBER, 2011

## REGISTRATION FORM

(Please fill in CAPITAL letters)

Full Name .....

Age/Sex .....

Designation .....

Speciality .....

Affiliation .....

Postal Address .....

.....

Email .....

Tel No.(0).....Fax ..... Mobile .....

Till 15th August, 2011  
After 15th August, 2011 and SPOT

Rs. 2000/-  
Rs. 3000/-

- |                                      |                          |
|--------------------------------------|--------------------------|
| Workshop on Lasers                   | <input type="checkbox"/> |
| Workshop on Chemical Peel            | <input type="checkbox"/> |
| Certificate Course on Suturing       | <input type="checkbox"/> |
| Basic Microsurgery Course            | <input type="checkbox"/> |
| Master class on Fat Grafting         | <input type="checkbox"/> |
| Master class on Hair Transplantation | <input type="checkbox"/> |

I am enclosing DD/Cheque No. .... Dated .....

Drawn on ..... bank for Rs .....

(In words) .....

In favour of "SIR GANGA RAM HOSPITAL " Payable at New Delhi.

(Out station Cheques will not be accepted)

**Registration for conference is mandatory for participation in Courses & Master Classes**

**An Educational Initiative Supported by MYOVATEC**