

# FACE

FACIAL AESTHETIC  
CONFERENCE  
AND EXHIBITION

**ABSTRACTS**

*The United  
Kingdom's Premier  
Medical Aesthetic  
Conference  
& Exhibition*

**17-18  
JUNE 2022**

**INTERCONTINENTAL  
LONDON - THE O2  
UNITED KINGDOM**



*Under the scientific supervision of the  
Aesthetic Multispecialty Society (AMS)*



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# ABSTRACTS

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**ALLI Zunaid**

Saturday, June 18, 2022 - from 09:00 to 11:00

**ARORA 1**

Session:

Complications Management

## **ANGIOEDEMA FOLLOWING HA LIP FILLER**

Dermal filler procedures may not always go according to plan. This presentation will focus on a rare case of angioedema following hyaluronic acid lip filler. This group of reversible fillers are extremely safe to use, however adverse events may happen which will require swift and decisive action by the practitioner to prevent further morbidity. This adverse event may quickly devolve into an acute life-threatening emergency with airway compromise. The case will describe the clinical background, angioedema diagnosis, pathophysiology of angioedema, immediate management, and further management plan. With patient safety at the forefront of practice, a detailed evidenced-based approach will then be presented to assist practitioners with the identification, diagnosis, and management of such a case in an aesthetic clinic environment.

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**AMIR Ruthie**

Friday, June 17, 2022 - from 11:30 to 13:00

**ARORA 16**

Session:

What's New and Where to Start with Devices: Now and Beyond

## **SYNCHRONOUS ULTRASOUND PARALLEL BEAM TECHNOLOGY FOR LIFTING EYEBROW SKIN AND LIFTING LAX SUBMENTAL AND NECK SKIN**

Background:

Ultrasound technology can treat fine lines and wrinkles as well as lift lax skin. Although early technology was less than optimal, a new-generation device (Sofwave, Yokneam, Israel) can safely target the mid-dermis to maximize neocollagenesis and neoelastogenesis, while incorporating feedback-controlled skin cooling and energy deposition. This ultrasound device utilizes synchronous ultrasound parallel beams to deliver seven beams of thermal energy at once to the mid-dermis at 0.5-2.0mm, increasing tissue temperatures to 60-70 degrees Celsius.

Purpose:

The purpose of this study is to assess the efficacy of this new-generation ultrasound device to lift lax skin of the eyebrow area and of the submental and neck areas using objective measurements and to compare the results obtained after a single treatment and after two treatments.

Study Design:

80 subjects (76 females and 4 males; age 39-77 years old; Fitzpatrick Skin Type I-V) from 5 US clinical sites were enrolled into a prospective, multi-center clinical study. Subjects received 2 treatments to the entire face, submental and neck area, and were followed up to 3 months post the last treatment.

Quantitative image analysis to objectively measure the skin lift was conducted by comparing baseline vs. after first treatment (immediately before the second treatment) and 3-months after the second treatment using 2D images. The eyebrow lifting measurements based on the maximum eyebrow height and the average eyebrow height (MEH and AEH). The submental and neck lifting measurements based on fixed reference points under the chin, whereas reduction in the area represents tissue lift. Two independent masked reviewers, who were not involved in the study, were asked to identify the 3-months post-treatment images, which were presented to them randomly with the pre-treatment images. Safety aspects were recorded along the study course.

Findings:

Significant mean improvement in average eyebrow height (AEH) and maximal eyebrow height (MEH) were achieved already after the first treatment with mean improvements of 0.71mm and 0.72mm (respectively). Results remained similar after the second treatment with mean AEH and MEH of 0.69mm and 0.78mm (respectively).

As well, significant lifting in objective measurement were obtained with mean lax submental and neck tissue lifting of 34mm<sup>2</sup> and 38mm<sup>2</sup> after first and second treatments, respectively.

In each of the visits, the improvements were found statistically significant compared to baseline ( $P < 0.05$ ); While the improvements were found similar after the first and second treatments ( $P > 0.05$ ).

Two blinded reviewers were in agreement in identifying the pre- and 3-months post-treatment photographs correctly for 79% of eyebrow lifting and 80% of the submental and neck lifting.

One related-device adverse event was recorded during the study (moderate blister on the neck resolved completely after

applying topical Silvadene cream only). There was no downtime with all subjects.

Summary:

This new-generation ultrasound device was demonstrated to safely provide clinical lifting of the eyebrows and the submental and neck lax skin already after a single treatment.

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**AVERINA Vladlena**

**ARORA 15**

Saturday, June 18, 2022 - from 16:30 to 18:00

Session:

A NEW REALITY FOR PATIENTS AND PRACTICES

**THE LONG TERM: WHAT CHANGED IN THE PAST FEW YEARS THAT WILL REMAIN IN THE AESTHETIC BUSINESS FOR THE COMING YEARS?**

Dr Martyn King joins leading experts to discuss the changing face of aesthetic practice with a focus on greater regulation within the industry, including premises, training providers and medical devices. A more holistic approach to treatment, often including several treatment modalities, to achieve the most beneficial outcome in both cosmetic appearance and wellbeing. The extended role of the aesthetic practitioner, offering additional treatments that are considered more medical and may include diagnostic tests. The use of imaging technology to lower the risk, and help in the management, of complications.

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**BAKER Anna**

**ARORA 15**

Friday, June 17, 2022 - from 16:30 to 18:00

Session:

Advanced Masterclass: Peeling Skin Diversity - in Partnership with the International Peeling Society (IPS)

**SUPERFICIAL PEELING FOR SENSITIVE SKIN**

Superficial peeling in sensitive skins can be effectively performed using the right technologies. In this session, I will explore the evidence behind some key proven multi-tasking ingredients, which can not only improve & strengthen the skin barrier, but deliver many advanced anti-ageing benefits as well.

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**BERTOSSI Dario**

**ARORA 1**

Friday, June 17, 2022 - from 11:30 to 13:00

Session:

Nose Nasolabial fold and Cheeks Zygoma Anatomy

**ADVANCED ANATOMY OF NOSE NASOLABIAL REGION**

LIVE DEMO

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**BILAL Afsheen**

**ARORA 16**

Friday, June 17, 2022 - from 11:30 to 13:00

Session:

What's New and Where to Start with Devices: Now and Beyond

**USES OF PICO LASER BEYOND TATTOO REMOVAL IN DERMATOLOGY**

Title OF Abstract: USES OF PICO LASER BEYOND TATTOO REMOVAL IN DERMATOLOGY: MY EXPERIENCE

Category: Aesthetic Dermatology

Corresponding/presenting author information: Dr. Afsheen Bilal

Placement Preference: Oral presentation

ABSTRACT:

Background: Pico second lasers are revolutionary devices with the ability to create a pulse of less than one nanosecond. Pico laser fractional hand piece is a breakthrough in laser science because of it's ability to create LIOBs. They have been used for various applications in the field of aesthetic and clinical dermatology. The objective of the study was to determine the effectiveness of the picosecond lasers for indications other than tattoo removal.

Methods: In this single-center, prospective study conducted in a private setting at Max Cosmetic contouring clinic G/8 Markaz,

Islamabad, during one year, 40 patients were included with clinically diagnosed dermatological disorders including 6 cases of resistant Melasma, 4 cases of post Inflammatory Hyperpigmentation, 4 cases of Active Acne and 5 cases of Post Acne Scarring, 4 cases of Rosacea, 3 cases of Nevus of Ota, 1 case of post burn scarring, , 1 case of Nevus Spilus, 2 cases of Macular Amyloidosis and 10 cases of age or environment related skin damage. Patients received 3-8 sessions of pico laser for different skin conditions 1week to 1month apart as indicated. Treatment was done with picosecond laser in different wavelengths for different conditions. Wavelengths used were 1064 nm,595 nm, 660 nm, 532 nm in picosecond pulses with a spot size ranged from 2-10 mm, fluence ranged from 0.16- 3J/cm2.In melasma , post acne and post burn scarring Pico laser fractional hand piece was also used. The pain and satisfaction scores for overall appearance and texture were noted.

Results: The mean age of the patients was 43.57±12.05 SD.29 women and 11 men with Fitzpatrick skin types 3-5, and post Inflammatory hyperpigmentation, Melasma, Active Acne and Post Acne Scarring, post burn scarring, age related skin damage, Rosacea, Nevus of Ota, Nevus Spilus, Macular Amyloidosis were enrolled. The mean pain score was 2.97 of 10 (Range: 1-6). Patients were satisfied to extremely satisfied with improvement in appearance and texture at their final treatment. 17.5 % of the patients were satisfied whereas 82.5% of the patients were extremely satisfied from the results. It's worth mentioning that few cases of melasma got worsened with pico laser sessions.

Conclusion: Picosecond laser has been found to be safe and effective for various skin conditions in patients with skin of color. It should not be first line therapy for melasma.

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## **BURGESS MBE Paul**

Friday, June 17, 2022 - from 16:30 to 18:00

**RIVERVIEW SUITES**

Session:

Compliance and Insurance in Aesthetic Practices

### **THE IMPLICATIONS OF NEW REGULATORY FRAMEWORKS ON AESTHETIC NURSING**

Over the next two years non-surgical treatments will be regulated via a new licensing system in England. The legal basis for this will be the Health and Social Care Act 2022. How the licensing system will work, what treatments are in scope and a new set of mandatory standards will need to be agreed and approved. I will outline the latest developments in these areas and the implications for aesthetic nurses alongside other health care professionals.

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## **CETTO Raul**

Friday, June 17, 2022 - from 14:00 to 16:00

**ARORA 1**

Session:

Biostimulation explained

### **AVOIDING NODULES AND KEEPING IT SAFE**

Management and avoidance of complications is key for any Aesthetic Practitioner. Nodules can be tricky to manage and are often misdiagnosed. Learn up to date protocols on the management and avoidance of nodules, who to involve in the management and when you might have to refer a patient.

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## **CETTO Raul**

Saturday, June 18, 2022 - from 11:30 to 13:00

**ARORA 1**

Session:

Hyaluronidase With Live Filler Dissolving

### **NEW FINDINGS ON THE USE OF HYALURONIDASE IN FACIAL AESTHETICS THAT CHANGES TREATMENT PROTOCOLS**

With the rise in popularity of dermal filler treatments, there has been an increase of vascular compromise and other complications reported in medical literature. Hyaluronidase is often used for the management of complications arising from dermal filler treatments, do you know what the half life, correct doses and dilutions are for the correct use of hyaluronidase? Join us as we share some recently published evidence based protocols on the use of Hyaluronidase in Aesthetic Medicine.

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## **CETTO Raul**

Saturday, June 18, 2022 - from 14:00 to 16:00

**ARORA 1**

Session:

Central Facial Triangle: How I Combine

### **MEDICAL RHINOPLASTY: COMBINING BOTULINUM TOXIN AND DERMAL FILLERS**

The use of dermal fillers for reshaping the nose has significantly increased over the last years, with the increase in popularity

of non surgical nose reshaping treatments some patients now have an alternative to surgery. The nasal tip is incredibly dynamic and is an area where we use a combination of dermal fillers and botulinum toxin to address the downwards rotation of the nasal tip. Join us if you would like to learn how to use these treatments in combination or in isolation for treating nasal flaring and nasal tip rotation.

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**CHONG Patrick**

Friday, June 17, 2022 - from 11:30 to 13:00

**ARORA 16**

Session:

What's New and Where to Start with Devices: Now and Beyond

**ADVANCES IN VARICOSE VEIN CARE - WHAT CAN PATIENTS EXPECT IN 2022-23**

My talk will provide a summary of the evidence base for current Thermal Techniques such as Laser, Microwave and Radiofrequency Ablation and also Non-Thermal Techniques such as Sclerotherapy, Cyanoacrylate Glue and MOCA will also be covered including extra-corporeal varicose vein surgery.

This session will be useful for colleagues with a varicose veins practice or those looking to expand their practice, clinician referrers like dermatologists and plastic surgeons, hospital managers considering expansion of their services to include patient centred evidence based varicose vein care.

What is good varicose vein care in 2022? What care standards do the PMIs expect? What is the self-funding market like? Come and join this session to find out.

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**COLLINS Brett**

Friday, June 17, 2022 - from 16:30 to 18:00

**RIVERVIEW SUITES**

Session:

Compliance and Insurance in Aesthetic Practices

**THE SAVE FACE PERSPECTIVE ON POTENTIAL LICENSING SCHEMES IN AESTHETICS**

The passing of the Health and Care Bill means that the government now have scope to introduce a licensing scheme for those who offer non-surgical cosmetic treatments. In this presentation, we will discuss what that means in practical terms for medical professionals who practice in this field.

What is licensing? And is it a fit for purpose model to address the issues that exist within this sector?

We will help you decipher the truth from the propaganda and present the facts that will give you a clearer view of what this will entail if it is implemented to enable you to make informed decisions.

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**DAVIES Owen**

Saturday, June 18, 2022 - from 11:30 to 13:00

**ARORA 16**

Session:

Innovations In Regenerative Procedures

**THE SCIENCE, LIMITATIONS AND FUTURE OF EXOSOMES IN AESTHETICS**

Extracellular vesicles (EVs) are lipid enveloped nanoparticles that are naturally produced by cells and function in the intercellular transfer of biological material such as proteins and RNAs. These particles have been shown to confer many of the therapeutic effects attributed to stem cells, altering the functions of recipient cells upon transfer and modulating the local inflammatory environment. This has made them particularly appealing candidates in regenerative medicine as a scalable alternative to stem cell treatments or as vehicles for the delivery of exogenous drugs and native biological factors. In this talk I will deliver an overview of the current status of EVs in regenerative medicine and identify their potential applications in aesthetics.

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**DIERICKX Christine C.**

Friday, June 17, 2022 - from 14:30 to 16:00

**ARORA 15**

Session:

Aesthetic Treatments in Patients with Skin of Colour

**CLINICAL EXPERIENCE WITH 1927 NM LASER FOR ACNE TREATMENT**

Background: In 2008, it was demonstrated that lipids can be targeted with light-based energy-based devices utilizing using a

wavelength-tunable superconducting free-electron laser. It was also demonstrated that lipid absorption bands were near several wavelengths, including 1700nm with maximum absorption in sebum around 1726nm. This led to several clinical investigations of a 1726nm laser for selective targeting and photothermolysis of sebaceous glands, which could theoretically improve various forms of acne vulgaris.

**Study Design/Materials and Method:** In two separate IRB-approved trials, the efficacy of a novel 1726nm laser (Accure Acne, Inc., Boulder, CO) with built-in and fully integrated forced air cooling, as well as real-time temperature monitoring and modulation was evaluated for the treatment of moderate inflammatory acne vulgaris. This skin cooling system and temperature management systems allows for protection of superficial skin from thermal injury and reduction of subject discomfort and unintended nonspecific inflammation. The trials enrolled 26 subjects, who were to receive up to 4 treatments spaced 4-6 weeks apart.

**Results:** A total of 19 subjects completed the trials, representing various ages and Fitzpatrick skin types (I-V). A total of 84.2% (n=16) completed four treatments and 15.8% (n=3) completed two treatments. The median improvement of inflammatory lesion count from baseline was 73%, 81%, and 80% at 4-, 8-and 12-week follow-up periods, respectively. For subjects who reported to 39- and 52-week follow-ups, 60% either maintained or sustained improvement of their inflammatory lesion count from their last previous visit. Responder status has been defined as a minimum threshold of 50% reduction in inflammatory lesion count from baseline. The responder rate was 92%, 100%, and 100% at 4 weeks, with 100% maintained their responder status from previous visit. There were no cases of permanent damage or scarring.

**Conclusion:** Treatment with a novel 1726nm laser with integrated and highly controlled cooling as well as real-time temperature monitoring offered safe, improved, and durable clinical outcomes for moderate inflammatory acne vulgaris.

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## **EL MUNTASAR Ahmed**

Saturday, June 18, 2022 - from 09:30 to 11:00

**ARORA 15**

Session:

Marketing Branding Your Practice Through Social Media, PR Events

### **UTILISING INSTAGRAM TO BUILD YOUR BRAND, GAIN HUNDREDS OF THOUSANDS OF FOLLOWERS AND A LOYAL CLIENT BASE**

Join Dr Ahmed in an interactive session with tips and tricks on growing your Instagram following, gaining loyal clients and increasing the presence you have on social media. Showing how Dr Ahmed became the most followed cosmetics doctor in the UK on social media. Delving into creating stories and reels to engage your audience.

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## **GOLD Michael**

Friday, June 17, 2022 - from 09:30 to 10:30

**ARORA 15**

Session:

Scar Management

### **LIGHT AND LASER FOR MULTI-MODEL SCAR MANAGEMENT**

Treating scars is one of the most difficult concerns aesthetic physicians face on a daily basis in our practices. Lasers and Light Sources have emerged as one of the most promising and useful "tools" we have to improve the appearance of hypertrophic scars and keloids. This presentation will review the evidence-based medicine regarding the use of Energy Based Devices in treating these lesions and how we have changed patient lives as a result.

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## **GOLD Michael**

Friday, June 17, 2022 - from 11:30 to 13:00

**ARORA 16**

Session:

What's New and Where to Start with Devices: Now and Beyond

### **FAT REDUCTION DEVICES IN 2022-23 &NDASH; WHAT'S NEW AND WHAT WORKS**

Fat reduction with non-invasive medical devices have become one of the most popular cosmetic treatments being performed all over the world. This presentation will present the evidence-based scientific studies for these devices - both with cold and with laser energies. Fat reduction is now a reality and understanding how these devices work and setting proper patient expectations will all be presented in this talk.

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## **GOODARZIAN Xavier**

Friday, June 17, 2022 - from 16:30 to 18:00

**ARORA 15**

Session:

Advanced Masterclass: Peeling Skin Diversity - in Partnership with the International Peeling Society (IPS)

### **SKIN RESTORATION WITH MEDIUM AND DEEP CHEMICAL PEELS AND SKIN DIVERSITY**

In this session we explore the results one can achieve with TCA medium peels and deep phenol peels and we look at how to choose the best combinations of peels to achieve optimum results. Correct patient selection is key to success with chemical peels. Medium TCA peels can be combined with deep phenol peels in different areas of the face. This method is called a mosaic peel. In this session we will discuss the key differences between medium and deep peels when it comes to preparation, treatment and aftercare. We will also consider ethnic diversity and various types of peels.

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**GOUT Uliana**

Saturday, June 18, 2022 - from 16:30 to 18:00

**ARORA 15**

Session:

A NEW REALITY FOR PATIENTS AND PRACTICES

### **THE LONG TERM: WHAT CHANGED IN THE PAST FEW YEARS THAT WILL REMAIN IN THE AESTHETIC BUSINESS FOR THE COMING YEARS?**

Dr Martyn King joins leading experts to discuss the changing face of aesthetic practice with a focus on greater regulation within the industry, including premises, training providers and medical devices. A more holistic approach to treatment, often including several treatment modalities, to achieve the most beneficial outcome in both cosmetic appearance and wellbeing. The extended role of the aesthetic practitioner, offering additional treatments that are considered more medical and may include diagnostic tests. The use of imaging technology to lower the risk, and help in the management, of complications.

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**GRANITE Alexis**

Friday, June 17, 2022 - from 11:30 to 13:00

**ARORA 15**

Session:

Dermatology 101 - How To Spot Conditions' Differences

### **THE RED, FLAKY FACE, HOW TO DIAGNOSE AND TREAT DERMATITIS**

Red, dry facial patches are something we see very regularly in our practices, but not all dermatitis is the same. Learn how to spot subtle differences in this common skin condition to help guide diagnosis and management.

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**HARRIS Steven**

Saturday, June 18, 2022 - from 11:30 to 13:00

**ARORA 1**

Session:

Hyaluronidase With Live Filler Dissolving

### **THE GROWING TREND OF ELECTIVE DISSOLVING WITH HYALURONIDASE - HOW DID WE GET HERE AND WHERE ARE WE HEADING?**

There appears to be a growing trend of electively dissolving hyaluronic acid fillers with many specialised dissolving clinics now in operation. The trend involves the use of the enzyme hyaluronidase to reverse unaesthetic results, in particular overfilled faces. In order to fully understand this trend, one needs to understand the causes of overfilled faces and in particular, Alienisation - the distortion of normal anatomy beyond what would be considered normal range for the individual. This talk will focus on the underlying causes of Alienisation - why some see and others do not - from image disorders (including dysmorphic practitioners) to the need for approval from others (in 'herd' aesthetics) and being 'trendy' on social media. In many cases, the anatomical distortions are associated with increased risks to both the physical and mental well being of our patients. Where are we heading with Alienisation and what are the key roles we should be playing as practitioners?

Reference: Harris, S. Alienization. PRS-Global Open. 10(1):e4025, January 2022.

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**HERMANS Anne-Mette**

Saturday, June 18, 2022 - from 09:30 to 11:00

**ARORA 15**

Session:  
Marketing Branding Your Practice Through Social Media, PR Events

**SOCIAL MEDIA MARKETING OF COSMETIC PROCEDURES: A CONTENT ANALYSIS AND IMPLICATIONS FOR REGULATION**

Cosmetic patients are likely to consult social media for information and recommendations before undergoing a procedure, which means that providers are increasingly turning to social media to entice (young) people to undergo cosmetic procedures. Based on an extensive content analysis of the Instagram marketing by various UK clinics, I will present how cosmetic procedures are being marketed to social media audiences and the implications of this. Following this presentation, I will lead a discussion on current advertising regulations by the UK's Advertising Standards Authority (ASA) and will encourage sharing good practice amongst participants.

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**HOOKER Eddie**

Friday, June 17, 2022 - from 16:30 to 18:00

**RIVERVIEW SUITES**

Session:  
Compliance and Insurance in Aesthetic Practices

**THE SECTOR AND INSURANCE ARE EVOLVING AND IT IS VITAL TO KEEP UP TO DATE WITH ALL CHANGES AND NEWS**

Within this talk, Eddie Hooker will be touching on:

- 1 - The development and merging of the sector and insurance post pandemic
  - 2 - The importance of improved and continuous communication
  - 3 - Understanding claims, consultations and prevention etc
  - 4 - What part technology has to play in the insurance world going forward
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**HUMZAH Dalvi**

Friday, June 17, 2022 - from 09:00 to 11:00

**ARORA 1**

Session:  
What's new on botulinum toxin and fillers

**BOTULINUM TOXIN AS A TOPICAL TREATMENT TO REDUCE SWEATING**

Botulinum toxin works on the sebocyte to reduce sweating. Frequently delivered intradermally with multiple injection in the area to be treated, Transdermal delivery of botulinum toxin in different formulations using a nanoparticle delivery system is presented with early investigator led results discussed.

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**HUMZAH Dalvi**

Friday, June 17, 2022 - from 11:30 to 13:00

**ARORA 16**

Session:  
What's New and Where to Start with Devices: Now and Beyond

**RADIOFREQUENCY ASSISTED LIPOLYSIS FOR COMBINED CONTOURING AND SKIN TIGHTENING**

Radiofrequency as energy based devices provide a novel technique to achieve lipolysis, tissue and skin contraction. The combined procedures of internal (X-tite) and external (Morpheus 8) provides an inside out treatment option. The development of this technology and associated safety features are presented with treatment procedures and outcomes.

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**HUMZAH Dalvi**

Friday, June 17, 2022 - from 14:00 to 16:00

**ARORA 1**

Session:  
Biostimulation explained

**WHAT'S THE TRUTH ABOUT HYPERDILUTION**

Hyperdilute / dilute are different practical aspects in using CaHA for collagen induction. Colloquially terms such as "wash" is used, this is inaccurate and does not address the fundamental issues of hyperdilution. The key concepts of hyperdilution and its specific uses in different circumstances are discussed from 1: 2 to 1:5 .



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**HUMZAH Dalvi**

Saturday, June 18, 2022 - from 11:30 to 13:00

**ARORA 1**

Session:

Hyaluronidase With Live Filler Dissolving

**HYALURONIDASE - KNOWN KNOWNS TO UNKNOWN UNKNOWNNS**

Hyaluronidase plays a central role in dealing with filler related complications. many of the views and uses have developed in an anecdotal fashion. The scientific basis of its use and future developments in aesthetics is discussed. The myths surrounding hyaluronidase in clinical aesthetic practice are examined and potential protocols that practitioners could use in their clinical practice are presented.

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**JAIN Ravi**

Friday, June 17, 2022 - from 14:30 to 16:00

**ARORA 16**

Session:

What Is Your Go-To Thread And Why?

**PERMANENT SUSPENSION THREAD LIFTS**

I will present 2 year audit on facelift using permanent suspension threads and how since introducing these to my practice, I can provide long term solutions to lifting with minimal complications.

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**JUDODIHARDJO Harryono**

Friday, June 17, 2022 - from 14:30 to 16:00

**ARORA 15**

Session:

Aesthetic Treatments in Patients with Skin of Colour

**THERMO-MECHANICAL ABLATION TREATMENT IN SKIN OF COLOUR PATIENTS**

Background:

Thermo-Mechanical Ablation (TMA) machine is a new device that is non-laser, non- radio frequency and non- plasma device that transfer heat to the skin directly by conduction. The device heats up a piece of titanium metal to a constant 400 degrees Celsius and, by using a highly precise mechanical piston, it pushes the heated metal to the skin for a precise millisecond amount of time. This resulted in instant desiccation of the skin and create intradermal inflammation that stimulates skin repair. The safety of this new device is assessed in this study.

Method:

Retrospective review of our clinical notes on the first 150 patients we treated with this TMA device.

Results:

150 consecutive patients aged 20 to 82 years with Fitzpatrick Skin Types I to V who were treated with TMA was included in this study. The study period was from October 2016 to June 2018. Total number of treatment sessions was 327. The total number of pulses delivered to these patients was 148,856 (average 455 pulses per session). The indications for the treatment were photodamaged skin (n=145) and acne scarring (n=5). All patients did not have any permanent side effects. There were 4 reported complication all of which were: temporary Post-inflammatory hyperpigmentation (n=2), impetigo (n=1) and dermatitis (n=1).

Conclusions:

Using the TMA device for photodamaged and acne scarring is safe in skin types I to V and has a low incidence of temporary side effects.

References:

H Judodihardjo, S Rajpar. Retrospective study on the safety and tolerability of clinical treatments with a novel Thermomechanical Ablation device on 150 patients. J Cosmet Dermatol. 2022 Apr;21(4):1477-1481. doi: 10.1111/jocd.14243.

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**KANE Michael A. C.**

Friday, June 17, 2022 - from 09:00 to 11:00

**ARORA 1**

Session:

What's new on botulinum toxin and fillers

## **NEW EXTENSION OF TOXIN DURATION: BEYOND INCREASING DOSE**

Duration of action of botulinum toxin type A is an important issue to practitioners and patients alike. Recently, attention has been paid to publications which show an increase in duration with a large increase of dose. Are there other ways to increase duration without a large dose increase?

This presentation will discuss both interval and formulation in the role of increasing duration while maintaining a natural-looking result using relatively low doses.

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**KANE Michael A. C.**

Saturday, June 18, 2022 - from 17:10 to 18:00

**ARORA 1**

Session:

Fat Dissolving Injections

### **PERIORBITAL INJECTABLE REJUVENATION BY REMOVING (NOT JUST ADDING) VOLUME**

Periorbital rejuvenation was limited to surgical procedures for nearly a century. Then, chemical peels and lasers were added to our armamentarium. For the past twenty years adding volume for rejuvenation has helped to prevent hollowing of the orbit and helped to hide eye bags of peri-orbital fat. This non-surgical procedure has revolutionized our ability to treat the periorbital area without surgery. But there is a limit to what can be gained from volume addition alone. In the author's hands, the limitation of volume addition is the size of the visible periorbital fat. This is the cut-off point for this procedure. A new injectable product, MesoEye, which decreases the appearance of periorbital fat will be discussed. The various ingredients of the product which help to reduce lipogenesis and adipogenesis will be discussed. The mechanism of action of the various ingredients will be discussed in detail including their complementary roles in reducing the appearance of periorbital fat without surgery.

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**KAUR Bhavjit**

Friday, June 17, 2022 - from 14:30 to 16:00

**ARORA 15**

Session:

Aesthetic Treatments in Patients with Skin of Colour

### **PREVENTING AND MANAGING AESTHETIC COMPLICATIONS IN DARKER SKIN TYPES**

Addressing the aesthetic, dermatologic and hypertrichosis needs in people with darker skin types requires specialist knowledge, from diagnosis to treatment of the condition keeping in mind the variations in treatment protocols in the context of skin tone. Best practice would include the expertise to prevent and manage complications that may arise due to these procedures. With the addition of innovative treatment options available so rapidly in this field, the application of different devices, minimally invasive procedures, and peels etc., on people with darker skin colour poses challenges as most of the research is done on lighter skin types.

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**KING Martyn**

Saturday, June 18, 2022 - from 09:00 to 11:00

**ARORA 1**

Session:

Complications Management

### **COVID-19 VACCINATION: INFECTION AND IMPACT**

COVID-19 has had a huge impact on aesthetic practitioners, not least from the compulsory lockdowns, but also due to the increase in complications, particularly Delayed Onset Nodules and Delayed Onset Reactions, that have been observed in patients that have previously had soft tissue fillers. Dr Martyn King presents the nationally adopted advice on performing filler treatments around vaccination and data and case studies from the Aesthetic Complications Expert Group in the management of these adverse events. He also discusses a new treatment regime that has been highly successful in treating patients with resistant nodules that have failed to resolve with standard treatment and in a patient who had an allergic response to hyaluronidase.

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**KING Martyn**

Saturday, June 18, 2022 - from 16:30 to 18:00

**ARORA 15**

Session:

A New Reality for Patients and Practices

### **THE LONG TERM: WHAT CHANGED IN THE PAST FEW YEARS THAT WILL REMAIN IN THE AESTHETIC BUSINESS FOR THE COMING YEARS?**

Dr Martyn King joins leading experts to discuss the changing face of aesthetic practice with a focus on greater regulation

within the industry, including premises, training providers and medical devices. A more holistic approach to treatment, often including several treatment modalities, to achieve the most beneficial outcome in both cosmetic appearance and wellbeing. The extended role of the aesthetic practitioner, offering additional treatments that are considered more medical and may include diagnostic tests. The use of imaging technology to lower the risk, and help in the management, of complications.

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## **MANCHA Gema**

Saturday, June 18, 2022 - from 09:30 to 11:00

**ARORA 15**

Session:

Marketing Branding Your Practice Through Social Media, PR Events

### **THE MUST-HAVES OF A SUCCESSFUL PERSONAL BRAND**

In a hyper-connected and fast-changing environment the Personal Brand plays a key role to gain reputation, differentiate and acquire a consistent value proposition. This talk provides the essentials to achieve a successful Personal Brand.

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## **MANCHA Gema**

Saturday, June 18, 2022 - from 11:30 to 13:00

**ARORA 15**

Session:

The Patient Journey I: Building a Loyal Patient Following

### **DIFFERENTIATION STRATEGIES: WHY AESTHETICS PRACTITIONERS MUST BE STRONG LEADERS**

Good leadership is key to develop high performance teams.

This talk focuses on identifying the soft skills and capabilities of a strong leaders and how they can transform the whole organization.

Inspirational leadership positively influences the behaviour of their employees and make the team strive to achieve the objectives of the company.

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## **MANDAVIA Rishi**

Friday, June 17, 2022 - from 09:30 to 10:30

**ARORA 15**

Session:

Scar Management

### **RF MICRONEEDLING AND CO2 LASER FOR ACNE SCARRING**

Introduction

Combination radiofrequency (RF) microneedling with fractional ablative carbon dioxide (CO<sub>2</sub>) laser is a new approach for acne scar treatment. Aims: 1) to systematically review the literature on the safety and effectiveness of this treatment for acne scarring; 2) to assess safety and effectiveness in a multicentre case series.

Methods

Systematic review. Articles that assessed the safety and effectiveness of combination RF microneedling and fractional CO<sub>2</sub> laser for acne scarring were included and quality assessed using the Downs and Black checklist.

Case series. Patient records were reviewed from 2 clinics, one in London, UK and the other in Washington D.C., US, to identify patients who underwent a single treatment with RF microneedling and fractional CO<sub>2</sub> laser for acne scarring. Outcome assessment was via the Scar Global Assessment (SGA) scale.

Results

Systematic review. Three articles were included and reported improvements in acne scar severity. Adverse effects included erythema, oedema, pain, vesicle formation, erosion, petechiae, desquamation, post inflammatory hyperpigmentation (PIH) and acne flare. Quality scores ranged from 14-15 (maximum of 21).

Case series. Twenty-six patients were included. Mean SGA Score was 3.0 at baseline and 1.3 at follow-up. All patients had an improved SGA score. Adverse effects included erythema, pain, oedema, skin crusting, PIH and acne flare. All patients resumed normal activities within 7-days of treatment.

Conclusion

Combination RF microneedling and fractional CO<sub>2</sub> laser appears a safe and effective treatment for patients with acne scarring. A single treatment can result in noticeable improvements in acne scar severity with a short recovery time.

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**MANDAVIA Rishi**

Saturday, June 18, 2022 - from 11:30 to 13:00

**ARORA 15**

Session:

The Patient Journey I: Building a Loyal Patient Following

**BUSINESS STRATEGIES FOR BUILDING A SUCCESSFUL AESTHETIC MEDICINE PRACTICE**

In this presentation Dr Rishi, Managing Director of the Dr Tatiana Aesthetic Clinic discusses key strategies to help build a successful and sustainable Aesthetic Medicine Practice. Areas covered include:

- Setting 1, 5 and 10 year goals
  - Choosing the best machines and equipment for your team
  - Conducting research
  - Delivering and demonstrating excellent patient experience
  - CQC registration
  - Training your team
  - Leadership principles and team management
  - Staff recruitment and retainment
  - Advertising and PR
  - Achieving organic growth
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**MARKOVA Natalia**

Saturday, June 18, 2022 - from 09:30 to 11:00

**ARORA 16**

Session:

Genital Rejuvenation

**NON-SURGICAL NARROWING OF THE VAGINAL VESTIBULE WITH POLY-DL-LACTIC FILLERS**

Correction of the female intimate area has recently firmly taken its position between aesthetic procedures for the face and body. In the field of aesthetic correction of the female intimate zone, the correction of the vestibule of the vagina with threads is widely used. We would like to share the experience of using a filler based on Poly - DL- Lactic acid for correction of the vestibule of the vagina. Poly - DL - Lactic acid can also fill the volume of the vaginal vestibule and create conditions for a tighter fit of the penis, which may increase the sexual pleasure of both partners during sex. This method also improves the quality of the mucosis by increasing the stimulation of the synthesis of substances of the extracellular matrix.

According to our method, 10 people were treated with satisfactory results. We used Poly - DL-Lactic acid-based filler (1000 mg of Poly-DL-Lactic acid). The correction method is simple to implement. Potential side effects are minimal, given the precautions and recommendations for use of the filler. Patient satisfaction with the procedure is high.

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**MARTIN John**

Saturday, June 18, 2022 - from 09:00 to 11:00

**ARORA 1**

Session:

Complications Management

**NEUROTOXIN COMPLICATIONS**

As the variety of uses for neurotoxins increases, so do the complications that we see in our practice. Neurotoxin complications will be presented, and techniques to minimize these will be discussed.

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**MARTIN John**

Saturday, June 18, 2022 - from 14:00 to 16:00

**ARORA 1**

Session:

Central Facial Triangle: How I Combine

**LOWER EYE LID: FILLERS + LASER + TOXINS: WHAT TO USE, WHAT TO AVOID, AND TIPS FOR INJECTING**

There are many non-surgical options available for peri-ocular rejuvenation. These include fillers, lasers and neuro-toxins. These will all be discussed including how best to combine them for optimal results.

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**MEHTA Tristan**

Friday, June 17, 2022 - from 14:00 to 16:00

**ARORA 1**

Session:

Biostimulation explained

**COMBINING BIOSTIMULATORS AND HA FILLERS**

The biostimulatory effects of Calcium Hydroxylapatite depend on its concentration, the size of the microspheres, and their shape. When combined with hyaluronic acid, we can consider the advantage of 'slow releasing' the biostimulator. This presentation will explore physiological and inflammatory biostimulation with novel monophasic and biphasic fillers.

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**MENKES Sophie**

Saturday, June 18, 2022 - from 09:30 to 11:00

**ARORA 16**

Session:

Genital Rejuvenation

**ADOPTING A MULTIMODAL APPROACH TO FEMALE GENITAL REJUVENATION**

Rejuvenation of Genital Area

Introduction:

Genital restoration is growing in recent years. It can improve vaginal dryness, mucosa trophicity, genito-urinary symptoms of menopause (GSM) and loss of elasticity and volume of external genitalia.

Objectives:

Our goal is to show that microfat, nanofat grafting can be effective in this indication. This study aims to present our technique, analyzing effectiveness, patient satisfaction, and complications.

Methods:

Patients presenting vaginal trophic disorders, atrophy of labia majora, and GSM were included.

After abdominal fat harvesting (or internal face of the knees, or thighs) and fat graft preparation, a microfat and nanofat grafting was performed in the genital area.

8 ml of microfat was injected in the labia majora and 6 ml of nanofat in the vestibule, the G spot area and the first 3 centimeters of the vagina wall (posterior and lateral)

Fridmann score and Female Sexual Distress Scale (FSD) were used to evaluate the results, the effectiveness and tolerance of the treatment.

Results:

100 patients benefited from this technique. A significative improvement of the Fridmann score, pH, and FSD scale was found for all patients, with particular benefit on dryness, pH and dyspareunia.

No complication was found in our study.

Conclusion:

This study demonstrate that functional disorders of intimate sphere can be treated by microfat, nanofat grafting.

This autologous procedure is able to provide a very good rejuvenation of genital area.

This method was effective in all patients and required a single session for long term benefit.

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**MOLLOY Patricia**

Saturday, June 18, 2022 - from 11:30 to 13:00

**ARORA 15**

Session:

The Patient Journey I: Building a Loyal Patient Following

**CONSULTATIONS ARE AS IMPORTANT AS THE TREATMENT**

Consultations need to be given as much time as possible to assess the patient for treatment. To start a meaningful Physician Patient relationship. To ensure patients expectations are realistic and that they understand the before and after care. To educate the patient and make a plan.

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**MOLLOY Patricia**

Saturday, June 18, 2022 - from 14:30 to 16:00

**ARORA 15**

Session:  
The Patient Journey II: Building a Patient-Focused Practice

### **HOW TO MANAGE PATIENTS COMPLAINTS TO AVOID AN INSURANCE CLAIM**

A good professional relationship with the patient is paramount. From the first consultation an in-depth assessment of the patient's expectations and understanding of the outcome of the procedure is essential. Don't be afraid to say No. Patients complaints must be prioritised and handled as soon as possible with support and compassion. Photographs and documentation can avoid claims.

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**MURTHY Rachna**

Saturday, June 18, 2022 - from 09:00 to 11:00

**ARORA 1**

Session:  
Complications Management

### **ENHANCED SAFETY WITH AUGMENTED REALITY: AVOIDANCE AND MANAGEMENT OF VASCULAR FILLER COMPLICATIONS**

Background: In the last decade, there has been a massive rise in the demand for non-surgical aesthetic treatments with HA filler. The ability to produce aesthetically pleasing 'surgical results' without surgery, using a rapid office based procedure with little or no downtime is an appealing prospect for both the injector and the patient. Along with a paradigm shift in aesthetic treatments, there has been a corresponding exponential rise in the rate of complications, one of the most devastating being blindness.

Aim: We will discuss the current evidence for the risk of vision loss with HA filler and hypotheses, how you can recognise and record the signs, reduce the risk and mitigate the consequences of ophthalmic and retinal vascular occlusion. What steps should be taken to make the correct diagnosis, simple measures that can be implemented immediately with little risk of further harm, and a treatment algorithm to increase the chances of recovery.

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**MYERS Paul**

Friday, June 17, 2022 - from 16:30 to 18:00

**RIVERVIEW SUITES**

Session:  
Compliance and Insurance in Aesthetic Practices

### **APPRAISAL AND REVALIDATION UPDATE FOR AESTHETIC DOCTORS**

We will define the arena of aesthetic medicine in the UK and highlight the key concepts and challenges facing us today.

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**PEARLMAN Jennifer**

Saturday, June 18, 2022 - from 16:30 to 18:00

**ARORA 15**

Session:  
A NEW REALITY FOR PATIENTS AND PRACTICES

### **THE LONG TERM: WHAT CHANGED IN THE PAST FEW YEARS THAT WILL REMAIN IN THE AESTHETIC BUSINESS FOR THE COMING YEARS?**

Dr Martyn King joins leading experts to discuss the changing face of aesthetic practice with a focus on greater regulation within the industry, including premises, training providers and medical devices. A more holistic approach to treatment, often including several treatment modalities, to achieve the most beneficial outcome in both cosmetic appearance and wellbeing. The extended role of the aesthetic practitioner, offering additional treatments that are considered more medical and may include diagnostic tests. The use of imaging technology to lower the risk, and help in the management, of complications.

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**PIRAYESH Ali**

Friday, June 17, 2022 - from 11:30 to 13:00

**ARORA 1**

Session:  
Nose Nasolabial fold and Cheeks Zygoma Anatomy

### **ULTRASOUND AND ROBOTIC TECHNOLOGY FOR FILLER INJECTIONS: INDICATIONS LIMITATIONS**

LIVE DEMO

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**ROOS Jonathan**

Saturday, June 18, 2022 - from 09:00 to 11:00

**ARORA 1**

Session:

COMPLICATIONS MANAGEMENT

**ENHANCED SAFETY WITH AUGMENTED REALITY: AVOIDANCE AND MANAGEMENT OF VASCULAR FILLER COMPLICATIONS**

Background: In the last decade, there has been a massive rise in the demand for non-surgical aesthetic treatments with HA filler. The ability to produce aesthetically pleasing 'surgical results' without surgery, using a rapid office based procedure with little or no downtime is an appealing prospect for both the injector and the patient. Along with a paradigm shift in aesthetic treatments, there has been a corresponding exponential rise in the rate of complications, one of the most devastating being blindness.

Aim: We will discuss the current evidence for the risk of vision loss with HA filler and hypotheses, how you can recognise and record the signs, reduce the risk and mitigate the consequences of ophthalmic and retinal vascular occlusion. What steps should be taken to make the correct diagnosis, simple measures that can be implemented immediately with little risk of further harm, and a treatment algorithm to increase the chances of recovery.

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**ROWLAND PAYNE Christopher**

Saturday, June 18, 2022 - from 17:10 to 18:00

**ARORA 1**

Session:

Fat Dissolving Injections

**UPDATE ON INJECTION LIPOLYSIS**

Fat excess is the curse of the 21st-century. It may be generalised or localised. Unwanted fat may be treated by diet or drugs or destruction. Destruction of fat can be achieved by liposuction, high intensity focused ultrasound (HIFU), radiosurgery, cryolipolysis or injection lipolysis (ILP).

ILP is an ambulant outpatient procedure requiring neither anaesthesia nor operating theatre nor capital expenditure on expensive equipment. ILP can be performed using either relatively expensive commercially available FDA approved products or relatively inexpensive pharmacy-produced extemporaneous solutions, such as the cocktail of phosphatidyl choline 250mg with deoxycholate 133mg in normal saline 10 ml which has a one year shelf life.

ILP lends itself to the treatment of unwanted fat deposits, such as jowls, inframental fat pads and infraorbital intraorbital fat herniation ("eyebags") and also suprailiac fat pads ("love handles").

Typically treatment is planned over three or four sessions, each separated from one another by about eight weeks.

Advantages of ILP include safety and simplicity, adaptability and low cost. Disadvantages include bruising and swelling, both of which are temporary; rarer complications include muscular atrophy.

ILP is simple, safe and effective and is well suited to the treatment of excess fat, especially localised deposits.

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**RUIZ DEL CUETO Sofia**

Saturday, June 18, 2022 - from 11:30 to 13:00

**ARORA 1**

Session:

Hyaluronidase With Live Filler Dissolving

**THE RISKS OF THE CENTRAL FACIAL TRIANGLE: TREATING VASCULAR COMPLICATIONS WITH HYALURONIDASE**

The Risks of the facial triangle: treating vascular complications with hyaluronidase

Vascular complications are the most severe and, therefore dreaded complications in aesthetic medicine. Learning how to diagnose and treat them is paramount.

First we must bear in mind that vascular complications can have an immediate, but also a delayed onset, being the latter the most dangerous one. We must always have a vascular occlusion in mind when we perceive skin decolouration: blanching, livedo reticularis and be able to differentiate it from a bruise. Pain is also very suggestive of vascular compromise, but could be masked by anaesthetics. Other signs and symptoms we must look out for are retarded capillary refill, temperature

changes, pattern of discolouration, etc.

A vascular complication is an emergency and must be dealt with rapidly and effectively, so every professional treating with fillers must be adequately trained in the treatment protocol and necessary medication must be available at all times.

The most severe outcome in these cases is complete or partial blindness due to occlusion of the retinal artery and/or its branches. The latest articles have shown us how retrobulbar injection of hyaluronidase has been proven risky and useless. We shall review the latest protocols of how to treat these and other vascular complications with hyaluronidase.

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## **RUIZ DEL CUETO Sofia**

Saturday, June 18, 2022 - from 14:00 to 16:00

**ARORA 1**

Session:

Central Facial Triangle: How I Combine

### **WHAT TO CONSIDER WHEN TREATING THE CENTRAL FACIAL TRIANGLE**

What to consider when treating the central facial triangle.

The central facial triangle is the most complicated area of the face to treat, not just because it holds the main high-risk zones of the face such as eyes and nose, but also because it is its main centre of visual attraction.

When treating the central facial triangle there are 4 basic things to consider:

1. Risk areas: we must bear in mind the specific risks when treating:

- a. Eyes
- b. Nose
- c. Lips

2. Harmony: structures such as the nose and lips must be in harmony with each other as the smallest inconsistency will stick out dramatically.

3. The influence of adjacent and distanced areas on the central facial triangle, such as temporals or the zygomatic arch.

4. The best result is always the result of a combined therapy.

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## **SALLIS Iain**

Saturday, June 18, 2022 - from 16:30 to 18:00

**ARORA 16**

Session:

The Future of Hair Loss Treatment

### **TRICHOTEST &NDASH; A WAY OF INCREASING GENETIC HAIR LOSS TREATMENT EFFECTIVENESS**

DNA testing provides a new and powerful diagnostic tool for practitioners dealing with patients with hair loss, in this talk I want to focus your attention specifically on the Trichotest by Fagron, where it can be best employed in your hair loss protocols, what its limits are and how useful it actually is.

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## **SCHLESINGER Todd**

Saturday, June 18, 2022 - from 16:30 to 18:00

**ARORA 15**

Session:

A NEW REALITY FOR PATIENTS AND PRACTICES

### **THE LONG TERM: WHAT CHANGED IN THE PAST FEW YEARS THAT WILL REMAIN IN THE AESTHETIC BUSINESS FOR THE COMING YEARS?**

Dr Martyn King joins leading experts to discuss the changing face of aesthetic practice with a focus on greater regulation within the industry, including premises, training providers and medical devices. A more holistic approach to treatment, often including several treatment modalities, to achieve the most beneficial outcome in both cosmetic appearance and wellbeing. The extended role of the aesthetic practitioner, offering additional treatments that are considered more medical and may include diagnostic tests. The use of imaging technology to lower the risk, and help in the management, of complications.

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## **SCHLESINGER Todd**

Friday, June 17, 2022 - from 16:30 to 18:00

**ARORA 1**

Session:

The ultrasound generation: the retake on cannula vs. needle

### **LIPS INJECTIONS WITH NEEDLES AND CANNULA - WHAT/WHEN/WHY/HOW**

This talk explores the world of the lips. From an anatomical perspective, patient selection and techniques for achieving optimal



lip volume restoration will be covered. After reviewing the salient anatomy, both surface and subsurface, the various treatment techniques including needle and cannula will be discussed and shown by video both in terms of improved lip definition as well as volume and shaping. To the extent possible, ethnic considerations as well as gender considerations will be discussed. This talk is for any injector looking to enhance their lip filler practice and achieve the best outcomes possible.

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**SCHLESINGER Todd**

Saturday, June 18, 2022 - from 09:30 to 11:00

**ARORA 15**

Session:

Marketing Branding Your Practice Through Social Media, PR Events

**HOW TO INCREASE YEAR-OVER-YEAR REVENUE IN A WORLDWIDE PANDEMIC**

The COVID-19 pandemic was nothing short of earth-shattering, affecting almost every aspect of the lives of so many people. Those that practice aesthetic medicine in whatever shape or form, may have seen their business transformed as a result. There are many lessons that can be learned about how to not only survive but thrive in the midst of chaos. In this talk, I will describe some of the things our six-clinician practice with three offices, a clinical research center, and a medical spa/laser center did to minimize the chances of layoffs, business interruption and shrinkage. In fact, we not only survived, we thrived with year-over-year growth from 2019-2020. Imagine that! Learn from our mistakes and successes in 2020 that helped us along the way and be better prepared the next time something out of your control happens that can affect your business.

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**SCHLESINGER Todd**

Saturday, June 18, 2022 - from 14:00 to 16:00

**ARORA 1**

Session:

Central Facial Triangle: How I Combine

**HOW LATERAL FILLER INJECTIONS HELP TO PROVIDE A MORE NATURAL RESULT WHILE STEERING CLEAR OF THE NEUROVASCULAR BUNDLE**

In this presentation, I discuss the factors leading to the appearance of aging in the face, specifically relating to mid-facial and jawline sagging. Injectors face multiple anatomical pitfalls when treating the mid-face directly. In my practice, I use lateral facial injections with long-acting filler products to achieve a natural correction of the mid-face, while concentrating treatment laterally, counteracting the natural contraction of bone and soft tissue. Additionally, the safety margin is widened by avoiding the central neurovascular bundle region. Results and techniques are presented that one can use to help achieve excellent outcomes.

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**SHETTY Rashmi**

Friday, June 17, 2022 - from 16:30 to 18:00

**ARORA 15**

Session:

Advanced Masterclass: Peeling Skin Diversity - in Partnership with the International Peeling Society (IPS)

**COMBINING PEELS WITH VARIOUS TECHNOLOGIES**

The humble peel is capable of achieving every aesthetic outcome that we want whether it is texture or pigment; acne or aging; dry skin or excessively oily skin. I will discuss how I combine peel with other modalities.

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**SINES David**

Friday, June 17, 2022 - from 16:30 to 18:00

**RIVERVIEW SUITES**

Session:

Compliance and Insurance in Aesthetic Practices

**THE IMPLEMENTATION OF AN EFFECTIVE GOVERNANCE FRAMEWORK FOR PUBLIC PROTECTION IN THE AESTHETICS INDUSTRY - THE ROLE OF THE JCCP**

This session will challenge us all to consider how we can safely unite to deliver excellence in aesthetic practice and will explore the governance systems, processes and standards required to exercise our duty of care to deliver harm free care to members of the public. We will consider the JCCP's Ten Point Plan for Safer Regulation, the APPG Report on Beauty, Aesthetics and Wellbeing and in particular the Government's proposals to introduce a mandated system of licencing for the aesthetics sector in England. The session will also consider the implications and route map for implementation of a new licensing scheme and associated standards for education and training in England. If you wish to contribute to the national

debate regarding the design of a proportionate approach to regulatory excellence in the UK then do join us at this session. Areas to be considered in the presentation will include, but will not be limited to matters that relate to promoting the use of appropriate standards of practitioner practice to safeguard the public, promoting the implementation and dissemination of robust education and training standards, issues relating to a proposed licensing scheme for aesthetics, promoting the reputation of the industry and seeking to sponsor the implementation and sustainability of a culture that encourages talent and the creation of a community of excellence in practice across the industry.

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**SULAMANIDZE George**

Friday, June 17, 2022 - from 14:30 to 16:00

**ARORA 16**

Session:

What Is Your Go-To Thread And Why?

**COMPARISONS BETWEEN THREAD INGREDIENTS. ABSORBABLE AND NON-ABSORBABLE THREADS**

Introduction.

Recently, thread lifting methods are more widely applied in dermatology and aesthetic surgery areas. The main idea of thread lifting was always fighting against soft tissues sagging - Anti ptosis. But there is not enough just reposit the tissues mechanically for total face rejuvenation, it is required to influence the skin structure and quality as well. Different manufacturers using different type of thread composition. Unfortunately, chemical composition of the offered threads in the market (PDO, PDS, PGA, PLA, CL, Polypropylene, Silicone) is not always provided with the required effect. As of today, the best substance for this matter is hyaluronic acid. Knowing this fact, almost every specialist is combining thread lifting procedure with hyaluronic acid injections.

Materials and methods.

Since 2016, we apply P(LA-CL) threads with hyaluronic acid additionally in the thread composition (thread formula looks as P(LA-CL)HA). We have performed procedures for more than 100 patients. During this period some patients underwent the procedure twice or more. Mainly, threads were injected in the middle and lower face thirds per 5 threads per each side. Diameter of the thread is 2/0 with multi-directional barbs.

We have also performed histological researches in rats comparing P(LA-CL) threads and P(LA-CL) threads with hyaluronic acid addition in the thread composition. The research lasted 1 year.

Results:

Histological researches of P(LA-CL) threads and P(LA-CL)HA comparison have provided with the following results in favour of threads with hyaluronic acid:

- Decrease of inflammatory process and joint capsule around the thread
- Decrease of elastin around the thread from the first week of implantation
- Increase of I and III type of collagen for 55% and 20% accordingly

This research and the results in patients have showed the application of thread with hyaluronic acid hastens rehabilitation process after the procedure, excludes risk of subcutaneous scars appearance, increases development of elastin and collagen naturally influencing upon skin quality and structure. Application of threads with P(LA-CL)HA chemical composition and multidirectional barbs allows to receive as effect of replacing and soft tissues reposition as improvement of skin quality and structure.

By our practice P(LA-CL)HA thread composition is the best for skin stimulation effect we can get from thread lifting procedures.

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**SUROWIECKA Agnieszka**

Saturday, June 18, 2022 - from 11:30 to 13:00

**ARORA 16**

Session:

Innovations In Regenerative Procedures

**ADIPOSE-DERIVED STEM CELLS FOR FACIAL REJUVENATION**

The interest in regenerative medicine is increasing, and it is a dynamically developing branch of aesthetic surgery. Biocompatible and autologous-derived products such as platelet-rich plasma or adult mesenchymal stem cells are often used for aesthetic purposes. Their application originates from wound healing and orthopaedics. Adipose-derived stem cells are a powerful agent in skin rejuvenation. They secrete growth factors and anti-inflammatory cytokines, stimulate tissue regeneration by promoting the secretion of extracellular proteins and secrete antioxidants that neutralize free radicals. In an office procedure, without cell incubation and counting, the obtained product is stromal vascular fraction, which consists of not only stem cells but also other numerous active cells such as pericytes, preadipocytes, immune cells, and extra-cellular matrix. Adipose-derived stem cells, when injected into dermis, improved skin density and overall skin appearance, and increased skin hydration and number of capillary vessels. The main limitation of mesenchymal stem cell transfers is the survival of the graft. The final outcomes are dependent on many factors, including the age of the patient, technique of fat tissue harvesting, technique of lipoaspirate preparation, and technique of fat graft injection. It is very difficult to compare available studies because of the differences and multitude of techniques used. Fat harvesting is associated with potentially life-threatening complications, such as massive bleeding, embolism, or clots. However, most of the side effects are mild and transient: primarily hematomas, oedema, and mild pain. Mesenchymal stem cells that do not proliferate when injected into dermis promote neo-angiogenesis, that is why respectful caution should be taken in the case of oncologic patients. A longer clinical observation on a higher number of participants should be performed to develop reliable indications and guidelines for

transferring ADSCs.

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**TSIATOURA Amalia**

Saturday, June 18, 2022 - from 11:30 to 13:00

**ARORA 16**

Session:

Innovations In Regenerative Procedures

**FRACTIONAL LASER CO2 AND PRP COMBINATION IN SKIN RESURFACING: A CASE SERIES OF 224 PATIENTS**

Fractional laser CO2 and PRP Combination in skin resurfacing: A case series of 224 patients  
Dr. Amalia Tsiatoura, Dr. Konstantina Mamali  
CDM Medical Group, Cosmetic Derma Medicine, Athens, Greece

**INTRODUCTION:**

Fractional CO2 laser, through the induction of thermal damage, leads to neocollagenesis and eventually to skin rejuvenation. Autologous mesotherapy PRP (Platelet Rich Plasma), promotes the activation of stem cells, targeting cell rejuvenation and tissue healing. In the present, we examine the effectiveness of the combination of these two therapies as a way to correct skin lesions and disorders.

**MATERIAL AND METHODS:**

224 different patients, 152 women and 72 men, were treated in our clinic during the years 2020 and 2021. The therapeutic protocol included 6 combined sessions of fractional co2 laser and PRP every 4 weeks on the face, neck, chest and dorsal surface of the hands. Digital photographs were taken in the beginning, at the end and 2 months after the last session. Fractional co2 laser was regulated as follows: Pulse energy 12-25 mJ, Power 8-10 W, density 81-100 dots/cm2. For PRP, 5ml of blood were taken, followed by double centrifugation, collection of plasma and addition of 0,05 ml calcium chloride/ml. The solution was applied by injections (30G needle) and by micro needling.

**RESULTS:**

The evaluation of the results took place 2 months after the last session. A significant reduction of static, as well as expression wrinkles, was noticed with a percentage of patient satisfaction of up to 75%. Skin lesions due to photoaging were greatly improved at a percentage of up to 50%, while atrophic acne scars were reduced by 30%. Nearly all patients mentioned better appearance, regarding the skin quality and elasticity, whilst none of them complained about any severe side effects, except for a slight feeling of flushing during the treatment and a slight roughness of the skin in the following 2 days.

**CONCLUSION:**

The combination of Fractional laser CO2 and PRP is a safe, minimally invasive therapeutic approach for treating skin lesions such as acne scars, signs of photoaging, and expression wrinkles in areas such as the face, the neck, the chest and the dorsal surface of the hands. PRP reduces the symptoms of the skin injury caused by the application of Fractional co2 laser, and promotes a faster healing of the skin.

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**UPPAL Rajan**

Saturday, June 18, 2022 - from 09:00 to 11:00

**ARORA 1**

Session:

Complications Management

**COMPLICATIONS MANAGEMENT OF NOSE FILLERS**

Changing the shape of the nose with fillers is a common procedure performed to enhance the appearance of the nose. The most common question patients ask is "how can injecting something to increase the size of the nose improve the shape". We will discuss the use of small volumes of product placed in the appropriate part of the anatomy to achieve high patient satisfaction. We will also discuss the limitations of fillers such as to reduce the overall size of the nose, where surgery may be required. The risks and complications of each procedure will also be discussed.

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**VANDEPUTTE Joan**

Friday, June 17, 2022 - from 09:00 to 11:00

**ARORA 1**

Session:

What's new on botulinum toxin and fillers

**EYEBROW POSITION, CHIN FROWNING, TRANSVERSE LIP FOLDS: CAN FILLERS MODULATE MUSCLE ACTIVITY?**

**Background/Objectives:**

It has been postulated that changing the course of facial muscles by the injection of fillers can influence muscle function by changing their preload. In case less muscle tone is required to reach the same effect of muscle action, a decrease of muscle tone may reduce certain dynamic wrinkles. In case muscle action is not altered, its clinical effect is supposed to increase. Cadaver dissections show where dyed fillers are positioned when injected in or under the origin of the mentalis muscles, in

Ristow's space close to the pyriform aperture or under the frontalis muscles, before and after remodeling by firm finger pressure. Representative clinical photography suggests how to put this into aesthetic practice for myomodulation of mentalis or frontalis muscle activity respectively.

**Methods:**

Dyed agarose was injected with a 25G cannula under frontalis muscles and with a 27 G needle as deep as possible in Ristow's space and in or under the origin of mentalis muscles in cadaver dissections, to verify the position of fillers after intentional injection as deep as possible. Representative before and after clinical photography of filler injections in the chin and in the forehead were studied to document the effect on chin frowning and eyebrow elevation respectively.

**Results:**

The large majority of filler injected below the frontalis muscles is found in that location in cadaver dissections, although intramuscular position becomes more likely at larger distances from a cannula entrance point. Filler injected deep on the chin is located under the junction of both mentalis muscles or deep in the muscle bodies.

Subfrontalis filler injection can at times raise the eyebrows, reduce forehead wrinkles or both. Deep filler injection on the premaxilla increases upper lip support and may help to treat transverse folds that appear during smiling. Deep filler injection on the chin can be a more long-lasting treatment of chin frowning than muscle weakening with botulinum toxin.

**Conclusion:**

There are clinical indications that the function of the mentalis muscle in mouth closure in patients with mild retrogenia can be improved by deep injection of filler, leading to a decrease of resting and active tone and of chin skin "frowning". Horizontal upper lip wrinkles, appearing during smiling, may be due to a lack of premaxillary support. Deep injection of filler can be a meaningful treatment. In some patients, injection under the frontalis muscles leads to decreased muscle tone and forehead wrinkles with the eyebrows in the same position, in others a mild extra lift is observed. This effect can be put to the patient's advantage in a holistic approach to the forehead and periorbital area.

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**VANDEPUTTE Joan**

Friday, June 17, 2022 - from 11:30 to 13:00

**ARORA 16**

**Session:**

What's New and Where to Start with Devices: Now and Beyond

**TISSUE TIGHTENING BY SUBDERMAL INDUCTION OF HEAT**

An electrode inserted under the skin can induce heat locally. The other pole can be either a neutral plate or a parallel electrode gliding over the skin surface. The subdermal temperature can be monitored by the thermocouple tip simultaneously serving as the electrode and the surface temperature can be monitored with an infrared camera.

With settings aiming at controlled tissue injury, scar tissue can be released and lifting by contraction can be achieved. With lower settings aiming at biostimulation, gentle contraction over the course of several months and occasional improvement of local oedema can be observed. These are the settings most commonly used by the author.

Clinical photography shows gentle lifting of the eyebrows, the cheeks and the soft tissues overlying the jawline occurring over the course of three months. In some patients, a feeling of heaviness, caused by low-positioned eyebrows, disappears.

Primary malar oedema ("malar mounds") is a common source of frustration for patients and physicians. Unlike in secondary cases, there are hardly any more options than manual lymphatic drainage and, if applicable, the advice to stop smoking.

Malar mounds are in the field of treatment of the midfaces. It has been a fortunate observation that malar oedema tends to decrease following subdermal induction of heat. It tends to gradually recur after one to one and a half years.

Subdermal induction of heat requires local anaesthesia and can be time-consuming. It offers aesthetic improvement to patients who have not been treated with subdermal injectables or threads. It is a valuable treatment for primary malar oedema. Although contraction by scarification may be valuable to treat more advanced ageing, biostimulation has a value on its own and helps to postpone more invasive treatments. The results can be confirmed by clinical photography, but they are subtle. Therefore, subdermal induction of heat is more suitable as part of the armamentarium in a long-term therapeutic relationship than as a one-shot treatment.

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**VERMA Priya**

Friday, June 17, 2022 - from 09:30 to 11:00

**ARORA 16**

**Session:**

New Body Shaping Technologies

**NON-SURGICAL LASER-BASED SKIN TIGHTENING AND LIPOLYSIS FOR THE LOWER FACE AND NECK**

Facial ageing is the result of a combination of processes including facial skeleton remodeling, changes in muscle tone and thickness, a loss of collagen and elastin causing weakening of the structural matrix of the skin, and redistribution of subcutaneous fat pads. These components of ageing in the lower face and neck lead to clinical manifestations such as downturned oral commissures, jowl formation, blunting of the mandibular border and submental laxity.

With ever increasing demand for non-surgical approaches to treating skin laxity and fat deposition in this region, the introduction of minimally invasive lasers for skin tightening and fat melting has become a popular choice amongst patients.

We can now adopt the use of a 1470nm diode laser delivered using an ultra-fine micro-optical fibre to induce photothermolysis

of the subcutaneous tissue layer. This results in biological restructuring to improve skin laxity through collagen and elastin upregulation and reduction in adiposity from localised lipolysis. This highly selective wavelength of 1470nm has two main chromophore targets: fat and water, which This presentation explores the science, indications and protocols for use of this laser wavelength in the lower face and neck.

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### **VERRA Stefan**

Saturday, June 18, 2022 - from 11:30 to 13:00

**ARORA 15**

Session:

The Patient Journey I: Building a Loyal Patient Following

#### **LIKABLE AND SELF-CONFIDENT: BODY-LANGUAGE AS A SUCCESS KEY**

Competent, trustworthy and likeable. Those who „embody“ these factors are more successful in life (Harvard, 2009). Even the work results in aesthetics will be judged more favorably if patients know how to move attractively. Reason is, the human brain assesses others almost exclusively on the basis of non-verbal signals. In this lecture, you will learn what facial expressions and gestures makes you and your patients appear attractive charismatic to others. #nojunkscience

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### **VYAS Amiee**

Friday, June 17, 2022 - from 14:30 to 16:00

**ARORA 15**

Session:

Aesthetic Treatments in Patients with Skin of Colour

#### **CONDUCTING A CONSULT FOR PATIENTS WITH SKIN OF COLOUR**

A thorough consultation is the key to better equip clinicians to safely and effectively treat skin of colour. It is ingrained in medical professionals that the consultation is the most important part of the patient journey, however until very recently Western medicine has lacked attention to detail in understanding the wide spectrum of diversity encompassed in skin of colour. The result: poor patient outcomes, increased side effects and even refusal of treatment in the dermatology and aesthetics setting which in turn compounds the existing lack of confidence patients with darker skin tones have in aesthetic services.

This session will inform how to conduct a detailed skin review taking into consideration the differences in skin of colour anatomy and therefore clinical presentations. It will also emphasise the psychosocial aspects of consultation which impact patient behaviours, long-term compliance to treatment protocols and ultimately response to treatment.

Understanding the fundamental nuances of the facial aesthetics consultation for skin of colour patients is one of the biggest needs of practitioners today in our ever growing multicultural society. In this session clinicians will gain practical tips on how to improve the safety and efficacy of their practice in order to improve the standard of care and services provided to their skin of colour patients.

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### **WEDGEWORTH Emma**

Friday, June 17, 2022 - from 11:30 to 13:00

**ARORA 15**

Session:

Dermatology 101 - How To Spot Conditions' Differences

#### **NON-SCARRING&NBSP;HAIR LOSS - STRESS-RELATED VS. HORMONAL&NBSP;**

Hair loss is a common presentation to the Dermatology clinic and is also often mentioned incidentally patients. There are many different types of hair loss and to effectively manage it, it is important to understand the underlying cause.

Hair loss is broadly divided into scarring, where the hair follicle is destroyed and the scalp may look abnormally shiny in places, with areas of pigmentation and non-scarring where the hair follicle is still intact, but hair growth is reduced or slowed 2 of the commonest causes of non-scarring hair loss are Telogen effluvium (often known as stress-related) and hormonally-related hair loss.

Telogen effluvium occurs after a period of acute stress and results in abnormal shedding of the hair.

A number of different hormonal aspects can impact on hair growth - hormonal abnormalities, menopause or an abnormal sensitivity of the hair follicle to circulating hormones - the basis of male/female pattern hair loss.

We will discuss the clinical presentation of both of these and how management may differ.

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### **WILLIAMS Greg**

Saturday, June 18, 2022 - from 14:30 to 16:00

**ARORA 16**

Session:  
Hair Loss and Its Treatment Now

### **INTRODUCTION**

Trichology is the science and study of hair anatomy, physiology, diseases and disorders, common scalp diseases and disorders, as well as the psychological impact of alopecia. There are many current treatments for genetic hair loss available for practitioners to offer patients. In this session some of the current non-surgical and surgical options will be looked at.

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**WILLIAMS Greg**  
Saturday, June 18, 2022 - from 16:30 to 18:00

**ARORA 16**

Session:  
The Future of Hair Loss Treatment

### **INTRODUCTION**

There are many novel therapies for hair loss emerging. Personalised medicine is already playing a big part in health care and will influence choice of treatment in the future. Autologous stem cells and cell cloning are used in many areas of medicine, hair loss being one. New drugs are in development and some have reached clinical use. A selection of these topics will be discussed in this session

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**YOUSRI Nadia**  
Saturday, June 18, 2022 - from 09:30 to 11:00

**ARORA 16**

Session:  
Genital Rejuvenation

### **CLINICAL ANATOMY OF THE FEMALE EXTERNAL GENITALIA: CASE STUDIES OF VARIOUS SYMPTOMATOLOGY REJUVENATION TREATMENTS**

Contemporary Regenerative "Aesthetic" Gynaecology offers surgical and non-surgical approaches. The non-surgical procedures are increasingly more popular among patients including HA Filler Augmentation which is often opted for due to its minimally invasive technique, short treatment duration and lack of recovery period. In response to this growing demand, "Aesthetic" Regenerative Gynaecology can undoubtedly improve patient's quality of life in aspects related to sexual life and the appearance of external sex organs, resolving important problems such as pain during intercourse or sexual dysfunction.

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