

FACE

FACIAL AESTHETIC CONFERENCE AND EXHIBITION

2019 ABSTRACTS

ABSTRACTS

ABBASI Fazeela

Friday, June 07, 2019 - from 11:30 to 13:00

ABBAY ROOM

Session:

LASERS, SKIN CARE, LED, MICRO-NEEDLING, PEELS AND RF MODALITIES

LASER AND OTHER MODALITIES FOR THE TREATMENT OF ATROPHIC ACNE SCARS IN ASIAN SKIN TYPES

BACKGROUND

Deep pitted acne scars are dermal depressions caused by collagen damage most commonly occurring after inflammatory acne vulgaris. There are little published data regarding the effectiveness and safety of invasive lasers in the treatment of atrophic acne scars in darker skin types.

OBJECTIVE

The purpose was to evaluate the efficacy and safety of 2,940-nm Er:YAG laser in the treatment of deep pitted acne scars in Asian patients.

MATERIALS AND METHODS

Fourteen patients aged 19 to 30 years with moderate to severe atrophic facial scars and skin types IV and V were given topical anesthesia as well as xylocaine intradermal injections. Er YAG was used. The parameters used: Energy -800 mJ, Mode-short pulse, Spot Size- 3mm, Frquency-10Hz.

The number of passes given were dependent on one criteria and that was to keep on ablating the skin till pin point bleeding points occurred and whitish scar tissue got exposed. Atrophic tissue was burnt using the fulgration machine on one cheek and nokkar needling subcision was done on the other cheek.

RESULTS

The first evaluation was done 1 month after one treatment was given. None to mild clinical improvement was noted in all patients compared to baseline. The second evaluation was done after 3 months and showed moderate clinical improvement in patients treated with ablative erbium alongwith needling. Excellent clinical improvement was noted in patients treated with ablative erbium and fulgration. Treatment on both cheeks were well tolerated. Side effects consisted of post treatment erythema, which resolved within next 1 to 2 months. There was no postinflammatory hyper- or hypopigmentation, blistering, or hypertrophic scarring.

CONCLUSION

Ablative Er YAG facial resurfacing alongwith fulgration of scar tissue was effective and safe in patients with moderate to severe atrophic acne scarring and gave better results than ablation done alongwith needling subcision.

Keywords : Acne scars, Er:YAG laser, fulgration,nokkar needle subcision

ADAMS Alan

Saturday, June 08, 2019 - from 09:30 to 11:00

MOORE ROOM

Session:

THE PATIENTS JOURNEY, GOOGLE ADWORDS AND OTHER EFFECTIVE MARKETING PROGRAMMES

FIVE WAYS TO BOOST YOUR MARKETING AND INCREASE YOUR SALES

In this session, Alan talks about the importance of clarity and how to focus on five key areas to achieve growth in your clinic. He'll cover sales and marketing strategies, as well as share an example of how to more than double your clinic's turnover using the power of small change. An event not to miss if you're dedicated to growing your clinic, want more control of your business and to work less for better results.

AGARONIN Igor

Saturday, June 08, 2019 - from 11:30 to 13:00

VICTORIA ROOM

Session:
ABG LAB

MESO-BARIC XO2 TM : OXYGEN DELIVERY - THE CATALYST FOR YOUTHFUL SKIN

This talk will illustrate the application and principles in hyperbaric medicine to the process of skin rejuvenation. The audience will learn the history, purpose, and effects of hyperbaric therapy and the science behind it.

Current clinical trials of local oxygen delivery on a cellular level to reduce photoaging, as well as new developments in Meso Therapeutic Technology utilizing oxygen carriers and free radical scavengers.

AGARONIN Igor

Saturday, June 08, 2019 - from 14:30 to 16:00

WESTMINSTER ROOM

Session:
ADVANCED WOUND HEALING AND CELL DERIVED TREATMENTS

MESO-BARIC XO2: OXYGEN DELIVERY - THE CATALYST FOR YOUTHFUL SKIN

This talk will illustrate the application and principles in hyperbaric medicine for the process of advanced wound healing. Current therapeutic endeavors in local oxygen delivery to skin in order to heal and restore the skin, as well as new developments in hyperbaric medicine pioneered by many around the world.

AHMED Alia

Saturday, June 08, 2019 - from 11:30 to 13:00

WESTMINSTER ROOM

Session:
DERMATOLOGY 101 - ACNE. ROSCEA, DERMATITIS, SKIN ALLERGIES AND COMMON MALIGNANCIES

PSYCHODERMATOLOGY

Psychodermatology is an emerging subspecialty combining dermatology, psychology and psychiatry, which is geared to considering both the mind and the skin to provide holistic care to patients with dermatological diagnoses. Recognising patients that may benefit from a psychodermatological approach is important to ensure good clinical outcomes and improve patient experiences. This presentation provides an overview of psychodermatology and provides suggestions of how you can introduce it into your own practice.

ALTAIE Ala

Saturday, June 08, 2019 - from 14:30 to 16:00

RUTHERFORD ROOM

Session:
PLATELET RICH INJECTIONS

PANEL DISCUSSION

Panelist in Panel Discussion On PLATELET RICH INJECTIONS

ALTAIE Ala

Saturday, June 08, 2019 - from 14:30 to 16:00

RUTHERFORD ROOM

Session:
PLATELET RICH INJECTIONS

PROCURING PLATELET RICH PRODUCTS FOR INJECTION - DOES THE DEVICE MATTER AND WHAT ARE THE UK REGULATIONS?

Platelets Rich Plasma (PRP) has been widely used in the regenerative medicine. However, there are different type of the systems and medical devices available in the market used to produce PRP. It is important know the differences and purported advantages of the main market leader systems used to produce PRP, and current regulations.

ARTZI Ofir

Friday, June 07, 2019 - from 16:30 to 18:00

ABBEY ROOM

Session:

CO₂, BODY CONTOURING, IMAGING AND NOVEL DRUG DELIVERY SYSTEMS**DARE TO DREAM.. A NOVEL NON PAINFUL, NON LASER DRUG DELIVERY SYSTEM FOR DIFFERENT DERMATOLOGICAL AND AESTHETIC INDICATIONS**

Disruption of the outer stratum corneum by mechanical, chemical, or physical approaches increases skin permeability. The lecture will focus on unique, innovative device which Selectively permeates the stratum corneum for transdermal drug delivery. The Tixel (Novoxel, Israel) is a non-laser thermomechanical system which transfers thermal energy to the skin, dehydrates the stratum corneum and superficial epidermis and creates micropores, thus, enhancing drug delivery for many dermatological and aesthetic indications.

BACCI Pier Antonio

Saturday, June 08, 2019 - from 14:30 to 16:00

ABBEY ROOM

Session:

RADIOFREQUENCY, HYDRADERMABRASION AND REGENERATIVE MEDICINE**REGENERATIVE MEDICINE AND THE IMPACT OF ENDOSPHERES COMPRESSIVE MICROVIBRATION IN THE INTERSTITIAL MATRIX**

The compressive microvibration consists of a series of rapid vibratory movements, transmitted to the tissues with a succession of "pressure and vibrations". The mechanical oscillations of defined amplitude and frequency in relation to the resistance of the tissue, act on the cutaneous and hypodermic structures, but also on the muscular and tendinous apparatus, thus interconnecting with the deep muscular band. The compressive microvibrations are obtained by means of a special "honeycomb" arrangement of the 55 soft silicone spheres which, placed in a cylinder containing a sophisticated system of misarranged axles, rotate around themselves with rapidity, causing a pulsed and rhythmic movement.

It is precisely in the variation of the frequency, pressure and vibration, that the secret of the various therapeutic responses is obtainable, with analgesic action, draining, vascularizing, trophic and restructuring, finalized with the reduction of connective and deep muscular pain, using the physiological regenerative reactions.

From experiences using Endospheres Body, we have observed results using the new methodology Endospheres Face EVA in 10 volunteers ambulatory patients requiring this not invasive treatment to increase skin lightness and reduce face wrinkles.

Using ANTERA methodology, before and after six sessions of treatments in 13 weeks, we have valued the improvement of cutaneous roughness (20,5%) skin lightness (7,79%) and increase in vascularization by hemoglobin diffusion (28,5%), thus the satisfaction of patients valued 8,11 (from1 to 10). All treatments was whitout collateral effects and complications.

BARKER Michaela

Saturday, June 08, 2019 - from 16:30 to 18:00

MOORE ROOM

Session:

SEO AND PRODUCT POSITIONING**INSTANT WAYS TO IMPROVE YOUR ORGANIC SEO AND GET FOUND ON GOOGLE MAPS**

Getting found on Google when you are against so much competition isn't easy. Bigger brands are taking to top spots and the cost for PPC is rising because of competition. So how can you ensure you get found by the right people (potential clients) in the right locations. How do potential patients decide online which clinic to go to? What can you do to enhance the position of your business?

These tips provide instant solutions to help Google find you so that your business is seen by the right people online.

BARON Jens Malte

Friday, June 07, 2019 - from 11:30 to 13:00

ALBERT ROOM

Session:

ORTHOGEN**GENE EXPRESSION PROFILE OF AUTOLOGOUS CONDITIONED SERUM (ACS) INJECTIONS IN HUMAN 3D SKIN MODELS**

In recent years dermatological research has increasingly applied 3D skin equivalents, as studies in human skin are subject to

strict conditions for ethical reasons and the skin of many laboratory animals does not correspond in their biological and structural properties to the situation in human skin. In this study, we established a standardized human in vitro 3D skin model for the investigation of the biological effects of intradermal injections.

In this new skin model, we first investigated the effect of pooled autologous conditioned serum (ACS) on the morphology of the epidermis and dermis, the gene expression profile, as well as the epidermal proliferation. For these investigations, skin models were injected intradermally on day 0 with pooled autologous conditioned serum or cell culture medium as control. The models were then further cultured for 3, 5 or 14 days and the effects of the injection treatment on the morphology of the skin was then examined by histological examination. In these studies, KI67 staining revealed an increase in keratinocyte proliferation compared to placebo treatment at all-time points of investigation, in particular 14 days after ACS injection. Microarray- and qRT-PCR analysis identified upregulation of genes associated with regulation of cell cycle progression and differentiation (S100A2), synthesis of unbranched hyaluronic acid (HAS3), cell growth and tissue repair (FGF17), chemotactic recruitment of leukocytes and angiogenesis (CXCL8) and mediation of epithelial wound healing (Serpine1). Gene ontology (GO) analysis of microarray results (day 3 and day 5) revealed significant effects on skin development and keratinocyte differentiation at both time points. In summary, these novel in vitro models allow a better understanding of the biological effects of ACS in human skin and enable comparison to the mechanisms of action of other aesthetic treatment methods.

BAWA Manav

Saturday, June 08, 2019 - from 16:30 to 18:00

MOORE ROOM

Session:

SEO AND PRODUCT POSITIONING

5 STEPS TO STARTING OUT IN AESTHETICS

For many new practitioners to aesthetic medicine, it can be extremely daunting and overwhelming to know where to start. Many practitioners go on a foundation course, then are left on their own to sink or swim with little or no knowledge of what to do next. This talk aims to provide 5 key areas to focus on when getting started, which in turn can provide clarity and structure to a practitioners journey.

BERTOSSI Dario

Saturday, June 08, 2019 - from 11:30 to 13:00

CHURCHILL ROOM

Session:

FOCUS ON FOREHEAD, TEMPLES AND NOSE ENHANCEMENT

MEDICAL RHINO MODULATION

Non-surgical rhinoplasty using injectable fillers, in contrast to traditional but more invasive surgery, offers low morbidity, improved skin quality and texture, cost-effectiveness and quick recovery. The aim of this study was to provide a valid and customized protocol for injecting the nose with the aid of a nasal grid to achieve constant attractive results.

BERZEGOVA Larisa

Friday, June 07, 2019 - from 16:30 to 18:00

GIELGUD ROOM

Session:

ABG LAB

SCULPT SECRET ® : NEXT-GENERATION TOPICAL FORMULATIONS TO CORRECT FACIAL AND PERIORBITAL CONTOURS

The results of clinical trials of the Sculpt Secret professional cosmeceuticals in correction of local fat deposits of the face, neck and body.

BERZEGOVA Larisa

Saturday, June 08, 2019 - from 11:30 to 13:00

VICTORIA ROOM

Session:

ABG LAB

MESO-WHARTON P199® & MESO-XANTHIN F199®: AN EFFECTIVE TREATMENT FOR SIGNS OF PHOTOAGING

Video demonstration of injection mesotherapy techniques: Meso-Wharton P199 and Meso-Xanthin F199, as an effective component of the combined anti-aging program. Techniques of injection, the selection of algorithms and effective combination

of mesotherapy techniques for correction of aesthetic defects and age-related skin changes.

BIRCH Jan

Friday, June 07, 2019 - from 09:30 to 11:00

WESTMINSTER ROOM

Session:

NOVEL TREATMENTS FOR ANTI-AGEING AND SKIN CELLULAR HEALTH

ENCAPSULATED ALA - A NEW DEVELOPMENT IN COSMETIC PDT

Photodynamic Therapy (PDT) has been used for many years in dermatology as a treatment for non-melanoma skin cancer. It involves the application of a photosensitising drug (5 aminolevulinic acid or its methyl ester), which is photoactivated using an appropriate light source to produce reactive oxygen species which kill the tumour cells.

More recently techniques have been developed using natural daylight activation of the sensitiser to treat wider areas of field cancerisation.

PDT can now be used as a cosmetic treatment for skin photodamage, pigmentation, open pores, fine lines and wrinkles and inflammatory acne. Early trials in this context produced some difficulties, including unpredictable results, significant inflammatory adverse reactions, compounded by high costs of the photosensitising agent.

Recently, a new formulation of 5-aminolevulinic acid has been released for cosmetic indications, which uses a novel glycosphere nano-particle delivery system which enables rapid but controlled penetration of the epidermis where the active is released for subsequent activation by red LED light.

Gs - 5ALA is a safe, effective and painless method of treating photoageing and acne which is both low cost and suitable for all ages and lifestyles.

This presentation explores the science, indications and protocols for glycosphere encapsulated ALA PDT for cosmetic skin enhancement.

BIRCH MACHIN Mark

Friday, June 07, 2019 - from 09:30 to 11:00

WESTMINSTER ROOM

Session:

NOVEL TREATMENTS FOR ANTI-AGEING AND SKIN CELLULAR HEALTH

TREATING THE SKIN AGEING PROCESS FROM INSIDE AND OUTSIDE - THE RELATIONSHIP BETWEEN NUTRITIONAL STATUS, ANTIOXIDANTS AND MITOCHONDRIA IN HUMAN SKIN AGEING

Oxidative stress is the resultant damage due to redox imbalances (increase in destructive free radicals (ROS) and reduction in antioxidant protection/pathways) and is linked to ageing in many tissues including skin. In ageing skin there are bioenergetic differences between keratinocytes and fibroblasts which provide a potential ageing biomarker. The differences in skin bioenergy are part of the mitochondrial theory of ageing which remains one of the most widely accepted ageing theories describing subsequent increasing free radical generation. Mitochondria are the major source of cellular oxidative stress and form part of the vicious cycle theory of ageing. External and internal sources of oxidative stress include UVR/IR, pollution (environment), lifestyle (exercise and diet), alcohol and smoking all of which may potentially impact on skin although many exogenous actives and endogenous antioxidant defence systems have been described to help abrogate the increased stress. This also links to differences in skin cell types in terms of the UVR action spectrum for nuclear and mitochondrial DNA damage (the latter a previously described UVR biomarker in skin). Recent work associates bioenergy production and oxidative stress with pigment production thereby providing another additional potential avenue for targeted anti-ageing intervention in skin.

CETTO Raul

Saturday, June 08, 2019 - from 09:30 to 11:00

WESTMINSTER ROOM

Session:

MICROBIOME AND THE SKIN

THE BENEFITS OF DEEPER PEELING

Upper epidermal defects, such as melasma, can be treated with superficial peels, while deeper defects, such as deep wrinkles, may require a deep peeling agent. Medium-depth (superficial dermis) defects, such as mild dermatoheliosis, require a medium-depth peel. Deep perioral rhytides may require a deep peel. Deep peels may be used for severe photoaging, deep or coarse wrinkles, scars, and sometimes precancerous skin lesions. Deep peels cause rapid denaturation of surface keratin and other proteins in the dermis and outer dermis. Penetrating the reticular dermis, the deep peel maximizes the regeneration of new collagen.

COUCHOUREL Denis

Saturday, June 08, 2019 - from 11:30 to 13:00

GIELGUD ROOMSession:
VIVACY**STYLAGE® INJECTABLE PRODUCTS: THE USE OF HYALURONIC ACID & CUTTING EDGE TECHNOLOGY TO ACCURATELY MEET FACIAL INDICATIONS**

Vivacy Laboratories have designed a whole range of biodegradable dermal and subdermal fillers. The result of the research and development of Vivacy Laboratories is a palette of eight cross-linked hyaluronic acid gels that can be used separately or in combination. Those products are also available with a local anesthetic, lidocaine or mepivacaine, to limit any discomfort during the procedure.

After a careful personalized facial analysis, the physician will be able to determine which Stylage® treatment is adapted to the patient's skin condition, age, lifestyle, etc. Clinicians choice of adapted products to targeted indications will be done on the basis of the depth of injection (dermal, subdermal or near the periosteum). At each anatomical level, tissular environment is different in term of biology but also in term of biomechanics. Thus, all the Stylage products development have been driven by those constraints. This lecture will explain those correlations.

COUCHOUREL Denis

Saturday, June 08, 2019 - from 14:30 to 16:00

GIELGUD ROOMSession:
VIVACY**DESIRIAL® INJECTABLE HA GELS: UNIQUE OFFICIALLY REGISTERED TREATMENTS FOR FEMALE GENITAL MUCOSAL ATROPHY & THE LIPOATROPHY OF THE LABIA MAJORA**

Desirial® and Desirial Plus® are the first injectable registered in Europe specifically for the female genital sphere. More precisely, Desirial is designed to be injected just under the vestibular and vaginal mucosa. The targeted indications are related to mucosal atrophy, which can potentially lead to dyspareunia. Typical clinical action duration is around 9 months after a unique Desirial injection.

Desirial Plus is dedicated to labia majora fat atrophy. It represents a practical and safe registered treatment to fight against one of the main visible sign of the genital area ageing process, while avoiding product migration which is the most typical complication in this area.

CUNNINGHAM Malvina

Saturday, June 08, 2019 - from 11:30 to 13:00

WESTMINSTER ROOMSession:
DERMATOLOGY 101 - ACNE, ROSCEA, DERMATITIS, SKIN ALLERGIES AND COMMON MALIGNANCIES**SEBORRHOEIC DERMATITIS**

Seborrheic dermatitis is a common skin disorder that presents with itchy, flaking and scaling skin affecting the seborrheic areas of the body. The clinical presentation of seborrheic dermatitis and how to distinguish it from other common causes of facial rashes will be discussed. A stepwise approach to management will also be presented.

CYBULSKA Beata

Friday, June 07, 2019 - from 11:30 to 13:00

ABBEY ROOMSession:
LASERS, SKIN CARE, LED, MICRO-NEEDLING, PEELS AND RF MODALITIES**COMBINATION TREATMENT OF ACUTE AND CHRONIC ACNE USING SKIN CARE, LASER AND LPL LED PHOTO-BIOSTIMULATION**

Acne is an inflammatory skin condition with complex pathology and psychological sequele affecting individuals of all ages. Clients often present with mixed clinical picture including acute breakouts, inflammation, postinflammatory hyperpigmentation (PIH) and different types of scarring among them atrophic rolling scars or toothpick scars at different stages of healing process.

Management of acne is therefore complex and includes appropriate skin care, medical treatment with topical and oral preparations. This presentation will focus on using combination of specific acne skin care regimen, new generation LPL LED photobiostimulation using mixture of 415 nm, 635 nm and 830 nm wave length and twilight laser techniques using long pulse

1064 nm Nd:YAG treatment for acute acne, inflammation and pigmentary lesions as well as minimally ablative and fractional 2940 nm erbium YAG laser for skin resurfacing to effectively diminish the appearance of acne scars.

CYBULSKA Beata

Saturday, June 08, 2019 - from 09:30 to 11:00

RUTHERFORD ROOM

Session:

INNOVATIONS IN AESTHETIC GYNAECOLOGY

FACE VS GENITALIA FROM THE DERMATOLOGY PROSPECTIVE

Facial aesthetic treatments do not need introduction and include: skin care to treat different skin problems, injectable treatments using dermal fillers, regenerative techniques such as PRP & iPRF, chemical peels, laser resurfacing, skin tightening and collagen stimulation modalities using radiofrequency, non-ablative and minimally ablative laser techniques, microfocussed ultrasound and photobiostimulation to diminish the appearance of signs of ageing.

Aesthetic gynaecology has been focusing on vaginal treatments using radiofrequency devices and lasers to treat vaginal laxity and atrophy and improve sexual function and satisfaction. Extragenital treatments of intimate parts mirror facial aesthetic treatment modalities.

Treatments to replace volume loss (vulval puff) and improve the appearance of extragenital skin using biorevitalisers, regenerative techniques such as PRP & iPRF, chemical peels and carboxytherapy as well as non ablative and minimally ablative laser techniques as well as intimate skin care will be presented.

DAVIES Claire

Saturday, June 08, 2019 - from 11:30 to 13:00

MOORE ROOM

Session:

THE BUSINESS OWNERS JOURNEY AND TOP TIPS FOR RUNNING A SUCCESSFUL CLINIC

RIDING THE ANXIETY AS A CLINIC OWNER; PLAN, SUCCEED AND YOU WILL!

Claire will discuss the many challenges that new and existing business face. Having been in business for 18 years, Claire took the plunge and set up a small private hospital/clinic in 2017. She has taught herself to "ride the anxiety" that comes with each day of running a business and will share the highs and lows of her journey so far, touching on the following topics; strategic planning, turnover and net profit, marketing, and ensuring that personnel are developed, and work responsibly as a team so that they are accountable.

DESTANG Desmer

Friday, June 07, 2019 - from 14:30 to 16:00

WESTMINSTER ROOM

Session:

NOVEL THERAPIES FOR COMMON SKIN PROBLEMS

ROLE OF TRANEXAMIC ACID IN MANAGING CUTANEOUS HYPERMELANOSIS

Tranexamic acid represents a relatively new treatment option in the management of cosmetic hyper-pigmentary concerns such as melasma and post inflammatory hyperpigmentation. This presentation will explore research on the use of tranexamic acid in both the oral and topical forms in the treatment of patient cases with recalcitrant facial hyper-pigmentations. This presentation will be based on original research submitted to Cardiff University for the attainment of a Masters of Science Degree in Dermatology.

DUA Aman

Saturday, June 08, 2019 - from 14:30 to 16:00

RUTHERFORD ROOM

Session:

PLATELET RICH INJECTIONS

PANEL DISCUSSION

Panelist in Panel Discussion On PLATELET RICH INJECTIONS

DUA Aman

Saturday, June 08, 2019 - from 14:30 to 16:00

RUTHERFORD ROOM

Session:

PLATELET RICH INJECTIONS**PRP FOR HAIR LOSS - HOW WE DO IT IN INDIA**

PRP IN HAIR LOSS- how we do it !

Introduction :

Platelet-rich plasma (PRP) is autologous concentration of platelets contained in small volume of plasma which accelerates the rejuvenation of skin and hair follicles (HFs) due to presence of various growth factors and cellular adhesion molecules. PRP contains more than 20 types of growth factors, such as platelet-derived growth factor (PDGF), vascular endothelial growth factor (VEGF), and transforming growth factor (TGF- β 1). These factors regulate cell migration, proliferation, remodelling of the extracellular matrix (ECM) and promotion of angiogenesis, creating a beneficial environment for enhanced wound healing. More than 1 million/ μ L of platelet concentration (about four to seven times the mean levels) is therapeutically effective concentration.

PRP specifically has attracted the attention of dermatologists for management of various alopecias

Observation :

We have observed that the factors affecting the efficacy of PRP are as follows:

1. Lack of suitable standardization. - single spin /double spin
2. Various protocols of the different PRP preparations.- 2 systems- lower (2.5-3 times baseline concentration) and higher (5-9 times baseline concentration) systems.

High-yielding devices

Lower concentration systems

3. Amount of blood taken

4. Anticoagulant used - ACD-A ,EDTA , SODIUM CITRATE

5.Relative centrifugal force (RCF)- RCF is the force required to separate two phases.

6.Temperature and time for spin.

7.Activator required or not before injecting PRP.

Conclusion:

In our experience , we have used PRP as a monotherapy for female pattern hairloss, male pattern baldness (grade 2-4) , chronic telogen effluvium.

As an adjuvant therapy in FUE, FUE done in cicatricial alopecia.

We have combined PRP with mesotherapy and also low level helmet therapy for better results.

We use a double spin method for preparation of PRP by taking 40 -60ml of blood ,also we perform dermaroller (1.5mm) before injecting PRP.

In our experience the results in combination with dermaroller were found to be better .

EJIKEME Ifeoma

Saturday, June 08, 2019 - from 16:30 to 18:00

RUTHERFORD ROOM

Session:

MESOTHERAPY FOR HAIR LOSS**WHAT IS THE EVIDENCE BASE FOR MESOTHERAPY FOR HAIR LOSS?**

Mesotherapy is a treatment first described by Dr Michel Pistor in 1976. Since then it has gained publicity for its use in treating the hair, body and face. The use of mesotherapy has been described with pharmacological agents, herbal remedies and vitamins. This presentation looks at the evidence for mesotherapy for hair loss management; what are the treatments, protocols and pitfalls. The author pulls together a summary of the best evidence available to will help practitioners decide if they should add this to their treatment list.

ESPANA Mauricio

Friday, June 07, 2019 - from 14:30 to 16:00

WESTMINSTER ROOM

Session:

NOVEL THERAPIES FOR COMMON SKIN PROBLEMS**ADVANCES IN PATIENT MANAGEMENT WITH STRETCH MARKS WITH CALCIUM HYDROXYLAPATITE**

Abstract: Striae formation is defined as the process of rupture of the papillary and reticular dermis due to distinct metabolic processes in which fibroblasts are involved, leading to the formation of collagen which manifests itself in the epidermis as atrophic lines of white or red color.

Radiesse, whose active component is calcium hydroxylapatite, functions as a fibroblast biostimulator which is suspended in a gel carrier for cellular reuptake made up of carboxymethylcellulose. Intracellular biostimulation by cations, such as Ca²⁺, increases intracellular cAMP leading to an increase in ribosomal stimulation and neoformation of Type I collagen production.

Methods:

Dilution: The ideal dilution for the biostimulation treatment of the dermal papillary in any corporal region is with a hyperdilution of 1.5 cc of Classic Radiesse with 5 cc of saline and 1 cc of Lidocaine. It is then directly infiltrated in the direction of the striae. As an auxiliary treatment other methods can be used such as Dermaroller for continuous biostimulation and topical application of vitamin C over the striae region or oral vitamin C.

The previous can help by stimulating enzymatic hydroxylation of proline and lysine, which are essential amino acids for the formation of the collagen triple helix.

ESPANA Mauricio

Saturday, June 08, 2019 - from 14:30 to 16:00

WESTMINSTER ROOM

Session:

ADVANCED WOUND HEALING AND CELL DERIVED TREATMENTS

RECOMBINANT ENZYME FOR TREATMENT OF CELLULITE

Introduction

Edematous-Fibroesclerotic panniculopathy (EFEP) is one of several pathologies in which we can observe in our practice and one of the main reasons also of the same

As we already know well the panniculopathy is a disease which has many generation risk factors, so today we have different types of products, material and technology that is oriented towards the treatment of it, either to avoid, prevent or eliminate the disease. Nowadays, the use of low molecular weight recombinant lipolytic enzymes has been very successful in the treatment of this pathology.

Materials and methods

PBSerum recombinant enzymes are obtained through biotechnology where genetic material is extracted from various bacteria by means of plasmids, from which we obtain Lipase, Collagenase and Hyaluronidase. With this we will make a cocktail for its preparation combining these enzymes obtained

The preparation consists basically of 4cc of NaCl 0.9% with 1cc of Lidocaine 1 or 2%, well we do the reconstitution for the application of the same product

Knowing the pathophysiology of the creation of EFEP we can see how the injected low- molecular-weight enzymatic drug for the destruction of this malformed collagen, the drainage of the liquid stasis that keep patients in addition to the decrease of the adipose panniculus, given that These three sets are the factors of dermal cellulite visualization

Results

The protocol of performance of each session will vary between each patient, ie it is a 100% individualized treatment, the degree of improvement of the panniculopathy is very noticeable, favorable and with excellent results

After the application of the product, the final results of the first session are noticed until the third week of the application of the product suggested my technique and application form every 3rd week

conclusion

Recombinant enzyme therapy is a useful therapy for the management of panniculopathy, is a safe and effective therapy and is obtained by the highest recombinant technology

EZZAT Maha

Saturday, June 08, 2019 - from 09:30 to 11:00

ABBEY ROOM

Session:

PLASMA, RADIO FREQUENCY AND SKIN NEEDLING

POST ACNE SCARS FROM TREATMENTS TO INTERVENTIONS

Acne vulgaris is one of the most annoying dermatological disorder. wither affect teenagers or older adults, the main complaint of the patients is its disfiguring lesions. for this reason the combination of both ordinary and aesthetic treatment from the start is very important to decrease the period of treatment and to decrease the post acne traces. different aesthetic tools can be used during treatment of acne like peeling, LASERS can be beneficial to improve the cosmetic outcome.

GAUTHIER Nelly

Saturday, June 08, 2019 - from 16:30 to 18:00

ABBEY ROOM

Session:

LASERS AND OTHER MODALITIES FOR VASCULAR AND SKIN REJUVENATION

FOREVER YOUNG MYTH OR REALITY

Forever Young - Myth or reality?

Since the beginning of humanity the pursue of eternal life or at least eternal youth has been a constant. This eagernes was the source for innumerable stories, legends and myths like that one of Forever Young, but how unreal this myth really is?. Today there are several medical and aesthetic procedureds that offer that same premise with different degrees of accuracy on delivering what they promise. Forever Young BBL is a procedure scientifically proven that has been shown to change the expression of genes associated with aging, longevity, and increased lifespan. With Forever Young BBL treatments, the patient's skin will not only look clearer, smoother, and therefore much younger but, with regular yearly treatment, it truly delivers on the promise of a young looking and feeling skin, for as long as it is treated.

GHANEM Ali

Saturday, June 08, 2019 - from 14:30 to 16:00

RUTHERFORD ROOM

Session:

PLATELET RICH INJECTIONS

PANEL DISCUSSION

Panelist in Panel Discussion On PLATELET RICH INJECTIONS

GOHARY Yasser

Saturday, June 08, 2019 - from 09:30 to 11:00

ABBEY ROOM

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PLASMA, RADIO FREQUENCY AND SKIN NEEDLING

POST ACNE SCARS FROM TREATMENTS TO INTERVENTIONS

Acne vulgaris is one of the most annoying dermatological disorder. wither affect teenagers or older adults, the main complaint of the patients is its disfiguring lesions. for this reason the combination of both ordinary and aesthetic treatment from the start is very important to decrease the period of treatment and to decrease the post acne traces. different aesthetic tools can be used during treatment of acne like peeling, LASERS can be beneficial to improve the cosmetic outcome.

GOISIS Mario

Friday, June 07, 2019 - from 11:30 to 13:00

ST JAMES ROOM

Session:

VIDEO DEMONSTRATION AND CADAVERIC STUDY INVESTIGATING PLANES FOR THREAD POSITIONING

A CADAVERIC STUDY INVESTIGATING PLANES IN INJECTION IN MICROGRAFT, HYALURONIC ACIDS, CALCIUM HYDROXYLAPATITE, PRP AND CONED THREADS

Background: The aim of the study is to analyze the facial layers in which the product is released in the most common practices in aesthetic medicine, such as volume augmentation by means of hyaluronic acid, calcium hydroxylapatite, PRP and micro/nanograft.

Materials and methods: 40 cadavers head have been injected using several techniques imitating procedure on common practice in aesthetic medicine to properly restore age related volume loss. During the simulated procedureds different materials have been used: hyaluronic acid, calcium hydroxylapatite, human fat harvested from cadavers and saline solution simulating PRP. Different colors have been used for the different materials in order to identify them at the dissection.

The injection of hyaluronic acid has been executed using both 27 gauges blunt cannulas and 30 gauges sharp needles. Calcium hydroxylapatite has been injected using both 27 gauges blunt cannulas and 28 gauges sharp needles. Micrograft has been injected using 22 gauges blunt cannulas and 21 gauges sharp needles, while nanograft using both 22 gauges blunt cannulas and 25 gauges sharp needles.

The colored saline used to imitate PRP has been injected using 22 gauges blunt cannulas and 30 gauges sharp needles.

The coned threads has been placed using 18 gauge needle to insert them under the skin.

After the injections and threads placements all cadavers head have been dissected creating 5 anatomical layers: 1-skin, 2-superficial fat compartments, 3-SMAS, 4-deep fat compartments and masticatory muscle , 5 -bone. Colored materials has been searched along the layers.

Results.

Hyaluronic acid has been placed in layer 2 for 93% of the volume injected, calcium hydroxylapatite has been injected in 92% of the cases in the layer 4, Micrograft has been injected for 93% in the layer 3, nanograft for the 83% in layer 2 e 17% in layer 3; PRP has been injected for 89% in layer 2; cone threads have been placed for 92% along layer 2.

Conclusion: Cadaver dissection offers various insights over injections in aesthetic medicine, focusing the relationships between anatomical structures and injectables. The analysis of facial layers offers opportunity to optimize facial injection in order to have better aesthetic results.

GOISIS Mario

Saturday, June 08, 2019 - from 09:30 to 11:00

RUTHERFORD ROOM

Session:

INNOVATIONS IN AESTHETIC GYNAECOLOGY

COMPARING PROTOCOLS: SINGLE STAGE MICROFAT VS INTEGRATED PROTOCOL OF LIPOFILLING AND MONTHLY EXECUTED BIOREVITALIZATION TO RESTORE VULVAR AGE-RELATED VOLUME LOSS

Objective: To compare effectiveness and subjective satisfaction of two protocols to execute mini invasive lipofilling (microfat) to restore vulvar age related volume loss. During a period of time of 12 months, one group of patient underwent a single stage microfat session on the vulva and vaginal great lips , while a second group underwent a second microfat session at least 3 months after the first, furthermore undergoing once a month a session of vulvar biorevitalization.

Materials and methods: Between 1/1/2014 and 11/30/2016 23 patients underwent microfat to restore vulvar age related volume loss; 12 of them underwent a single stage microfat under local anesthesia; the remaining 11 patients underwent a second session of microfat at least 3 months after the first session; furthermore the patients of the second group underwent every month a session of vulvar biorevitalization. Both the groups underwent the lipofilling by means of a new conception closed system, with a patented cannula. The following vulvar area have been treated: mons pubis and labia majora. The session of biorevitalization have been executed using 2,5 cc of a mix of lyophilized amino acids and sodium jaluronate. All the patients have been evaluated by means of standard photographs and echography before the treatment and after 1, 3, 6 and 12 months. The patients have been asked to express their satisfaction about the treatment by means of a simple questionnaire.

Results: The patients of the multiple session lipofilling and biorevitalization group expressed a significant bigger satisfaction about the treatment, in particular 6 months after the treatment (86% against 42%). Photographic and echographic exams showed a bigger and more stable on the mid-long term correction of the age related vulvar volume loss on the group of patient who underwent the multiple lipofilling sessions.

GOLCHIN Kambiz

Friday, June 07, 2019 - from 14:30 to 16:00

ABBEY ROOM

Session:

LASERS AND OTHER MODALITIES FOR SKIN REJUVENATION

HIGH INTENSE FOCUSED ELECTROMAGNETIC APPLICATIONS IN BODY CONTOURING

High intense focussed electromagnetic applications in Body contouring
Mr G Golchin FRCS& Facial Plastic Surgeon M Med Sci, FRCL-HNS)
Beacon Face & Dermatology
Beacon Court, Level 1, Suite 36, Beacon Hall, Sandyford, Dublin, Ireland
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HIFEM® technology induces supramaximal muscle contractions. The rapidly changing magnetic field induces electric currents in the tissue where it depolarizes neural membranes and governs motor units in the target muscles, causing concentric contractions¹.

Muscle fibers relax between each nervous stimulus due to the central nervous system's inability to signal another impulse while the previous one is still in action. HIFEM generates impulses that are independent of brain function. the highest amount of tension that could be developed and held physiologically is called maximal voluntary contraction (MVC). Usually, it lasts only for a split second. Contractions with a tension higher than MVC are defined as supramaximal. HIFEM generates supramaximal contractions and holds them for multiple seconds, significantly increasing the physiologic stress/workload

The effects on muscle tissue When exposed to supramaximal contractions, the muscle tissue is forced to adapt to such extreme conditions and responds with a deep remodeling of its inner structure, i.e., the growth of myofibrils (muscle hypertrophy) and creation of new protein strands and muscle fibers (muscle hyperplasia).², Increased muscle density and volume lead to a better definition and muscle tone

The effects on fat tissue during physical activity, muscles need energy to produce contractions. The energy is derived primarily from adenosine triphosphate (ATP) and secondarily from creatine phosphate and glycogen to fuel the muscles. When these are depleted, the body's catabolic processes take place in the form of lipolysis - i.e. the breakdown of lipids (triglycerides) into free fatty acids (FFA) and glycerol.³⁻⁵ These released molecules usually act as an energy source for the needed muscle activity and body metabolism this induces FFA overflow and consequential apoptosis of fat cells. During an EMSCULPT treatment, the muscles are contracted to supramaximal levels. Signals are sent to the brain that an extreme amount of energy is going to be needed to supply these contractions and the release of epinephrine is acutely increased. This results in an extreme catabolic reaction, and supramaximal lipolysis, which in turn brings about a dramatic release of FFA.

When the amount of released FFA exceed normal levels, they start accumulating intracellularly in surrounding adipocytes and eventually lead to their dysfunction., 6-8 This catabolic and supramaximal lipolysis effect occurs mostly in the area in close proximity to the actual contracting muscles, due to increased adipose tissue blood flow and paracrine substances released from the contracting muscles.6 This principle of cell apoptosis induced by overflow of FFA has been previously observed and demonstrated in numerous research studies.9-10 With significant published date to date confirming levels of fat reduction and muscle building we look at the experience in our own clinic regarding Emsculpt treatments

HALLIDAY Gemma

Saturday, June 08, 2019 - from 11:30 to 13:00

ABBEY ROOM

Session:

DEVICES FOR CELLULITE, BODY CONTOURING AND FACIAL TREATMENTS

TOUCH THE FUTURE OF CELLULITE

Touch the future of cellulite

Corresponding/presenting author:

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With 80% of post pubertal women suffering from cellulite at some point in their lives it is no wonder the medical industry has been seeking an aesthetic solution to the appearance of cellulite for many years. Over the last 10 years the anatomical causes of cellulite have become better understood and thus technologies have been developed to try and treat these causes of the appearance of cellulite including some very aggressive invasive approaches. It is well accepted there are 5 anatomical causes of the appearance of cellulite and no one treatment has addressed all 5 causes until now

BTL Unison is an evolutionary system combining core BTL technologies in a synergistic way of delivery to patients giving superior results over current treatment regimes for cellulite. Using a combination of Radiofrequency and shock wave therapy (Targeted Pressure Energy) these combined energy modalities treat the causes of cellulite namely

A reduction in the adipose tissue in the interlobular spaces reducing upward pressure in the dermis

An increase in the elasticity and density of the dermis from the process of neocollagenesis creating more resistance to the upward pressure from the subdermal area.

A relaxation and lengthening of the connective septa releasing tension on the depressions visible on the surface.

Improvement in lymphatic drainage and increase in blood flow to remove the build-up of extracellular fluid and toxins accumulated in the area.

Clinical evidence will be presented (1, 2) using thermal imaging and ultrasound to move to more scientific evidence-based results to demonstrate how this new treatment is revolutionising the way clinics approach the issue of cellulite.

A system that will be the first to simultaneously treat the 5 causes of cellulite delivering a superior and longer lasting reduction in the appearance of cellulite with decreased treatment times. The superior results increase patient demand in an already increasing market sector delivering improved ROI's. Our actual clinical experience will be discussed using this new technology.

1) Klaus Fritz, Salavastru C, Gyurova M. Clinical evaluation of simultaneously applied monopolar radiofrequency and targeted pressure energy as a new method for non-invasive treatment of cellulite in postpubertal women. Journal of Cosmetic Dermatology DOI:10.1111/jocd.12525

2) Klaus Fritz, Salavastru C, Gyurova M. Reduction of abdominal skin laxity in women post-vaginal delivery using the synergistic emission of radiofrequency and targeted pressure energy. Journal of Cosmetic Dermatology DOI:10.1111/jocd12741

HAMIDA-PISAL Philippe

Saturday, June 08, 2019 - from 16:30 to 18:00

RUTHERFORD ROOM

Session:

MESOTHERAPY FOR HAIR LOSS

BOTULINUM TOXIN FOR HAIR LOSS

Hair possesses a symbolic connotation of strength and seduction that dates back to Egyptian times and to which we still attach great importance. The appearance of hair can be interpreted in very different ways, in concepts that rank from sexuality to religion. As a result, hair loss can have a significant psychological impact that varies depending on culture, age and sex.

How the Botulinum toxin can have a significant impact on alopecia, action on DHT and on hair cycles.

How long and how effective is the treatment.

HAQ Syed N.

Friday, June 07, 2019 - from 09:30 to 11:00

ST JAMES ROOM

Session:

EFFICACY, PATIENT SELECTION AND THERAPEUTIC APPROACHES TO USING THREADS IN AESTHETICS

EFFICACY AND EVIDENCE OF POLYDIOXANONE THREAD LIFTING AND THE INCREASING USE OF THE TECHNOLOGY IN A CLINICAL SETTING

The immense popularity of thread-based technology with its positive clinical impact, safety profile and short downtime allows us to utilise thread lifting as a technique to bring about skin rejuvenation, skin tightening and lifting of the face, as well as their use in treating other body parts. The efficacy and evidence behind the technology will be examined.

The use of Polydioxanone (PDO) threads as the principal underlying device in aesthetic/cosmetic non-surgical interventions, together with the improved understanding of the application of such PDO threads in the past five years, together with correct patient selection and the increased experience of clinicians in the United Kingdom has collectively been responsible for a significant upsurge in their use. Invariably this has led to improved patient outcome in general though the application of this powerful technology has to be taken in the correct context.

Many changes have taken place in PDO thread technology recently. The clinical indications for use seem to be ever expanding. At present PDO thread lifting appears to be providing a viable solution for those patients who either choose not to undergo surgical intervention to resolve their clinical issues or for those patients who are caught between the standard non-surgical and surgical approaches. I believe that this transition group of patients will continue to expand provided that further studies are conducted using PDO thread therapy that explore and deliver long-term clinical results without compromising safety. To that end it is a fundamental requirement that standardisation in the method, techniques, training and product quality are at the heart of the PDO thread therapy movement. Strict regulatory control and the establishment of non-profit organization/regulatory bodies that monitor matters ensuring patient safety is adhered to.

HARRIS Steven

Friday, June 07, 2019 - from 14:00 to 16:00

CHURCHILL ROOM

Session:

AESTHETIC TREATMENTS IN MALE AND FEMALE PATIENTS - LOWER FACE WITH TOXIN AND FILLERS

THE NON-SURGICAL LIP LIFT

The Nonsurgical Lip Lift (NLL) is an artistic approach to nonsurgical lip augmentation involving hyaluronic acid dermal fillers. It works with the natural presenting anatomy, especially the lip tubercles to gently and subtly enhance them along with linear and curved thread techniques to lift and shape the lips on a vertical plane. Depending on the aspects injected, the tubercles may be shifted in a process termed 'tubercle shifts' toward the desired overall shape. The NLL avoids direct injections into the vermillion border or philtral columns; they are instead defined indirectly so that there is no unnatural outward projections. The technique in classic form involves tens steps with no more than 0.05ml of filler required per step. The steps vary in terms of number and order depending on the presenting anatomy so that rarely more than 0.5ml is required for the procedure. All the injections are performed very gently, slowly and superficially (with a needle) so that the procedure is relatively very safe. Common side effects associated with lip treatments such as swelling and bruising (and more rare serious complications involving vascular compromise) are thus kept to an absolute minimum. The NLL is part of a Less is More holistic approach to nonsurgical facial rejuvenation. This approach involves Facial Reshaping with Myomodulation where the lips are often largely corrected through 'indirect beautification.' It is typically at the end of this process that the NLL would be applied for subtle, natural and normal looking results.

HEMMING Anna

Friday, June 07, 2019 - from 09:30 to 11:00

WESTMINSTER ROOM

Session:

NOVEL TREATMENTS FOR ANTI-AGEING AND SKIN CELLULAR HEALTH

THE ROLE HUMAN RECOMBINANT GROWTH FACTORS CAN PLAY IN SKIN REJUVENATION

In the last 20 years the aesthetic medicine revolution has changed the market beyond recognition. Since Stem cells were first isolated in 1981 there have been major advances in technology. Now in 2019, we can isolate specific Growth Factors from stem cells and understand how focused and targeted Growth Factors can penetrate the dermis, work on specific conditions, reduce inflammation and be incorporated into advance skin care products. Dr Hemming will discuss how human recombinant growth factors are made and look at some recent studies showing how growth factors can rejuvenate the skin. Followed by a live demonstration showing how recombinant growth factors can be used in clinical practice.

HUSSEIN Asif

Saturday, June 08, 2019 - from 16:30 to 18:00

ABBAY ROOM

Session:

LASERS AND OTHER MODALITIES FOR VASCULAR AND SKIN REJUVENATION

THE FUTURE OF LASER RESURFACING

Dr Hussein specialises in laser resurfacing. This lecture is designed to illustrate the efficacy of variable depth fully ablative Erbium-YAG resurfacing and look at the principles of fully ablative resurfacing. Use of real-time imaging with OCT to assess epidermal thickness and depth of vascular plexus prior to resurfacing will also be discussed. This technique allows for the best balance between safety, downtime and optimal results.

JOLLY Sujata

Friday, June 07, 2019 - from 16:30 to 18:00

WESTMINSTER ROOM

Session:

MOLECULAR DYNAMICS OF SKIN DISORDERS

THE EVOLUTION OF WOUND HEALING & SCAR REPAIR

This presentation will cover the move away from moist wound healing to a novel concept which follows the principle of dry wound healing using scaffolding technology.

The use of an extracellular matrix or scaffold structure encourages the growth of healthy skin cells to help the body rapidly close a wound. This encompasses the basics of the fundamentals of wound healing - from the inflammatory phase, granulation, re-epithelialisation and remodelling.

Case studies demonstrate how patient outcomes are improved. For chronic wounds the end result is complete wound healing as opposed to on-going wound management.

The technology is equally effective for post procedure (acute) healing. For both surgical and cosmetic wounds, patients experience significantly reduced downtime and minimal instance of post inflammatory hyperpigmentation (PIH) This results in higher patient satisfaction and better treatment outcomes

JOLLY Sujata

Saturday, June 08, 2019 - from 09:30 to 11:00

WESTMINSTER ROOM

Session:

MICROBIOME AND THE SKIN

A SYSTEMATIC APPROACH TO ACNE & RELATED SKIN DISORDERS

Acne and related problems can be treated more successfully by following a systematic treatment protocol and simple to follow homecare regimen. Skin problems that benefit from this approach include active acne, post inflammatory hyperpigmentation (PIH), scarring and rosacea.

By using oxygen delivery and biological exfoliation, it is possible treat, heal and re-educate, and to normalise the patient's skin rather than masking its underlying condition.

The key is to understand why it is important to follow a logical methodology and rounded approach to treat various skin conditions to produce superior long term patient outcomes.

JUDODIHARDJO Harryono

Friday, June 07, 2019 - from 11:30 to 13:00

WESTMINSTER ROOM

Session:

INTERACTIVE PANEL DISCUSSION SESSION

THE AGEING HAND - WHICH TREATMENT WOULD YOU USE FIRST? AN INTERACTIVE AUDIENCE AND PANEL DISCUSSION SESSION

Background. The hands, like the face and neck, suffer from age and sun. Many treatments now exist to improve appearance of aged or photodamaged hands.

Aim. During this session, panellists and the audience will discuss the optimum order in which to employ various aesthetic treatments for aged or photodamaged hands.

Method. Photographs of hands will be displayed. Audience and panel members will be asked to choose which treatment they would do first for this particular patient. A lively, interactive, good natured and collegiate discussion involving panellists and audience is anticipated.

JUDODIHARDJO Harryono

Friday, June 07, 2019 - from 14:30 to 16:00

ABBEY ROOM

Session:

LASERS AND OTHER MODALITIES FOR SKIN REJUVENATION

LASER VS TMA

Thermo-Mechanical Action (TMA) is a new device that is gaining popularity around the world. This is a machine that can transfer heat directly into the skin by means of conduction. The machine was designed to give similar skin resurfacing results as fractional CO2. This presentation will give side by side comparisons of many aspects of both treatments including results from the authors own clinical experience.

KAJAIA Albina

Friday, June 07, 2019 - from 14:30 to 16:00

ST JAMES ROOM

Session:

CHEMICAL COMPOSITION OF THREADS - THEIR RELATIVE IMPACTS ON OUTCOME

CRITERIA FOR SELECTION OF PATIENTS AND METHODS FOR THREAD LIFTING

Background A synergetic approach is essential for skin rejuvenation because many factors contribute to the aging of the face and neck. Objectives To evaluate the effect of threads with HA for simultaneous skin lifting and rejuvenation. Methods P(LACL)HA threads is preloaded in classical round tip cannula and inserted through only one entry point. It ensures minimum injury and simple application. It could be applied to the face and neck area, for lifting effect and for the creation of tissue volume by soft tissues reposition. Results Patients showed clinical improvement of skin aging after the treatment. As a result, the skin slowly becomes denser as it regains its ability to stimulate collagen and elastin and reliably fixed in soft tissues and forms a strong supporting skeleton. P(LACL)HA threads improved elasticity and texture of skin after implantation. Conclusions The P(LA/CL) HA threads have a more favourable effect on the skin after implantation. This minimally invasive technique produces an immediate lifting and a gradual and natural regenerating effect.

KANE Michael A. C.

Friday, June 07, 2019 - from 09:30 to 11:00

CHURCHILL ROOM

Session:

AESTHETIC TREATMENTS IN MALE AND FEMALE PATIENTS - UPPER FACE AND EYES WITH TOXIN AND FILLERS

VOLUMETRIC PERIORBITAL REJUVENATION: ADDING AND SUBTRACTING 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. Video of the author's three-layer technique for volume addition will be shown. 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 will also 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 (including decreasing periorbital edema) will be discussed including their complementary roles in reducing the appearance of periorbital fat without surgery. Clinical examples will be shown.

KANE Michael A. C.

Friday, June 07, 2019 - from 16:30 to 18:00

GIELGUD ROOM

Session:

ABG LAB

MESOSCUPT C71 ® & MESOEYE C71 ® : CELLULAR RECEPTORS AND SIGNALING - THE MECHANISMS OF ACTION

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. New injectable product, MesoEye C71 and MesoSculpt C71, will be discussed. The various ingredients of the product which help to reduce lipogenesis, adipogenesis, and periorbital edema 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.

KAUR Bhavjit

Friday, June 07, 2019 - from 16:30 to 18:00

WESTMINSTER ROOM

Session:

MOLECULAR DYNAMICS OF SKIN DISORDERS

DEMYSTIFYING MACULAR FACIAL HYPERPIGMENTATION IN SKIN OF COLOUR

Background: One of the most common dermatological complaints of patients with skin of colour is Hyperpigmentation. In the fair skin fine lines and wrinkles are considered signs of ageing on the other hand dyspigmentation and specially hyperpigmentation is considered as a sign of ageing in darker skin type. Hyperpigmented lesions of the face can be rather complex and it can be difficult to navigate the various diagnostic pathways to find a single diagnosis.

Conclusion: This talk will attempt to demystify that all hyperpigmented lesions are not Post inflammatory hyperpigmentation (PIH) or Melasma as is commonly assumed. It also attempts to focus on the importance of understanding the aetiology of hyperpigmentation and history taking in such patients to improve patient care.

KENDRICK Julia

Saturday, June 08, 2019 - from 11:30 to 13:00

MOORE ROOM

Session:

THE BUSINESS OWNERS JOURNEY AND TOP TIPS FOR RUNNING A SUCCESSFUL CLINIC

TOP TIPS FOR BUILDING A SUCCESSFUL CLINIC BRAND

With aesthetic clinics now on virtually every high street, the challenge of standing out from the crowd has never been tougher. Whether you are a newly launched clinic staking your claim in the industry, or an established clinic looking to head off competitors and rejuvenate revenue - an effective PR and marketing strategy is essential to business survival and building a memorable brand. In this session, award-winning business strategy and communications expert Julia Kendrick reveals how to build and maintain an effective PR and marketing approach, to help drive new revenue and growth, increase patient retention and help you stay ahead of competitors.

KENNELLY Rana

Saturday, June 08, 2019 - from 16:30 to 18:00

CHURCHILL ROOM

Session:

AESTHETIC TREATMENTS FOR TISSUE REGENERATION

THE C-CURVE TREATMENT

Tear trough treatment is the easiest area to perform badly. The 'C-Curve' is a term and treatment approach which improves the tear trough indirectly by first improving the bony circuit around the tear trough. This bony circuit being the temple, lateral cheek, medial cheek & canine fossa. When these areas are assessed & where appropriate treated you can indirectly support and improve the tear trough. Since Hyaluronic Acid gels can be unpredictable at times in the medial aspect of the tear trough, we propose an array of finishing touches. PRP, Amniotic Fluid, Microneedling, and energy based treatments are used to complete the 'C-Curve' to improve the skin quality, dark circles and texture of the skin. This regenerative combination treatment, for the tear trough, gives the patient a reasonable non-surgical option.

KHAN Aamer

Friday, June 07, 2019 - from 09:30 to 11:00

ABBEY ROOM

Session:

LIGHT THERAPY, NECK REJUVENATION AND THE TREATMENT OF LESIONS

LIGHT THERAPY; PAST, PRESENT AND FUTURE

Aesthetic medical practices are looking for new ways to differentiate their practices as well as enhance overall procedure results. Low-level light therapy (LLLT) using advanced LED technology is a versatile modality which can be added without incurring additional overhead, staff, or significant financial investment. LLLT has demonstrated clinical efficacy in a number of therapeutic areas and has been shown to accelerate tissue repair, decrease wound size, address acne, accelerate the resolution of erythema, hasten wound closure, prevent dehiscence and much more. Light therapy may be used post-surgery to activate fibroblasts to produce collagen and elastin and is ideal for use following LASER, microneedling, microdermabrasion, microcurrent and injections to accelerate healing, decrease downtime and generally enhance outcomes. The key to achieving positive clinical outcomes is to understand the critical parameters involved for effective application of light therapy. This presentation will serve as an update on the Light Therapy in today's practice and as a guide for new and existing LLLT medical aesthetic practitioners.

KHANNA Bob

Saturday, June 08, 2019 - from 09:30 to 11:00

CHURCHILL ROOM

Session:

PROFILOPLASTY VS FULL FACE TREATMENTS: ALL YOU NEED TO KNOW ON FACIAL SHAPING WITH INJECTABLES

PROFILOPLASTY - "FACIAL ARTISRTY"... FROM FOREHEAD TO CHIN

In reality harmonious facial aesthetics can only be achieved through a comprehensive assessment and a "total facial approach", which will be at the very core of this very informative lecture.(20).The importance of achieving a balanced and aesthetic profile from forehead, nose, lips to chin will be highlighted throughout in this most engaging presentation.

Achieving a good balance with upper and lower face is vital.

Prof Khanna has developed a set of new parameters called his P-line system to help clinicians master the art of profiloplasty in both Females and Males. (1)

Forehead reshaping and Non-surgical rhinoplasty will be explored in fine detail.

Prof Khanna will then discuss the importance of a three-dimensional approach in lip augmentation with the dento-alveolar complex setting the tone for perioral rejuvenation.

Prof Bob Khanna will discuss the importance of achieving optimal dental and skeletal proportions, form and symmetry with current concepts in cosmetic dentistry. From single teeth to full mouth rehabilitation involving skeletal augmentation and implants, aesthetics and function must be equally respected.(1,2,3)

Prof Khanna will explore new approaches in chin augmentation with dermal fillers with particular reference to retrognathic chins in moderate to severe class II skeletal based patients.He will discuss the assessment and execution of treatment for mild ,moderate and severe cases for both lengthening and projecting. (7,8,9,10,11,12,13)

In this lecture Prof Khanna will discuss different approaches to three dimensional cheek augmentation and sculpting using dermal fillers. Indeed this is still an area that aesthetic professionals often ignore or under treat, yet maintenance of upper facial volume and convexity is essential in facial rejuvenation. (14,15,16,17,18,19,20,21)

Prof Khanna will explore throughout this presentation, the anatomical concerns during treatment and look at predictable techniques with low complication rates.(6)

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KHANNA Bob

Saturday, June 08, 2019 - from 09:30 to 11:00

CHURCHILL ROOM

Session:

PROFILOPLASTY VS FULL FACE TREATMENTS: ALL YOU NEED TO KNOW ON FACIAL SHAPING WITH INJECTABLES

HOW TO CREATE THE PERFECT PROFILE NON-SURGICALLY

In reality harmonious facial aesthetics can only be achieved through a comprehensive assessment and a "total facial approach", which will be at the very core of this very informative lecture.(20).The importance of achieving a balanced and aesthetic profile from forehead, nose, lips to chin will be highlighted throughout in this most engaging presentation.

Achieving a good balance with upper and lower face is vital.

Prof Khanna has developed a set of new parameters called his P-line system to help clinicians master the art of profiloplasty in both Females and Males. (1)

Forehead reshaping and Non-surgical rhinoplasty will be explored in fine detail.

Prof Khanna will then discuss the importance of a three-dimensional approach in lip augmentation with the dento-alveolar complex setting the tone for perioral rejuvenation.

Prof Bob Khanna will discuss the importance of achieving optimal dental and skeletal proportions, form and symmetry with current concepts in cosmetic dentistry. From single teeth to full mouth rehabilitation involving skeletal augmentation and implants, aesthetics and function must be equally respected.(1,2,3)

Prof Khanna will explore new approaches in chin augmentation with dermal fillers with particular reference to retrognathic chins in moderate to severe class II skeletal based patients.He will discuss the assessment and execution of treatment for mild ,moderate and severe cases for both lengthening and projecting.
(7,8,9,10,11,12,13)

In this lecture Prof Khanna will discuss different approaches to three dimensional cheek augmentation and sculpting using

dermal fillers. Indeed this is still an area that aesthetic professionals often ignore or under treat, yet maintenance of upper facial volume and convexity is essential in facial rejuvenation. (14,15,16,17,18,19,20,21)

Prof Khanna will explore throughout this presentation, the anatomical concerns during treatment and look at predictable techniques with low complication rates.(6)

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KIELY Clare

Saturday, June 08, 2019 - from 11:30 to 13:00

WESTMINSTER ROOM

Session:

DERMATOLOGY 101 - ACNE. ROSCEA, DERMATITIS, SKIN ALLERGIES AND COMMON MALIGNANCIES

BENIGN SKIN LESIONS

While performing a skin assessment, it is important to be able to confidently diagnose benign skin lesions and treat

appropriately when required. Some lesions require nothing other than reassurance but those that are troublesome or cosmetically displeasing may require treatment. In this talk we will review the common benign pigmented lesions, vascular lesions and lumps & bumps which you will encounter regularly in your practice. I will discuss tips to make the diagnosis and the various treatments and techniques to ensure the best cosmetic outcome.

KRAMER Eyal

Friday, June 07, 2019 - from 09:30 to 11:00

GIELGUD ROOM

Session:
CROMA

THREADZ® FROM A TO Z - NEWLY REGISTERED PDO SUTURES TO RESTORE NATURAL BEAUTY THROUGH STAND-ALONE APPLICATION AND COMBINATION WITH THE OTHER METHODS

As we age, our facial support structure weakens, and we lose facial bones, fat and connective tissue. The affected areas generally include the cheeks, the eyebrows and other areas around the eyes, the jowls, and the neck. The result is sagginess and older-looking face. As the skin ages, the connective tissue in the skin becomes thinner. The elastic fibres in the skin undergo a type of "breakdown". The facial skin thus loses some of its elasticity. Younger people may experience cheek and brow ptosis.

For these people especially, a thread repositioning, combined with dermal fillers to compensate the volume loss, may be a good alternative to the more invasive procedures. Many people consider surgical facelift, however can't afford it or have a significant concerns about recovery time of the standard facelift and the scars. Threads application could be considered as a less invasive, or preliminary procedure for facial sagginess repositioning. Thread repositioning costs less and require less downtime for many people. Threads can postpone the need for surgery in many cases of facial sagging.

Being semi-invasive procedure threads provide tissue elevation effect. The result lasts relatively long and in an effect similar to that of a moderate brow lift or a lower face and neck lift.

Modern technologies allow to address those properties during the production process e.g. sutures with bidirectional & 4-dimension oriented cogs to maximize fixation or anchor sutures with triangle shape cogs produced by "no-hit" press & sculpted" molding method to increase their strength, repositioning capacity, and durability of the effect. These barbs under the skin also tend to gather tissues to fill out and lift the cheeks and sagging skin. Collagen formation occurs around the threads and their cogs or barbs, producing an increasing effect.

Rejuvenation of the lower face is one of the most requested area to treat by our patients. The most prominent aging structure in this area is the jowels. When we are young one cannot recognize the jowels. With the process of aging and loss of elasticity the jowels become more prominent giving the patient a sagging and heavy look.

The improvement of this area can be achieved by using a combination of PDO threads treating the sagginess and loss of elasticity. We have to address different layers of the face with different types of threads in a number of vectors.

The way to combine the different type of Princess Threads to treat the lower face would be shared in this presentation combined with live demo.

Special consideration would be emphasizing the right patient's selection and the type of princess threads to be used to get the best result.

For example, for sagging skin correction two crucial characteristics of the sutures must be taken into consideration: their strength and fixation ability in order to reinforce and prolong tissue elevation (repositioning) effect.

KUBICKA Barbara

Saturday, June 08, 2019 - from 11:30 to 13:00

ALBERT ROOM

Session:
BEAUTY EXPERT KOREA

NECK LIFT WITH USE OF COMBINATION THREADS

A presentation of the unique BEK threads, their application and different techniques, with a video demonstration.

KUBICKA Barbara

Saturday, June 08, 2019 - from 11:30 to 13:00

ALBERT ROOM

Session:
BEAUTY EXPERT KOREA

SKIN AND HAIR REJUVENATION WITH SOUTH KOREAN PEPTIDES BASED MESOTHERAPY

A case study of nine patients and a comprehensive presentation of peptide products, protocols, their indications and final results.

KUZLIK Rafal

Saturday, June 08, 2019 - from 11:30 to 13:00

RUTHERFORD ROOM

Session:

EBD APPLICATIONS IN AESTHETIC GYNAECOLOGY AND THE FDA POSITION**RADIOFREQUENCY AND FEMALE GENITAL REJUVENATION**

Objectives: To evaluate the safety and efficacy of transcutaneous temperature controlled radiofrequency (TTCRF) on vulvovaginal tissue for vaginal laxity, urinary incontinence and sexual disorders.

Materials and methods: Study subjects included 53 sexually active women, ages 30-70, reported vaginal laxity, urinary incontinence and sexual disorders. Each patient received two sessions at interval of four weeks. Treatment was performed with radiofrequency emitter localised on the surface of the probe and lasted 30 minutes on average. No anaesthesia was required. Tissue temperature was elevated to 47°C and maintained between 45°C and 47°C. Internal (vaginal) part of the treatment was concentrated on the anterior wall and also covered right and left side of the vagina. External part covered labia majora and minora, perineal body and clitoral hood. After treatment there were no exclusions of normal activity including sex.

Results: All 53 patients referred improvement of quality of life (QOL). Significant effect was achieved in vaginal tightening (38,1%), reduction of urinary incontinence (33,2%) and frequency of feeling urgent (54,6%), improvement of sexual satisfaction (27,2%) and the ability to achieve orgasm (25%).

Conclusions: TTCRF is an effective and safe treatment of vaginal laxity, urinary incontinence and sexual disorders. This method helps women to improve self confidence. This is non-surgical treatment and no side effects were detected.

LAKHANI Shirin

Saturday, June 08, 2019 - from 14:30 to 16:00

MOORE ROOM

Session:

INSTAGRAM TIPS, RUNNING SUCCESSFUL EVENTS, INNOVATION AND PSYCHOSOCIAL FACTORS**HOW I MADE OVER £97,000 FROM JUST 2 EVENTS IN 2018**

Making the most out of a marketing budget to get a real and measurable return on your investment of time and money is challenging in today's competitive market place. Dr Lakhani shows how she used a launch event with a carefully crafted follow up event to secure over £97,000 of treatment bookings at her medical aesthetic clinic.

LEBBAR Noura

Saturday, June 08, 2019 - from 09:30 to 11:00

ABBAY ROOM

Session:

PLASMA, RADIO FREQUENCY AND SKIN NEEDLING**LOWER FACE & PERIOCCULAR NON SURGICAL LIFTING WITH THERMAL REGULATED ENDOPLASMA**

Introduction : Background

Non ablative Radiofrequency has been for many years the only method for producing skin tightening.

Nevertheless, the results weren't always significant when the area treated has also fat excess as the upper neck (double chin), the lower peri-orbital area and the jawline.

A new device combining an internal Thermosensing Monopolar Radiofrequency & an external Ablative Radiofrequency with plasma effect was tested to get immediate skin tightening & lipolysis.

Objective:

The study aimed to evaluate the clinical improvement & safety of the combination of Internal real time thermosensing Radiofrequency & External Plasma Ablative Radiofrequency to produce skin contraction & lipolysis in the lower peri-orbital area, lower face & upper neck.

Patients & Methods:

The device used is Thermo-DAS an innovative device combining an internal thermosensing Monopolar Radiofrequency & an external Ablative Radiofrequency with plasma effect.

10 patients aged from 42 to 70 years were treated. 3 of them for lower eyelids, 6 of them for lower face lifting and neck skin laxity, and 1 patient was treated for moderate double chin.

A local Anesthesia was performed at the entry point of the thermal cannula while a simple topical anesthesia was performed prior to the external plasma radiofrequency.

Standardized digital photographs were obtained preoperatively, after few days, a few weeks and up to 6 months.

Safety profiles were also measured at each session.

Only the cases of eyes bag and neck skin laxity were treated with combined internal and external plasma radiofrequency. The

jawline contouring was performed and the double chin were treated only with the internal radiofrequency. The temperature used on the thermal cannula was between 40 & 55 degrees.

Results:

The results showed favorable improvement in the skin laxity & fat deposition. Both investigators' evaluations & patients' evaluation showed significant improvement between 12 & 24 weeks.

No side effects such infection or burn were observed.

The use of the plasma external radiofrequency leaved an epidermal crust (epidermal brown spot with a diameter of 1 millimetre each) which fell spontaneously after 5 days.

A skin redness was observed after the external plasma radiofrequency lasting maximum 1 week.

Conclusion:

Immediate skin contraction persisting through the immediate intermediate and long-term follow up was found in the vast majority of patients in this study.

The combination of an internal real-time thermosensing monopolar Radiofrequency with external ablative plasma radiofrequency is a very safe & innovative procedure which might become one of the popular treatment option for face lifting & contouring because of the combined effect of new collagen deposition, skin tightening & soft lipolysis due to the radiofrequency heat effects (movement of charge particles within the tissues).

LENHARD Andreas

Friday, June 07, 2019 - from 16:30 to 18:00

ABBEY ROOM

Session:

CO2, BODY CONTOURING, IMAGING AND NOVEL DRUG DELIVERY SYSTEMS

CO2 A TRULY MULTI-FUNCTIONAL DEVICE FOR AESTHETIC, SURGICAL AND WOMEN'S HEALTH APPLICATIONS

CO2-lasers have been introduced into the medical field in the mid-sixties. Since then they have undergone a continuous development from simple ablative devices to treat burned wounds to microprocessor guided, complex machines for almost any surgical or dermatological indication with either ablative or fractionated modes. This widespread range of energy distribution into the skin offers a broad spectrum of indications in surgical, aesthetical or gynaecological applications. We will highlight the major established therapies along with important standard indications for this device and will also give an outlook for the new gynaecological settings for CO2-lasers. Such as Actinic and seborrheic keratosis, warts, moles, skin tags, epidermal and dermal nevi, xanthelasma. Other conditions that have been shown to respond favorably to CO2 laser resurfacing include dermatofibroma, rhinophyma, severe cutaneous photodamage (observed in Favre-Racouchot syndrome), sebaceous hyperplasia, syringomas, actinic cheilitis, angiofibroma, scar treatment, keloid skin cancer, neurofibroma, diffuse actinic keratoses, granuloma pyogenicum, and pearly penile papules. Periorbital and perioral wrinkles, facial resurfacing and acne scars, dyschromias including solar lentiginos. The gynaecological situations as vulvovaginal atrophie, lichen sclerosus, vulvodinia and mild SUI.

LENHARD Andreas

Saturday, June 08, 2019 - from 11:30 to 13:00

RUTHERFORD ROOM

Session:

EBD APPLICATIONS IN AESTHETIC GYNAECOLOGY AND THE FDA POSITION

VAGINAL RESTORATION, TREATMENT BEYOND BEAUTY

The past years have witnessed a surge of interest in vaginal rejuvenation, both surgical and nonsurgical. There is an increase of 23% in surgical labiaplasty procedures performed in 2016 by plastic surgeons in the United States, compared to 2015 resulting in over 10,000 procedures 2016. Along with this newer area of surgical interest, there has also developed a rapid growth in the number of treatment options for nonsurgical vulvovaginal rejuvenation. For both cosmetic and functional reasons, increasing numbers of women have sought alternatives to traditional options (vaginal lubricants, topical or oral estrogen products, and hormone replacement therapy) for dealing with unwelcome vaginal changes of menopause and childbirth, by choosing among a host of energy-based treatment devices that have emerged. These devices use technologies similar to those employed to rejuvenate skin of the face and body and include fractional CO2 laser-based technology to address the most common complaints of genitourinary syndrome of menopause (GSM) or vulvovaginal atrophy (VVA). Overlooking the results of 1200 treatments we present our current data regarding these indication along with the findings regarding other treatment indications offered by these systems in day-to-day gynecological routine aswell as classical fractional face treatments. In conclusion we focus on the newer studies regarding the biophysiological mechanisms provoked by EBDs

LEWIS Wendy

Saturday, June 08, 2019 - from 11:30 to 13:00

MOORE ROOM

Session:

THE BUSINESS OWNERS JOURNEY AND TOP TIPS FOR RUNNING A SUCCESSFUL CLINIC**THE 80/20 RULE - HOW TO KEEP YOUR BEST PATIENTS COMING BACK**

You've heard it before. 20% of your customers deliver 80% of your revenue. So then why are you spending the bulk of your marketing budget to consistently bring in new patients from SEO/PPC, review sites, and PR who are not vetted? This talk will focus on how to increase the average ticket price in your practice to sell more services, products, treatments. Keep your best patients who know and like you within your practice, and work with them to become your brand advocates and influencers to generate more referrals.

LEWIS Wendy

Saturday, June 08, 2019 - from 14:30 to 16:00

MOORE ROOM

Session:

INSTAGRAM TIPS, RUNNING SUCCESSFUL EVENTS, INNOVATION AND PSYCHOSOCIAL FACTORS**BEST PRACTICES FOR BECOMING AN INSTAGRAM INFLUENCER**

It's no secret that Instagram is now the platform of choice for aesthetic doctors. It has left other channels in the dust and has surpassed Facebook, and taken the sizzle out of Snapchat. Facebook now owns Instagram and WhatsApp making it the most powerful social network in the world with 2.5B monthly users.

Learn what to do and what not to on this powerful platform to attract new patients to your clinic and establish your brand in the age of GDPR.

LIM Ting Song

Friday, June 07, 2019 - from 09:30 to 11:00

CHURCHILL ROOM

Session:

AESTHETIC TREATMENTS IN MALE AND FEMALE PATIENTS - UPPER FACE AND EYES WITH TOXIN AND FILLERS**PERIORBITAL TREATMENTS WITH TARGET SPECIFIC SANDWICH TECHNIQUE**

In recent years, hyaluronic acid (HA) fillers have gained popularity as they offer aesthetic improvements previously only achievable with surgeries, but at lower cost and with limited-to-no recovery time. The current trend in HA filler delivery is mostly relied on multiple point injections, using large volume, aiming for both immediate volume increment and lifting. However, such practice often ignore the short term as well as long term consequences, such as implant diffusion, migration, inflammatory reaction as well as facial contour distortion leading to facial overfilled syndrome. We propose a novel technique to restore, rejuvenate and enhance the face, using minute amount of HA fillers via minimal entry points. Target specific sandwich technique (TSST) approaches facial rejuvenation by sandwiching very small amount of fillers with different rheological properties at strategic areas, in several different layers of the soft tissues. This session, we use TSST to treat the periorbital area, which is considered one of the most sought after but difficult to master treatment in Asia.

LIM Ting Song

Friday, June 07, 2019 - from 16:30 to 18:00

CHURCHILL ROOM

Session:

HOW TO TACKLE AND MANAGE COMPLICATIONS**DIAGNOSIS AND MANAGEMENT OF FACIAL OVERFILLED SYNDROME**

As dermal fillers became more widely acceptable, we started to observe increasing numbers of people developing facial overfilled syndrome. These overfilled faces are commonly seen among those who have undergone multiple filler injections. The overfilled syndrome can be seen among those who had volume overload in the mid face, forehead, chin and nose. Incorrectly placed dermal fillers, poor selection of filler products, overzealous attempts by the injectors, and overly enthusiastic clients who "chase the lines" are the common cause of this phenomenon. Many of those who have overfilled syndrome lost their original facial topography and may or may not be aware of such condition. In fact, facial distortion due to the overfilled syndrome can be exaggerated by facial expressions and movements. Overfilled syndrome is more commonly "produced" by practitioners depending solely on a single modality for treatment. Overfilled syndrome is commonly seen after multiple treatments with fillers. This syndrome is under-diagnosed, and many practitioners are not aware of such condition. Having the

awareness of the overfilled syndrome is crucial among aesthetic practitioners to prevent it from happening. Once a face is overfilled and the structure is distorted, diminishing the volume with hyaluronidase will help to minimize the distortion, but will not necessarily restore the face to its natural look. Therefore, it is very important for the medical aesthetic community to bring up the awareness of overfilled syndrome and prevent this from happening.

MAHMOOD Ansar

Saturday, June 08, 2019 - from 14:30 to 16:00

RUTHERFORD ROOM

Session:

PLATELET RICH INJECTIONS

PANEL DISCUSSION

Panelist in Panel Discussion On PLATELET RICH INJECTIONS

MANUSKIATTI Woraphong

Friday, June 07, 2019 - from 09:30 to 11:00

ABBAY ROOM

Session:

LIGHT THERAPY, NECK REJUVENATION AND THE TREATMENT OF LESIONS

NECK REJUVENATION WITH FRACTIONAL MICRONEEDLING RADIOFREQUENCY DEVICE

Demand for noninvasive procedure to correct the of the unattractive feature of an aging neck is increasing because of the popularity of aesthetic medicine. However, data on the safety and efficacy of noninvasive procedures for treatment of aging neck skin in the dark-skinned patients are limited.

We performed a prospective, self-controlled study was conducted to evaluate the safety and efficacy of a fractional radiofrequency microneedle system for the treatment of aging neck skin in Asians.

Materials and Methods: Eighteen females (mean age of 53 years old) of skin type III and V with aging neck skin were enrolled. All subjects were treated on the three-monthly sessions with a fractional radiofrequency microneedle system (a power of 260 V and a pulse duration of 30 milliseconds) for two passes. Objective (measurement of skin color and roughness using 3D photography and skin elasticity analysis using cutometer) and subjective [evaluated using the Physician Global Aesthetic Improvement Scale (GAIS) by two blinded dermatologists] assessments were obtained at baseline and at 1, 3 and 6 months after the final treatment.

At 3-month follow-up, in doctors' GAIS scoring, "very much improved" accounted for 5.5%, "much improved" accounted for 33%, "improved" accounted for 56%, and "no change" accounted for 5.5%. At 3-month follow-up, skin texture ($P = .013$), and skin's total extensibility ($P = .02$) have significantly improved, in comparison with the baseline. These positive outcomes were maintained up to the 6-month follow-up, according to the GAIS scores and the measurements of 3D photography and cutometer. Mild postinflammatory hyperpigmentation (PIH) was observed in 5% of the subjects. All PIH was temporary and resolved on an average of 4 weeks.

The fractional radiofrequency microneedle system is a safe therapeutic alternative for the treatment of aging neck skin in dark-skinned individuals. The detail of concept will be shared and discussed.

MARTHAN Jules

Friday, June 07, 2019 - from 16:30 to 18:00

ST JAMES ROOM

Session:

PERMANENT AND NON-PERMANENT THREADS IN SKIN REJUVENATION AND SYNERGISTIC EFFECT OF THREADS WITH HYALURONIC ACID

PERMANENT THREADS - A VIABLE ALTERNATIVE TO FACE LIFT?

Also called suture thread or wires, suspension threads can be an excellent solution for major improvement in case of sagging skin due to many factors (age, pollution, sun damage, free radicals)

Thread & lift

- Diameter (1,4 mm) larger for better adherence and traction potential.
- 30cm in length , 800 cogs with 8 attachment limiting slippage.
- No elasticity reducing the risk of release after fixation.
- Color blue for extra visibility in case of emergency removal
- Fine fibrosis around it for easy removal

Placing

Simple enough to avoid complication therefore the risk of infection and reduce post intervention pain and downtime.
The absence of cranial attachment helps avoiding hyper pressure and osteolysis of the Calvaria

Technical issue

High entry point allow maximum pull of the upper third and at the same time a stronger elevation of the malar area
Possibility to balance both sides precisely
Less anesthetic required therefore less edema and less post operator pain.
Essential point: depth of thread placement in sub reticular dermis to avoid externally visible furrows.

Pre training

The help and guidance of an experienced practitioner is paramount

Conclusion

After years of practice with different suspension thread I finally found a material that gives a serious minimally invasive alternative to surgical face lift with similar result.

MARTHAN Jules

Saturday, June 08, 2019 - from 16:30 to 18:00

WESTMINSTER ROOM

Session:

INTERNATIONAL PEELS SOCIETY

REAL DEEPNESS OF PEELINGS

Knowledge of the level of the peelings

Peels from Egyptian antiquity to the present day:

- Tartaric acid: base wine barrels
- Lactic Acid, donkey milk
- Citric acid: lemon juice
- Glycolic Acid: decoction of sugar cane
- Is in the early twentieth century that the use of medical peels takes a turn with the establishment of a scientific framework (TCA and phenol).

The peeling: peel the skin in a controlled manner to give it a new youth.

This will help to fade pigmentation, smooth fine lines, refine skin texture, boost the synthesis of collagen and elastin and promote the production of new cells, new skin is more toned, smoother, suppler.

Different peels are distinguished by their depth of action depending on the concentration of the products, the type of substance used, the action time and the number of coats applied.

In the arsenal of currents anti ageing treatment peelings are an effective and affordable way to improve the quality of the skin: surface and deep

All the techniques of facial rejuvenation can be completed or improved by peels, which are therefore an essential complement for, skin rejuvenation.

Current products

Ready to use (no mixing or no preparation before application)

Stables constant composition with a controlled manufacturing at all stages.

The results are reproducible.

The range can cover all the needs of skin rejuvenation from simple tone enhancement to the complete overhaul of the epidermis and superficial dermis.

Creams, serums preparation and home care, optimize treatment, reduce side effects, improve healing post peel and protect skin from the sun.

Stages of skin aging

UV rays are responsible for 80% of skin aging the remaining 20% being due to tobacco, chronic diseases as diabetes, pollution and simply ageing.

They can be classified in photo damage I to IV (similar stages of Glogau for age) At each of these stages will correspond to a depth of lesion, it is important to know how deep the peeling is going to penetrate.

It is obvious that a peeling that will eliminate the superficial layer of the epidermis cannot treat a wrinkle in the medium dermis.

How do the peels?

They suppress, by accelerating the exfoliation, the superficial layers of the skin.

Chemical peels penetrate deeper than the mechanical or physical exfoliates.

They stimulate the repair mechanism of the skin:

Mitotic cells of the epidermis and dermis by chemical mediators such as cytokines and stress proteins.

Production of collagen and elastin of good quality.

Production of glycosaminoglycans (GAG) ... hyaluronic acid.

The hydration of the skin.

Penetration of active ingredients

Without peeling agents, active ingredients do not penetrate into the deeper layers of the skin
Watchword: STIMULATION

What type of chemical peel and for what purpose?

Very superficial peels (glycolic peel from 20 to 50%) = To thin the stratum corneum and improve the glow

Superficial peels (Glycolic 70%, TCA 10 to 15%) = For scaling of Keratinocytes (without going below the epidermis)

Medium peels (TCA from 18 to 30%) = Used to regenerate the epidermis and stimulate a portion of the papillary dermis

Deep peels (Phenol) = Regeneration of the epidermis and papillary dermis

Knowledge of the depth of the skin changes determines the type of chemical peel to use (dermal alterations can be processed by a superficial peel)

Peels are affordable, easy to use by a physician trained in the technique.
- do pose no danger if you meet the conditions of application
- Side effects are rare and rather operator dependent.

MARTIN Amie

Saturday, June 08, 2019 - from 16:30 to 18:00

CHURCHILL ROOM

Session:

AESTHETIC TREATMENTS FOR TISSUE REGENERATION

THE C-CURVE TREATMENT

Tear trough treatment is the easiest area to perform badly. The 'C-Curve' is a term and treatment approach which improves the tear trough indirectly by first improving the bony circuit around the tear trough. This bony circuit being the temple, lateral cheek, medial cheek & canine fossa. When these areas are assessed & where appropriate treated you can indirectly support and improve the tear trough. Since Hyaluronic Acid gels can be unpredictable at times in the medial aspect of the tear trough, we propose an array of finishing touches. PRP, Amniotic Fluid, Microneedling, and energy based treatments are used to complete the 'C-Curve' to improve the skin quality, dark circles and texture of the skin. This regenerative combination treatment, for the tear trough, gives the patient a reasonable non-surgical option.

MAZZI Luigi

Friday, June 07, 2019 - from 14:30 to 16:00

ST JAMES ROOM

Session:

CHEMICAL COMPOSITION OF THREADS - THEIR RELATIVE IMPACTS ON OUTCOME

PLA, PLA+, PLA-CL THREADS: DIFFERENCES , TECHNIQUES AND RESULTS

Background:

Author describes his experience and results using two different kinds of threads for face rejuvenation: PLA and PLA+CL. Nowadays a wide variety of threads are available in the market but not all are good at reaching the best results in face lifting with a minimal invasive approach. PLA threads have been used for a long time in plastic surgery to lift forehead in surgical procedures and they have been modified for an easier use in face rejuvenation. PLA + CL threads seems to be an evolution of PLA suspension sutures but techniques and results are different. Indication for those threads is lifting eyebrow, mid and lower face as well as definition of the jaw line. They can be also used for neck lifting.

Materials and methods:

PLA threads have cones grasping the superficial sub cutaneous fat tissue. They are available with eight, twelve and sixteen cones. PLA+CL threads are 2.0 sutures with barbs that do not undermine and notch the integrity of the suture. They are available in 12 cm or 23 cm length. Both threads are bidirectional with a needle at the ends. PLA needles are thinner and more flexible than the PLA+CL. Insertion technique use 0.4cc of local anaesthesia and 18g needle to make the insertion's hole for thread and another infiltration of local anaesthetic at the exit point of the needle. Both kinds of threads lies at the same sub cutaneous plane, however, only the PLA+CL suture, once inserted, can be used with a multiple "IN-OUT" points. These options allow changing the direction of the thread and act along two different vectors of tension with a single suture. An anchor point is created when the direction is changed. This technique is named "J technique" and it is not possible using the PLA threads with cones.

We have a long experience in PLA suture but PLA+CL threads are quite new on the market. In the last two years we treated 126 patients (women between 46 y.o and 73 y.o) for face and neck rejuvenation using threads, 42 with PLA and 84 with PLA+CL sutures. Areas of treatment were: Eyebrow 16 pts (12PLA - 14PLA+CL); Mid and lower face 9 pts (5PLA - 6 PLA+CL); mid, lower and jaw line 39 pts (21 PLA - 38 PLA+CL); jawline and neck 20 pts (9 PLA - 21 PLA+CL); full face and neck 42 (12 PLA - 32 PLA+CL).

Results:

Full-face procedure takes no more than one hour. Side effects as redness, swelling and bruising are always present for few days but no severe side effects are reported in our experience. Downtime is shorter with PLA thread whereas dimple effect is greater with PLA+CL because grasping is greater with barbs and "J Technique" than cones. Good results are achieved with both sutures, however the one obtained with PLA+CL is more evident and remarkable. These results are also supported by stretch and creep lab test. Both threads are completely absorbed in few months and results don't stay longer than two years time. Results obtained with PLA+CL threads are better and stay longer despite the longer stay of the dimple effect (one week). After one year follow up 60% (26) of patients treated with PLA required to redo the treatment or add threads whereas only 18% (15) patients treated with PLA+CL required a touch up. Threads technique can be combined with ancillary procedures such as fillers, botulin toxin, PRP or Endolift laser to maximize the rejuvenation effects.

Conclusion:

Indications for threads technique are sagging skin of the face. Threads are good at reaching a lifting effect with a minimal invasive approach even though results don't stay longer than two years. Pre-op marking is mandatory to achieve the goal in face rejuvenation with threads especially with "J technique". Hypercorrection is needed to achieve good results and knowledge of face's anatomy is essential

MAZZI Luigi

Saturday, June 08, 2019 - from 11:30 to 13:00

ABBEY ROOM

Session:

DEVICES FOR CELLULITE, BODY CONTOURING AND FACIAL TREATMENTS

FACE AND NECK LIFTING WITH ENDOLIFT TECHNIQUE USING A 1470NM DIODE LASER AND A 300 MICRONS FTF OPTIC FIBRE

Background:

Author describes his experience and results with the endolift technique for face and neck laser rejuvenation. Endolift allows delivering laser energy directly to the dermis using a very thin optic fibre inserted under the skin. Fibre is moved in a fan shape mode by physician in the superficial layer of the subcutaneous tissue in direct contact with the dermis. The aim of this technique is to achieve induce a lipolysis reaction, skin tightening, skin contraction and collagen stimulation. Indication for this technique is mid-face and lower face skin laxity and lower lid treatment.

Materials and methods:

During last few years technique and fibres have been modified and today we have developed a standardized technique. A 1470nm diode laser is in use. A 300 microns optic fibre is utilized mainly for face and neck treatment, whereas a 200microns fibre is preferred for upper and lower lid. There no needs to use anaesthesia to perform the procedure with this technique that results a completely office based procedure. A cooling device is useful to deliver energy in a completely safe way.

Optic fibre passes through the skin without the need to use a neither needle nor scalpel because of the shape of the tip. Fibre is directly inserted under the skin and up to five introduction points are used to treat the mid face, two for the neck and one for the mandibular arch and the lids.

Laser set up iare: power 1 watt, 50 msec "on-time" and 50 msec "off-time". For a face treatment, the range energy delivered is between 1000 joules and 1500 joules. While passing through the dermis, these optic microfibers acts like an intradermal light path and transmits radiating near infrared energy in order to immediately induce a lipolysis reaction, correct mild sagging on the face activating shrinkage and new collagen formation and activate the metabolic functions of the extracellular matrix.

In the last two years 288 patients underwent to this procedure: 72% female - 28% male, age between 38 and 72 y.o., 36% have been treated for mid and lower face skin laxity, 12% lower rid and 26% neck, 26% lower face (jawline).

Results:

After one year from the first treatment 31% of patients treated previously in one area only asked for another treatment in a different area. Side effects reported are minimal such as redness (99%), swelling (92%), bruising (62%), paraesthesia (21%), nerve stupor (0,35%). All side effects resolve within 2-7 days. Paraesthesia (more frequent in the jawline) can stay for a longer time (4 weeks) and resolves spontaneously. Patient's rate global satisfaction was 94%: 65% very satisfied, 17% satisfied, 12% modestly satisfied. 17 patients reported have no results and were unsatisfied from the procedure. Those All these patients have been treated at the beginning using the 200mc fibre to treat the entire face. 12 out of 17 patients were re-treated with a 300 microns fibre and a major amount of total energy. 10 Patients declared to have achieved a very good results and 2 reported a slightly achievement. Five patients refused to underwent to another treatment.

Conclusion:

Endolift is an effective minimally invasive interstitial laser lifting treatment well accepted by patients with good results that are steady over a twoâ••years followâ••up. This technique has been significantly simplified from the beginning; recovery is rapid and the risk of injuring of the branches of the facial nerve is dramatically reduced with the new smaller fibres. Physicians must have a very good understanding of face anatomy and laser technique to achieve safely the best results.

MERCER Nigel

Saturday, June 08, 2019 - from 14:00 to 16:00

CHURCHILL ROOM

Session:
FOCUS ON LIPS AND PERIORAL AREA ENHANCEMENT

KEY LECTURE: REGULATION IN AESTHETIC MEDICINE

The British government have recently announced the need for the vulnerable patient to be protected by the use of screening tools. I will take you through the attempts at regulation over the last 20 years and explain, in the light of all humans being vulnerable, how we have got to this position. Is it enough? Where do ethics and morals sit in this marketplace?

MIEDZIANOWSKI-SINCLAIR Nick
Friday, June 07, 2019 - from 16:30 to 18:00

ABBAY ROOM

Session:
CO₂, BODY CONTOURING, IMAGING AND NOVEL DRUG DELIVERY SYSTEMS

A THOUSAND WORDS - ONE CLICK!

To deliver a thousand words in a 20 minutes talk means the rate of delivery must be a word every 1.2 seconds. In a 30 minutes consultation the rate is 1.8 seconds and in a 40 minutes consultation that is a word every 2.4 seconds! Bearing in mind two people are involved in C21 Aesthetic Medicine, and we have moved on from 'the choice was a jar of cold cream or a face lift' - Mr Rajiv Grover, digital medical photography is a key differentiator in meeting the demands of the consumer (Patient). Accurate, as opposed to approximate, evidence based as opposed to hearsay...showcase your excellence! 'You only know whose swimming naked when the tide goes out' - Warren Buffet.

MOSAHEBI Afshin
Friday, June 07, 2019 - from 11:30 to 13:00

WESTMINSTER ROOM

Session:
INTERACTIVE PANEL DISCUSSION SESSION

THE AGEING HAND - WHICH TREATMENT WOULD YOU USE FIRST? AN INTERACTIVE AUDIENCE AND PANEL DISCUSSION SESSION

Background. The hands, like the face and neck, suffer from age and sun. Many treatments now exist to improve appearance of aged or photodamaged hands.

Aim. During this session, panellists and the audience will discuss the optimum order in which to employ various aesthetic treatments for aged or photodamaged hands.

Method. Photographs of hands will be displayed. Audience and panel members will be asked to choose which treatment they would do first for this particular patient. A lively, interactive, good natured and collegiate discussion involving panellists and audience is anticipated.

MOXHAM Laura
Saturday, June 08, 2019 - from 09:30 to 11:00

MOORE ROOM

Session:
THE PATIENTS JOURNEY, GOOGLE ADWORDS AND OTHER EFFECTIVE MARKETING PROGRAMMES

TOP 5 GOOGLE ADWORDS TIPS TO GET MORE ENQUIRIES FOR YOUR CLINIC

1. What is Google Ads
 2. Why is it important
 3. Talk through a case study of a clinic that was doing Google Ads, the work we did with them and how it's improved their return.
-

MYERS Ron
Saturday, June 08, 2019 - from 16:30 to 18:00

MOORE ROOM

Session:
SEO AND PRODUCT POSITIONING

A QUARTER OF A CENTURY IN AESTHETICS CONDENSED INTO 20 MINUTES

A Quarter of a Century in Aesthetics Condensed into 20 Minutes

From the launch of Botox® in 1994 to running an aesthetic clinic, clinical trial and training centre today; Ron looks back at some of the past successes and mistakes made by suppliers, clinics and himself and highlights what we can learn from them.

NJOO David

Friday, June 07, 2019 - from 09:30 to 11:00

ABBAY ROOM

Session:

LIGHT THERAPY, NECK REJUVENATION AND THE TREATMENT OF LESIONS

TREATMENT OF FLAT PIGMENTED LESIONS WITH THE PICOLASER

An overview will be presented of benign and flat pigmented lesions which are suitable for laser therapy. Both congenital as well as acquired hyperpigmentary disorders will be discussed. Which lesions are contraindicated for lasers and what are the pitfalls? And why is a knowledge of the histopathology essential for success of your laser treatment? Finally dr Njoo will discuss the differences in effectiveness and safety between picolasers versus nanolasers in the treatment of pigmented lesions.

NJOO David

Friday, June 07, 2019 - from 14:30 to 16:00

WESTMINSTER ROOM

Session:

NOVEL THERAPIES FOR COMMON SKIN PROBLEMS

MULTI- LEVEL THERAPY FOR REFRACTORY MELASMA

Melasma is a complex pigmentary disorder characterized by disfiguring hyperpigmented discolorations in the face. Especially in the coloured skin, melasma appeared to be a challenging disease to treat. In cases where topical therapies appeared to be unsuccessful lasers have been employed to treat this disorder. However, lasers alone are not sufficient to achieve long-lasting results. Since the hyperpigmentation is located on different anatomic levels in the skin, melasma should be approached accordingly. In this lecture dr Njoo will explain the multilevel therapy for refractory types of melasma using chemical bleaching agents, mineral UV filters and a novel Nd: YAG picolaser.

OLSEN Anna Marie

Friday, June 07, 2019 - from 11:30 to 13:00

WESTMINSTER ROOM

Session:

INTERACTIVE PANEL DISCUSSION SESSION

THE AGEING HAND - WHICH TREATMENT WOULD YOU USE FIRST? AN INTERACTIVE AUDIENCE AND PANEL DISCUSSION SESSION

Background. The hands, like the face and neck, suffer from age and sun. Many treatments now exist to improve appearance of aged or photodamaged hands.

Aim. During this session, panellists and the audience will discuss the optimum order in which to employ various aesthetic treatments for aged or photodamaged hands.

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ORASMAE-MEDER Tiina

Saturday, June 08, 2019 - from 09:30 to 11:00

WESTMINSTER ROOM

Session:

MICROBIOME AND THE SKIN

SKIN MICROBIOME - THE FUTURE OF SKINCARE

This work explores the possibilities of changing the skin microbiome to promote healthy flora through the introduction of

topical prebiotics and probiotics.

Newly developed research methods have allowed us to identify the skin's microbiome, which describes the collective genome of microorganisms harboured by a human body. Microbiome is a very complex and diverse interaction among various microorganisms, including interspecies relations between viruses, fungi, bacteria and parasites. The skin is an ecosystem, a live biological complex of various microorganisms actively interacting with tissue cells.

Microorganisms are identified by means of genome analysis based on sequence analysis of the 16S ribosomal RNA gene. This has revealed that most of skin microflora belongs to one of the four phyla: actinobacteria, firmicutes, bacteroidetes and proteobacteria.

Knowing that the skin's functions are largely performed by a complex of mutually-active cells and a live biological conglomerate of microorganisms, we are faced with a necessity to reconsider our treatment of many skin diseases. We may be able to correct the skin's condition (such as psoriasis, acne, atopic dermatitis) by changing the microbiome and actively restoring the balance of microorganisms, which make up the skin's healthy flora.

Agents that can affect the microbiome are probiotics and prebiotics. Probiotics are cultures of live microorganisms found in healthy microbiome. Prebiotics are various agents that can serve as a nutrient medium for commensal and symbiotic microbes, increasing their growth and promoting successful colonisation. For the purpose of this article, only topical application of prebiotics and probiotics will be explored.

The development of microbiome-friendly skincare is an emerging area and has only just begun, however topical application of prebiotics and probiotics has demonstrated favourable preliminary results. Today, prebiotic and probiotic-based cosmetic ingredients are found in professional and home-use cosmetic solutions. Skincare with probiotic and prebiotics were previously offered to care for sensitive or damaged skin; however, numerous studies have shown that prebiotic and probiotic therapy can be universal and generally beneficial for the skin, and even provide an anti-ageing effect.

PACIFICO Marc

Saturday, June 08, 2019 - from 14:00 to 16:00

CHURCHILL ROOM

Session:

FOCUS ON LIPS AND PERIORAL AREA ENHANCEMENT

ALTERNATIVE APPROACHES TO PERI-ORAL REJUVENATION

Non-surgical approaches now dominate peri-oral rejuvenation, but surgery still retains an important role. This talk reviews both non-surgical and surgical approaches, with a particular focus on the modified upper lip lift and its role in upper lip rejuvenation. Details of the technical aspects are reviewed, as well as outcomes, risks and predictive factors in outcomes

PAPADOPOULOU Maria

Saturday, June 08, 2019 - from 09:30 to 11:00

RUTHERFORD ROOM

Session:

INNOVATIONS IN AESTHETIC GYNAECOLOGY

HORMONAL REPLACEMENT THERAPY IN AESTHETIC GYNAECOLOGY

Aesthetic Gynaecology is an evolutionary & powerful new sector of Gynaecology. Many specialists are being involved with. The majority are Gynaecologists, but nowadays many Plastic Surgeons, Aesthetic Doctors and even General Practitioners are having a great role.

From 2007 till now, more than 10,000 cases of Aesthetic Gynaecology procedures have been performed globally and more than 4,000 doctors are practicing in this field.

BHRT from the other hand is the new trend for Hormonal Replacement Therapy, with better results and less side effects.

The purpose of this lecture is to create a bridge between Aesthetic Gynaecology-BHRT and to prove the benefits of this connection for our patients.

Aesthetic Gynaecology has two branches, one is the Surgical and the other is the non-surgical. Both of these are dealing with Post-menopausal women. Most of them they are suffering from a loose vagina or urine incontinence. Some of them they are seeking to improve their external genitalia, such as Labia Majora augmentation or lifting of the both labias (Majora & Minora). The benefits of introducing these women to BHRT will help any Aesthetic Gynaecological procedure, invasive or non-invasive and will improve Cosmetic & functional results.

BHRT or Bio-Identical Hormonal Replacement Therapy is a long lasting Doctor/patient relationship and we must be well informed regarding to whom, when and how will apply this treatment.

The protocols of BHRT and the follow up management will be discussed thoroughly.

We need to understand the physician & the patients' goals, which are better treatment, excellent aesthetic & functional results, high Patient satisfaction, less redo procedures.

If we combine the excellent knowledge of Aesthetic Gynaecology with BHRT, all the above goals will be easily achieved.

PHILLIPS Tania

Saturday, June 08, 2019 - from 11:30 to 13:00

ABBEY ROOM

Session:

DEVICES FOR CELLULITE, BODY CONTOURING AND FACIAL TREATMENTS

NON-INVASIVE LASER FACE LIFTING & BODY SCULPTING

Fotona 4D, Non -invasive laser facelift:

This treatment applies synergistic treatments from two wavelengths. This is enabled by the patented, expanded capabilities of the Nd:YAG and Er:YAG wavelengths providing 4 dimensions of treatment. Er:YAG and Nd:YAG wavelengths are applied in 4 different modes: SMOOTH®, FRAC3®, PIANO® and SupErficial™ and work on deeper, medial and superficial connective structures of the skin, while simultaneously targeting different skin imperfections. This laser treatment enables full thickness contraction of collagen for long lasting tightening of existing collagen fibres and neo-collagenesis with excellent results.

Assessment of the efficacy and sustainability of TightSculpting on the abdominal area using the Fotona TightSculpting protocol

BACKGROUND: Previous studies have demonstrated a reduction in fat and successful skin tightening after TightSculpting involving additional post treatment exercise programmes and lymphatic massage with MRI used to quantify the total reduction in body fat after treatment.

AIM: The aims of this study are to assess the efficacy of the Fotona TightSculpting two-step protocol alone without interval exercise regimes and develop a simple, easy to use, pragmatic assessment tool for the quantification change in outcomes of treatment, which could be adopted into everyday clinical practice.

METHODOLOGY: Due to migration in position of soft tissue landmarks (eg. Umbilicus, soft tissue markings) during and after fat reduction treatment, we assess the use of bony reference points to delineate a reference axis for measurements. Abdominal girth measurements were made at specific points measured 2 cm and 6 above and below a horizontal axis (red interrupted line in Figure 1) run through either the iliac crest. The 4 measurements were added to give a "compound girth measurement" (CGM). CGM's were compared pre and post TightSculpting treatments.

RESULTS: Ten consecutive patients were evaluated. The pre and post CGM's for T1 and T2 were compared. All patients demonstrated a significant reduction in compound girth measurement during their treatment. There was a significant reduction in CGM after both T1 & T2 treatments (p

CONCLUSION: The Fotona TightSculpting regime yields excellent reduction in CGM, which is sustained over time without the need for additional exercise regimes. The use of bony prominences allows a reproducible point of reference for making measurements during tight sculpting treatments. We recommend bony prominences as point of reference and compound measurement when performing TightSculpting. Further examples under evaluation include the acromio-clavicular prominence and medial epicondyl as reference points for the upper limb and patella or ischial tuberosity for gluteal / thigh TightSculpting.

PROKUDIN Sergey

Friday, June 07, 2019 - from 09:30 to 11:00

CHURCHILL ROOM

Session:

AESTHETIC TREATMENTS IN MALE AND FEMALE PATIENTS - UPPER FACE AND EYES WITH TOXIN AND FILLERS

VESSELS, ANATOMY GLABELLA AND FOREHEAD - LAYERS OF SAFETY

Glabellar area, as the area of the forehead in recent years become increasingly popular and used in the correction of age. If earlier the main method of therapy was botulinum toxin - the last two decades, an increasing number of cases are successfully solved with the use of fillers. When we talk about efficiency, we must always be aware of security. In the first place these areas are complications such as ischemia or blindness. The main arteries that are dangerous when using fillers are a. supraorbitalis and a. supratrochlearis. Each artery has a superficial and deep branch which have anastomoses with a. facialis through a. dorsal nasalis. In the study of vascular anatomy, it is necessary to understand not only the projection of the passage of arteries and veins relative to the skin and bones, but also their layered location. It is important fact, since it is the filler that is the agent for which the layer is also important. In light of the "theory of angiosomes" anatomy of anastomosing arteries plays a significant role. As a result of anatomical and clinical studies, we have developed an algorithm for the use of fillers in the glabellar zone and the forehead, using such criteria as: layer, anastomosis, projection of the main vessels of these areas.

PUYAT Maria Cristina

Friday, June 07, 2019 - from 11:30 to 13:00

CHURCHILL ROOM

Session:

AESTHETIC TREATMENTS IN MALE AND FEMALE PATIENTS - MID FACE WITH TOXIN AND FILLERS

MIDFACE TOXIN: PORES & TEXTURE - INNOVATIVE TECHNIQUES

In the earlier days, Botulinum toxin was primarily seen as the source of botulism food poisoning, a poison from the soil found in decomposing food. Currently, Botulinum Toxin A is well-known for its cosmetic indication to diminish moderate to severe facial wrinkles, for face contouring and rejuvenation for skin pores and skin textures.

Through this, I'll be presenting the Midface toxin: Pores & texture - Innovative techniques and more specifically, how I have addressed the ever changing preferences to Asian feature as seen in my practice.

PUYAT Maria Cristina

Friday, June 07, 2019 - from 14:00 to 16:00

CHURCHILL ROOM

Session:

AESTHETIC TREATMENTS IN MALE AND FEMALE PATIENTS - LOWER FACE WITH TOXIN AND FILLERS

FEMALE JAWLINE INJECTIONS

Aesthetic awareness begins early in childhood with the impression of "What is beautiful is good". Facial Harmony expresses the structural features connected with the unquestionable charm of a person. In the Aesthetic field, we usually determine the facial harmonization of a person thru their facial balance, symmetry, contours and how it is linked to the profile of the face. In aging, natural changes of facial muscles together with gravity causing sagging and drooping in the face. Mandible height decreases making the jawline less prominent and results in facial disharmony.

With the various breakthroughs and further advances, jawline injections with dermal filler and toxin has become the immediate non-surgical approach to improve and enhance the jaw line projection based on soft tissue and facial profile with minimal risk, downtime and instant results.

Through this, I'll be presenting Female Jawline Injections: the non-surgical way and more specifically, how I have addressed the ever-changing preferences as seen in my practice.

PUYAT Maria Cristina

Saturday, June 08, 2019 - from 16:30 to 18:00

CHURCHILL ROOM

Session:

AESTHETIC TREATMENTS FOR TISSUE REGENERATION

STEM CELLS IN ANTI-AGING MEDICINE

The advances seen with recent stem cell technology are among the world's ultimate scientific breakthroughs. Novel strategies allowing treatment of not just of many pathological conditions but also paves the way for the development of new innovative regenerative therapies including soft tissue regeneration. Autologous Adiposed-derived stem cells has gained remarkable momentum in clinical practice over the past several years due to its potential applications in reconstructive surgery, cosmetic and aesthetic surgery. The future direction of stem cells is a revolutionary approach to improve aesthetic enhancements such as skin rejuvenation, facial fat transfer and targeting indications that involve functional restoration of defective tissues.

In my practice it is a holistic integration of aesthetic, anti-aging, and regenerative therapies. My aesthetic patients became my anti-aging patients. I practice integrated medicine where I mix western, alternative, preventive medicine. Aesthetics or dermatology and then regenerative work hand-in-hand. One works on the external beauty and the skin deep and one works from the internal. It has been more than just beauty and aesthetics, now I build beauty from the inside out. The way I approach patients has become more personal as is needed with preventive and anti-aging medicine. There is no one way to deal with patients, each must be diagnosed individually.

RAKUS Rita

Saturday, June 08, 2019 - from 16:30 to 18:00

ABBEY ROOM

Session:

LASERS AND OTHER MODALITIES FOR VASCULAR AND SKIN REJUVENATION

THERMAL VS NON-THERMAL TECHNOLOGIES IN NON-INVASIVE BODY CONTOURING

Title: Thermal vs. non-thermal technologies in non-invasive body contouring

Corresponding/presenting author:

Dr. Rita Rakus

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Tel.: +44 20 7460 7324

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Placement preference: Platform (oral) presentation

Background: Noninvasive body shaping has for long been represented by thermal modalities such as cryolipolysis, low-level laser therapy (LLLT), radiofrequency (RF) and high-intensity focused ultrasound (HIFU). Lately, there has been an outbreak of studies describing non-thermal high-intensity focused electromagnetic (HIFEM) technology for body shaping.

Methods: To review and compare the leading techniques in body shaping and its outcomes, the terms 'non-invasive', 'cryolipolysis', 'radio frequency', 'ultrasound', 'low-level laser', 'HIFEM' and 'electromagnetic' were used along with 'fat reduction' and 'body contour' during the search in the PubMed database. We identified 42 prospective studies investigating thermal and non-thermal modalities for body contouring which used quantitative assessment such as circumferential, fat thickness or muscle thickness measurements.

Results: In regards to fat reduction HIFEM non-thermal technology yields competitive results when compared to the thermal modalities, but does not outstrip the results of RF or cryolipolysis. Although nonthermal technology does not surpass the thermal technologies in fat reduction it has a benefit of simultaneously targeting the underlying muscles and inducing its thickening. The circumferential reduction by HIFEM is comparable to the non-thermal modalities, but in the case of HIFEM, it is not only due to fat reduction but also due to the muscle tightening effect. In addition, treatments by thermal modalities except LLLT are often accompanied with adverse events such as erythema, procedural and post-procedural pain, mild burns or numbness, while the HIFEM studies did not report any adverse events beside mild muscle soreness.

Conclusion: Thermal devices appear to be more effective for fat reduction, but non-thermal technology makes it up by its simultaneous effect on fat and muscle. The non-thermal technology may extend the scope of instruments for the doctors to more successfully fulfill the goals of their patients.

RAVICHANDRAN Simon

Friday, June 07, 2019 - from 11:30 to 13:00

CHURCHILL ROOM

Session:

AESTHETIC TREATMENTS IN MALE AND FEMALE PATIENTS - MID FACE WITH TOXIN AND FILLERS

SAFE AND EFFECTIVE TREATMENT OF THE NOSE WITH TOXINS AND DERMAL FILLERS

Non surgical rhinoplasty using toxins and dermal fillers requires a detailed understanding of the structural and functional anatomy of the nose. This presentation introduces the considerations of the hard and soft tissues, as well as the musculature of the nose, for safe and effective non surgical rhinoplasty.

RAVICHANDRAN Simon

Friday, June 07, 2019 - from 16:30 to 18:00

CHURCHILL ROOM

Session:

HOW TO TACKLE AND MANAGE COMPLICATIONS

COMPLICATIONS ARISING FROM BOTULINUM TOXIN TREATMENTS TO THE FACE.

Botulinum toxin injections for facial rejuvenation as well as correction of facial muscular asymmetry are one of the most commonly performed treatments in aesthetic medicine worldwide. Whilst almost all complications are self resolving within the time of the duration of effect of the drug, they can and do cause considerable distress for affected patients. This presentation covers the mechanisms by which the complications develop and provides tips and pointers to both avoid, and manage complications that arise.

RAVICHANDRAN Simon

Saturday, June 08, 2019 - from 11:30 to 13:00

CHURCHILL ROOM

Session:

FOCUS ON FOREHEAD, TEMPLES AND NOSE ENHANCEMENT

FOREHEAD TREATMENT WITH FILLER & TOXINS

Whilst the forehead is one of the most commonly treated areas with toxins, a full appreciation of the anatomy of the area will allow for combination treatments to address multiple layers of the forehead for a more natural aesthetic outcome than standard toxin alone. This presentation will demonstrate the techniques for assessing the forehead for the application of individualised toxin treatments, as well as for the use of dermal fillers in the both the deep fat compartments and the dermis.

RIEDHART HUTER Maria

Saturday, June 08, 2019 - from 09:30 to 11:00

RUTHERFORD ROOM

Session:
INNOVATIONS IN AESTHETIC GYNAECOLOGY

VAGINAL RELAXATION SYNDROME

Sexuality is an important part of women's health, quality of life and general wellbeing. Vaginal laxity or looseness is common in our urogynecology services. Vaginal Relaxation Syndrome (VRS) is defined as a laxity of the vaginal wall due to changes in connective tissue associated with the aging process. Various treatment options are available for VRS such as Female genital cosmetic surgery (FGCS) including several surgical interventions aimed at reaching better female genital appearance and or improvement sexual functioning. In recent years FGCS procedures have gained increasing popularity, not only among health care providers but also among women. It is associated with younger age, vaginal parity, less friction feeling loose as there is reduced friction during intercourse. It is considered to be a symptom of prolapse.

In general vaginal rejuvenation is often proposed to women who feel a sensation of wide vagina due to vaginal deliveries and or aging, in order to enhance vaginal tone and thus sexual friction. Vaginal laxity can derive from a relaxation of the vaginal wall, from anterior or posterior compartment prolapse or from distension of the m. puborectalis. All these different kinds of surgical repair and the correct pre-op definition is essential in choosing the appropriate surgical or non surgical procedures such as Laser vaginal tightening. VRS has an impact on sexual function and quality of life. Expanding our knowledge regarding physiology and treatment would be a benefit to our patients

ROWLAND PAYNE Christopher
Friday, June 07, 2019 - from 11:30 to 13:00

WESTMINSTER ROOM

Session:
INTERACTIVE PANEL DISCUSSION SESSION

THE AGEING HAND - WHICH TREATMENT WOULD YOU USE FIRST? AN INTERACTIVE AUDIENCE AND PANEL DISCUSSION SESSION

Background. The hands, like the face and neck, suffer from age and sun. Many treatments now exist to improve appearance of aged or photodamaged hands.

Aim. During this session, panellists and the audience will discuss the optimum order in which to employ various aesthetic treatments for aged or photodamaged hands.

Method. Photographs of hands will be displayed. Audience and panel members will be asked to choose which treatment they would do first for this particular patient. A lively, interactive, good natured and collegiate discussion involving panellists and audience is anticipated.

ROWLAND PAYNE Christopher
Saturday, June 08, 2019 - from 11:30 to 13:00

CHURCHILL ROOM

Session:
FOCUS ON FOREHEAD, TEMPLES AND NOSE ENHANCEMENT

BOTULINUM TOXIN - COMPLICATIONS AND THEIR MANAGEMENT

Botulinum (BTX) treatment is the commonest cosmetic procedure. BTX is a medical treatment. It requires a medical and psychological assessment of the patient. It is important to look behind the expression of the patient and to remember that 30% of general dermatological patients have depression, body dysmorphic disorder is found in 12% of general dermatological patients and is at least as common in persons seeking cosmetic BTX1.

Complications may result from incorrect dosage. The units of different brands of BTX are not the same. One neurotoxin unit (1ntu) is equivalent to 1 Allergan Botox/Vistabel unit or 1 Merz Xeomin/Bocouture unit or 2.5 Speywood Dysport/Azzalure units. It is important to define the brand when discussing dosage.

The therapeutic ratio of BTX is narrow and complications are not uncommon. Major complications are rare and cause patient unhappiness and include strabismus, ectropion, dysphagia, dysphonia and unwanted facial muscular palsies, such as brow ptosis. Minor complications are all self-limiting or easily correctable. They include bruising, slight asymmetries, a suboptimal result, puffy eyelids, headache and the botulinum pitfalls.

Many such pitfalls² can be corrected:

Eye lid ptosis can be treated by 1ntu at the "OO spot"³ (1mm superior to the superior lid margin in the mid pupillary line).

Eye brow ptosis can be corrected with ½ ntu in each of 2-4 sites, 1-2mm inferior to the eyebrows, avoiding the pupillary line.

Mephisto eye brow can be corrected by 1ntu superior to the unwanted angle in the eye brow.

Femme fatale diagonal eye brows can be corrected by ½ ntu at the inferomedial end of the eye brow and ½ ntu superior to the

eyebrow tail.

The "tell tail" sign, a residual crease superior and parallel to the lateral eyebrow, may be treated by ½ ntu just superior to the unwanted crease.

"The playground sign" of residual rhytids at the superolateral edges of the forehead can be corrected or avoided by ½ ntu just superior to the residual rhytids.

"The washing line sign", a residual curved line in the upper brow, may be corrected by ½ ntu in 5 or 6 sites in the middle part of the upper brow, some anterior and some posterior to the frontal hairline.

"The Popeye effect", a residual activity of the superficial head of masseter, may be corrected by 2-6 ntu into the "Popeye" part of the masseter.

BTX is a safe treatment. The doctor is advised to look behind the facial expression of the patient. Dose and placement of BTX are best personalised. BTX complications can usually be avoided. When BTX complications do occur, they can usually be treated relatively simply.

References:

1. Rowland Payne CME, Gout U. The aesthetic consultation. In: Cosmetic Medicine & Surgery. Editors: Andre P, Haneke E, Marini L & Rowland Payne CME. Taylor & Francis/CRC Press (London) 2016; p. 581-89.
2. Rowland Payne CME. Complications & pitfalls of cosmetic botulinum. In: Cosmetic Medicine & Surgery. Editors: Andre P, Haneke E, Marini L & Rowland Payne CME. Taylor & Francis/CRC Press (London) 2016; p. 581-89.
3. Hardy OJ, Khoja M, Rowland Payne CME. The OO spot - where to inject BTX to correct blepharoptosis. Poster presented at The Royal Society of Medicine's Aesthetics Faculty's 9th International Scientific Multidisciplinary Annual Meeting, London 2017

SANTHOSH Hema

Saturday, June 08, 2019 - from 09:30 to 11:00

ABBAY ROOM

Session:

PLASMA, RADIO FREQUENCY AND SKIN NEEDLING

IMPROVING WOMEN'S QUALITY OF LIFE WITH BI-POLAR RADIO-FREQUENCY

Dr Hema Santhosh presents her experience and clinical findings of non-ablative Bi-Polar Radio-frequency for the treatment of stress urinary incontinence, vaginal dryness and laxity. You will see the benefits of Bi-Polar over Mono-Polar technology and other devices, in terms of pain management, safety and for maximum efficacy.

SANTHOSH Hema

Saturday, June 08, 2019 - from 14:30 to 16:00

ALBERT ROOM

Session:

INMODE UK

IMPROVING WOMEN'S QUALITY OF LIFE WITH BI-POLAR RADIOFREQUENCY

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SCHERER Max-Adam

Friday, June 07, 2019 - from 11:30 to 13:00

ST JAMES ROOM

Session:

VIDEO DEMONSTRATION AND CADAVERIC STUDY INVESTIGATING PLANES FOR THREAD POSITIONING

MUST - LIFT FACE AND NECK SURGERY IN COMBINATION WITH THREADS - SIMPLER, MORE VERSATILE AND LESS INVASIVE

Surgeries give the most radical rejuvenation. But many patients are reluctant to undergo a surgical intervention because of its invasiveness and an accordingly long rehabilitation period. Practitioners face a challenge: they have to reduce invasiveness and simplify aesthetic surgeries without compromising or even enhancing the aesthetic outcome. In development of Dr. Gualdi and colleagues* idea I thought of a general approach to facial rejuvenative surgeries ensuring Minimal Undermining combined with a simple, reliable and versatile soft tissue Suspension Technique. The implementation of this MUST approach

complies use non-resorbable barbed threads instead of usual sutures for soft tissue plication, corresponding changes in following surgeries: lift of the middle and lower face thirds, forehead and brow lift, mid face lift and lateral neck lift. It simplifies tissue handling, reduces invasiveness, gives the aesthetic outcome a more natural look and reduces rehabilitation. Thread placement with the help of blunt long guide needles is simple and straight, the thread barbs ensure reliable and safe soft tissue fixation and support. Thread fixation is simple: requires only a small incision. Barbs along each thread allow for soft tissue plication with different tightness along one and the same thread and/or for combining muscle layer plication with subcutaneous thread lift on one and the same thread. The threads are placed along vectors that are near to vertical to effectively counteract the force of gravity. This ensures soft tissue lift and skin redraping back to a maximally natural more youthful position. In the lower face lift the MUST approach allows not to extend the vertical part of the access incision past the superior end of the tragus, so no postoperative tragus and earlobe deformation occurs. This approach enables the surgeon to combine SMAS plication with subcutaneous. In the lateral neck lift the MUST approach makes the platysma lift through plication substantially less invasive and simpler compared to classic lateral platysma plasty: no deep platysma undermining, dissection and suturing necessary. This approach enables the surgeon to combine platysma plication with subcutaneous thread lift, change lift tightness along every thread and to work through a smaller access incision behind the ears. Threads are anchored on the mastoid fascia simply by engaging the fascia with a curved surgical needle and pulling threads through to their central barbless part. Implantation of each thread ensures simultaneous use of two lift methods: lateral platysma plication and traditional subcutaneous thread lift. The threads are placed in a straight pass along vectors that counteract the tissue ptosis due to force of gravity. This ensures soft tissue lift, trimming of the neck-jaw angle and skin redraping back to a maximally natural more youthful position. This MUST approach makes mobilized soft tissue fixation simpler and gives the surgeon easiness to perform: the possibility to shape the brow, to contour/volumize the medial cheek and smoothen the nasolabial fold as desired. So the surgery becomes much safer, simpler to perform and substantially less invasive; the procedure requires only light sedation and local anesthesia; the rehabilitation period is shorter and less morbid for patients. * Gualdi A, Cambiaso-Daniel J, Gatti J, Bertossi D, Pietramaggiore G, Scherer SS et al. Minimal Undermining Suspension Technique (MUST): combined eyebrow and midface lift via temporal access. Aesthetic Plast Surg. 2017 Feb;41(1):40-46

SERRANO Gabriel

Friday, June 07, 2019 - from 11:30 to 13:00

ABBEY ROOM

Session:

LASERS, SKIN CARE, LED, MICRO-NEEDLING, PEELS AND RF MODALITIES

MICRONEEDLING AND CHEMICAL PEELS

Dr. Gabriel Serrano, Dra. Mati Lorente, Dr. Fernando Millán, Dra. Carmen Faus.
Clínica Dermatológica Dr. Serrano, Valencia, SPAIN.

Microneedling is currently one of the best-known regenerative treatments, commonly used in dermatology and cosmetic surgery.

Its mechanism of action is based on the stimulation of growth factors. Microneedling, changes the electric membrane potential and important amounts of growth factors are released by epidermic keratinocytes of the basal layer, such as: TGF- β 1, TGF- β 3, VEGF, EGF, IL-1, Follistatin (Fibroblast growth factor), TIMP2 (tissue inhibitor of metalloproteinases), TIMP 9, HGH, GMCSF and so on.

Microneedling restores the intercellular communication, balances the skin cytokine-ratio (inflammation vs non inflammation), increases the absorption of active ingredients and stimulates the synthesis of collagen fibres.

Microneedling has a broad range of indications, from melasma to acne scars and rejuvenation, due to its capacity to regenerate not only the epidermis but the dermis.

This technique can be used alone or associated with other therapies such as chemical peels, lasers, dermal fillers, threads and PRP (platelet rich plasma).

Key words: microneedling, CIT growth factors, PRP

SHAMBAN Ava

Friday, June 07, 2019 - from 14:00 to 16:00

CHURCHILL ROOM

Session:

AESTHETIC TREATMENTS IN MALE AND FEMALE PATIENTS - LOWER FACE WITH TOXIN AND FILLERS

"JECK" TREATMENT (JAWLINE/NECK) IN MALE AND FEMALE PATIENTS

Part of the aging process takes place along the contour of the jawline as the mandible diminishes in size and the neck thickens. There is a loss of demarcation between the contour of the jawline and the beginning of the neck, creating the formation of the "Jeck". Similar in fashion in the way the calf blends in to the ankle described by the popular word the "cankle", the term "Jeck" refers to the blend of the jawline into the neck creating an age appearance. The treatment of the "Jeck", which will be elaborated in detail, then briefly begins with reestablishing mid-face facial contour and continues with treating any excess fat or platysma bands in the neck, finally the jawline is defined with filler.

SHAMBAN Ava

Saturday, June 08, 2019 - from 09:30 to 11:00

CHURCHILL ROOM

Session:

PROFILOPLASTY VS FULL FACE TREATMENTS: ALL YOU NEED TO KNOW ON FACIAL SHAPING WITH INJECTABLES

A PHILOSOPHY OF BEAUTY AND ITS USE IN THE APPROACH TO THE COSMETIC CONSULT

Signature Feature™ (SF) is a universal, yet highly personalized treatment approach to aesthetic facial enhancement that is applicable to all patients, independent of age, gender or ethnicity. Its philosophical basis maintains that a patient's beauty is anchored by their most distinctive invariant features (invariant features like eyes, nose, cheek bones, or jawline), and preservation of such signature features should be an essential consideration in any aesthetic treatment plan. The principles central to the SF concept include: 1) identifying the patient's most distinctive signature feature, 2) matching the patient's persona to their signature feature while preserving alignment with their cultural/ethnic aesthetic, 3) highlighting the patient's signature feature by increasing the "signal-to-noise" ratio between the strength of the signature feature and those factors that may be interfering with it (lines, wrinkles, sun damage). Every patient represents a new combination of treatment challenges which are not only related to the patient's physical baseline characteristics but also by their subjective self-perceptions. This subjective grey area is where the SF treatment approach has the greatest contribution to the patient's positive self-perception and self-esteem, as the practitioner can help the patient realize their own personal brand through enhancement of their signature feature using an array of aesthetic options.

SHOTTER Sophie

Saturday, June 08, 2019 - from 16:30 to 18:00

RUTHERFORD ROOM

Session:

MESOTHERAPY FOR HAIR LOSS

DELIVERY METHODS FOR SCALP MESOTHERAPY

Dr Sophie Shotter will be discussing different methods of delivering active ingredients to the scalp. From manual injections to microneedling to needle free devices, Dr Shotter will evaluate the pros and cons.

SINGH Harry

Saturday, June 08, 2019 - from 11:30 to 13:00

MOORE ROOM

Session:

THE BUSINESS OWNERS JOURNEY AND TOP TIPS FOR RUNNING A SUCCESSFUL CLINIC

KEEPING SCORE OF YOUR BUSINESS

Just imagine − you have been chosen to replace the next England football manager. It's your first game and there are only 10 minutes left. You decide to take off 3 attackers and replace them with 3 defenders.

Now, is that a good or bad move?

Well, it depends on the score at that particular time. If you were losing by 1 goal, then this would be a terrible move as you need attackers to get you a goal. If you were winning, then this would be a sensible move, to help you protect your lead.

It seems obvious, doesn't it? As the manager, you can only make the right decision once you know the score.

So why do so many practitioners make ad hoc decisions regarding marketing, equipment purchasing, team selection, etc. without knowing the score of their business? As a business owner, your prime responsibility is to be the score keeper. You have to know the scoreboard of your business inside out and keep an eye on it on a regular, consistent basis − especially before making any business decisions.

Now that we have established it is vital to know the score, let's consider what you should place on your business scoreboard. What you need are known as key performance indicators (KPIs). There are numerous KPIs you can measure; however, personally I have found that using just 5 that will give you an accurate scoreboard for your business. The 5 KPIs that I record on a monthly basis are:

1. Number of enquiries per month
 2. % enquiries converted to visits
 3. % visits converted to treatments
 4. % treated patients that are retained
 5. % treated patients that refer others.
-

SISTER Daniel

Friday, June 07, 2019 - from 09:30 to 11:00

ST JAMES ROOM

Session:

EFFICACY, PATIENT SELECTION AND THERAPEUTIC APPROACHES TO USING THREADS IN AESTHETICS

NON SURGICAL FACIAL LIFT - REDRAWING THE JAW LINE AND RECREATING CHEEKS VOLUME

More and more patients are looking for minimally invasive procedure while still expecting maximum results. Human tissue consists of 3D structures therefore the logic and the need of a 3D thread.

SISTER Daniel

Friday, June 07, 2019 - from 11:30 to 13:00

ST JAMES ROOM

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VIDEO DEMONSTRATION AND CADAVERIC STUDY INVESTIGATING PLANES FOR THREAD POSITIONING

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SISTER Daniel

Saturday, June 08, 2019 - from 14:30 to 16:00

WESTMINSTER ROOM

Session:

ADVANCED WOUND HEALING AND CELL DERIVED TREATMENTS

EVALUATING THE IMPROVEMENT OF SKIN AFTER COMBINING PROTEINS DERIVED FROM CORD LINING STEM CELLS WITH PRP

Reducing Downtime and improving aesthetics results after Platelet Rich Plasma injections

- FAKE NEWS!
- There are thousands of creams, lotions etc.. On the market with the most outrageous "unproved" claims...
- FACTS
- We are an ageing society. BUT we still want to look as good as possible and as young as possible.
- Stem cells are regarded now as the real future

Advanced Cord Lining Conditioned Media Scientifically Proven Evidence for Skin Regeneration and Repair

- Umbilical Cord Lining have the highest yield of stem cells
- 6 Billion Epithelial and
- 6 Billion Mesenchymal
- 30 growth generations have been successfully raised

The cord lining stem cells secrete a potent mix of proteins, growth factors and cytokines that is collected as cord lining conditioned media. This potent mix directs cells to behave in a Youthful manner by sending signals to recipient skin cells to:

- Increase Glycoprotein production (e.g. Hyaluronic acid)
 - Encourage Cell Mobility in a specific direction (e.g. towards a wound to close it)
 - Activate Cells to divide or instruct senescent cells to die thus restoring epidermal cell turnover
-

SISTER Daniel

Saturday, June 08, 2019 - from 14:30 to 16:00

WESTMINSTER ROOM

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ADVANCED WOUND HEALING AND CELL DERIVED TREATMENTS

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SOFRA Xanya

Friday, June 07, 2019 - from 16:30 to 18:00

WESTMINSTER ROOM

Session:

MOLECULAR DYNAMICS OF SKIN DISORDERS

MOLECULAR DYNAMICS OF SKIN DISORDERS

Molecular Dynamics of Skin Disorders

There is ample scientific research to confirm the hypothesis that aberrant communication between cells and their surrounding ECM delay or obstruct wound healing. Aberrant communications between cells and their surrounding ECM also leads to aging or disease. Several studies examining protein to protein interactions in aged and young subjects have demonstrated that aging is the result of disorganized protein to protein interactions. Correct timing and meaningful signals sent and received by cells during their whole existence are essential for the harmonious development, maintenance and survival of tissues, organs and bodies. Timing and Signaling also govern movement, thought and behavior of cellular «micro-societies» whose proper functioning requires a precise coordination of emission and reception of signals. This perspective combines timing, circadian rhythms and signaling communications in an organized complex that could serve as the cornerstone of Anti-aging, Regenerative and Preventive Medicine.

Signaling technology is based on the concept that time reversal is possible in microscopic mechanisms such as proteins. For example, AMP is routinely changing into ADP, then into ATP, then it reverses itself, back in time, into its previous state of ADP and eventually back into AMP. The process occurs by the addition or subtraction of a phosphate while the ATPase protein module spins clockwise or anti-clockwise respectively. GAP follows the same process of going forward in time, as it turns itself into GDP and GTP, only to reverse this process and go back in time by GTP returning to its earlier state of existence, i.e. GDP which then can become GAP and so on... Another example is molecules losing an electron and turning into free radicals which are defined by their odd number of electrons; only to go back to being stable molecules by the simple addition of an electron that turns their number of electrons into an even number. Stable molecules have an even number of electrons, while free radicals have an odd number of electrons, excluding oxygen which has an odd number of electrons while being a stable molecule. In conclusion, time reversal is not only possible in microscopic mechanisms, but it is what such microscopic mechanisms routinely do. Binding to specific elements changes molecules into completely different entities with completely different functions, endlessly going forward and backwards in time as part of their normal daily life. Regeneration is possible with some organs but it becomes progressively more limited with increasing complexity and time reversal becomes impossible with whole complex organisms such as mammals. If we lose an arm we cannot grow another arm. Yet a molecule that became a free radical by losing an electron can regain its status of a stable molecule by the simple addition of an electron! Time reversal which is impossible for us, is, in fact, that simple with molecular mechanisms. The deduction from this line of reasoning is that if we want age reversal our only option is to focus on molecular mechanisms and try to reinforce or repair their function.

A computer generated coordinated matrix of signals within discrete periods of time can be instrumental in wound healing and skin repair. Clinical evidence exists for successfully treating eczema, psoriasis, rosacea, acne and aging skin with signalling technology. There are certain restrictions in signal delivery: 1. Signals must be delivered in miniscule energies below thermal noise. It has been mathematically proven (Electron Gated Ion Channels, 2008) that at energies below thermal noise, the electron can amplify the ion gates of cells facilitating the passage of signals or even stem cell extracts that can be delivered into the cells without needles. In other words, such resonant computer generated signals must be delivered in a rhythm that is in sync with the rhythm of normal biological functioning, otherwise they will be discarded by the body. This is another aspect of the biological defense that protects us against systemic disorganization 4. Computer generated signals which are initially limited resolution must be translated into unlimited resolution signals by hardware digital to analogue components that can translate such signal from limited to unlimited resolution.

SOFRA Xanya

Saturday, June 08, 2019 - from 09:30 to 11:00

WESTMINSTER ROOM

Session:

MICROBIOME AND THE SKIN

DNA AND PROTEIN DAMAGE IN SKIN DISORDERS

Recent surveys indicate that around one million new cases of skin cancer are diagnosed each year in the United States, about 70% of which result from repeated exposure of the skin to sunlight. The first step in UV skin carcinogenesis involves the induction of DNA damage.

DNA is a language that consists of 4 letters. Change in the sequence of these letters forms nonsense signals which will eventually create nonsense proteins which will subsequently either give nonsense instructions or skip important steps during the cell's mitosis leading to healthy cellular regeneration. Because the cell that goes through mitosis skips such essential steps (it's like you've given your address to someone but you skipped a few turns and this person is endlessly driving never finding the destination) hence teratomas and subsequently cancer are formed. Research reveals that teratomas or cancer are also the result of faulty signalling or "nonsense instructions." DNA has the capacity to repair itself, by regaining its correct order. This occurs via a process completed by Chromatin. DNA chromatin puts the disordered DNA parts back together. Chromatin is like a librarian putting the books back in sequence after they have been disordered by readers) -- in this case the "books" are the "genes." But often DNA breakages are too frequent for the system to be able to self-correct without outside intervention. The p53 protein is also involved in programmed cell death (apoptosis), and it has been proposed that p53 serves as a "guardian of the genome" by aiding DNA repair or causing elimination of cells with excessive DNA damage.

Clinical studies offer visible improvement over a large spectrum of patients by delivering biologically compatible signals to fill in the missing signals in nonsense protein sequences and render them meaningful thus reinstating important aspects of the body's communication networks. However clinical studies have focused on diabetic wounds and certain skin disorders such as acne and psoriasis as well as anti-aging effects. However, until recently there has been no effort to apply this technology to precancerous conditions that may be more susceptible to reversal than cancer. Recently a Clinical Dermatologist Nuris Lampe MD has started utilizing signalling procedures on precancerous conditions

Signalling technology emits biologically compatible signals that resonate with the body's communication network. Resonance reflects the process of two waveforms adding onto each other to amplify and reinforce each other, like ocean waves add onto each other to form bigger waves. As the incoming biologically compatible signals resonates with the body's broken communication network, they reinstate in the body's disrupted connections by filling in the gaps. Like a more powerful wave reinforces a weaker wave to rise.

Both DNA and proteins are composed by specific sequences of letters. Such sequences represent signals. Incomplete protein sequences need signals that will make them functional. The way incomplete letter sequences need letters that will make a word meaningful. Signalling technology donates the correct signals. The body absorbs the signal aspects to repair dismantled DNA and protein letter sequences. Bio-compatible signals are transmitted via electrons through the skin at extremely miniscule specific energies that have been mathematically proven to control the gates of cellular ion channels (Electron Gated Ion Channels.) Simultaneously these transmission electrons donate themselves to the free radicals that break down the DNA helix. The electron flow replenishes free radicals with the necessary even number of electrons. This even number of electrons is what free radical needs to go back in time and become a stable molecule.

There are challenges with Signalling technology that is more advanced conceptually than the State of the Art in Electronics. Molecular research in proteins and DNA is progressing fast but studies often adopt a very limited perspective that does not quite fill in the gap between in vitro observations and clinical data. Additionally, molecular research often gives contradictory results, mostly because of methodology limitations or differential components in the context of each study's experimental design. Continuous efforts both by clinical and histological studies may help increase overall awareness of cancer formation and whether it is possible to reverse cancer's deleterious process and transform a cancer cell back into a normal cell by donating corrective signals to reinstate meaningful protein communications that is necessary to maintain and safeguard the health and development of a normal cell.

SOMJI Munir

Friday, June 07, 2019 - from 14:30 to 16:00

ABBEY ROOM

Session:

LASERS AND OTHER MODALITIES FOR SKIN REJUVENATION

NO STITCH LIFTING: RADIO-FREQUENCY SEPTAL CONTRACTION AND COMBINATION TREATMENTS YIELDING SURGICAL RESULTS WITHOUT VISIBLE SCARS

Another non surgical facelift? Not quite. Dr. Munir Somji presents a protocol for facial ageing incorporating combination treatments to address descent, loss of volume and skin deterioration. The protocol has been developed after experience of 75 cases with the new Facetite and Accutite probes over an 18 month period in combination with facial fat transfer, Fractora and Morpheus. This approach represents an alternative to traditional excision treatments as well as non surgical thread lifts.

SOMJI Munir

Saturday, June 08, 2019 - from 14:30 to 16:00

ALBERT ROOM

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INMODE UK

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STONES Robin

Friday, June 07, 2019 - from 09:30 to 11:00

WESTMINSTER ROOM

Session:

NOVEL TREATMENTS FOR ANTI-AGEING AND SKIN CELLULAR HEALTH

ENCAPSULATED ALA - A NEW DEVELOPMENT IN COSMETIC PDT

Photodynamic Therapy (PDT) has been used for many years in dermatology as a treatment for non-melanoma skin cancer. It involves the application of a photosensitising drug (5 aminolevulinic acid or its methyl ester), which is photoactivated using an appropriate light source to produce reactive oxygen species which kill the tumour cells.

More recently techniques have been developed using natural daylight activation of the sensitiser to treat wider areas of field cancerisation.

PDT can now be used as a cosmetic treatment for skin photodamage, pigmentation, open pores, fine lines and wrinkles and inflammatory acne. Early trials in this context produced some difficulties, including unpredictable results, significant inflammatory adverse reactions, compounded by high costs of the photosensitising agent.

Recently, a new formulation of 5-aminolevulinic acid has been released for cosmetic indications, which uses a novel glycosphere nano-particle delivery system which enables rapid but controlled penetration of the epidermis where the active is released for subsequent activation by red LED light.

Gs - 5ALA is a safe, effective and painless method of treating photoageing and acne which is both low cost and suitable for all ages and lifestyles.

This presentation explores the science, indications and protocols for glycosphere encapsulated ALA PDT for cosmetic skin enhancement.

SURA Agnieszka

Friday, June 07, 2019 - from 11:30 to 13:00

CHURCHILL ROOM

Session:

AESTHETIC TREATMENTS IN MALE AND FEMALE PATIENTS - MID FACE WITH TOXIN AND FILLERS

MID-FACE IN MALE PATIENT: TIPS AND TRICKS WITH SEMI-PERMANENT FILLERS

There are significant differences in male skeletal anatomy, skeletal muscle mass, skin thickness, and fat distribution.

Improper technique in a male patient can result in feminizing facial features and achieves unwanted results. Non-HA fillers are essential tools in a cosmetic dermatology clinic, taking on limited consideration area if the face for injecting these products.

SURA Agnieszka

Friday, June 07, 2019 - from 16:30 to 18:00

CHURCHILL ROOM

Session:

HOW TO TACKLE AND MANAGE COMPLICATIONS

COMPLICATIONS WITH NON-HA FILLERS. HOW NOT TO LOSE FACE AND SATISFY PATIENTS' NEEDS?

Temporary fillers are safer than semi-permanent ones. Short term side effects (inf 2 weeks) are somewhat the same for both type of implants, but the difference appears in a longer perspective. Whatever substance is injected into the tissue is to stimulate the immune reaction of the host. Collagen stimulating product like CaHa may cause complication: nodules, inflammation, and filler migration. It is essential to select the right patient and the right area to be injected.

TAILOR Rekha

Saturday, June 08, 2019 - from 09:30 to 11:00

MOORE ROOM

Session:

THE PATIENTS JOURNEY, GOOGLE ADWORDS AND OTHER EFFECTIVE MARKETING PROGRAMMES

EMPOWERING THE PATIENT TREATMENT JOURNEY WHILST MAINTAINING PROFESSIONAL INTEGRITY

Upholding a sense of professional integrity is critical when working in the aesthetics industry. Integrity forms the foundation of

our industry and underpins everything we do. It's what helps us to offer the highest standards of clinical excellence and garners that all important relationship of practitioner-patient trust. A great example of the act of integrity within our industry is: knowing when to say "no". There will inevitably be occasions when a patient wants a certain procedure or treatment that you as a doctor will know is completely unsuitable for them and will have to refuse. Although you have acted correctly and with professional integrity, knowing it is the right decision for them, you then have a patient left disappointed that their desired aesthetics outcome may not be fulfilled in the way that they had initially hoped.

So how do we as aesthetics professionals maintain the highest levels of professional integrity, but simultaneously empower our patients to make decisions and choices about their treatment journey?

Dr Rekha Tailor of award-winning aesthetics clinic Health & Aesthetics discusses how managing this balance can be difficult but is wholly possible when adopting the correct approach. She will use her experience to provide an overview of the challenges for both practitioner and patient, the importance of effective two-way communication, educating patients by providing a clear, informative and well-resourced website, as well as clinical appearance, the cooling off period, the treatment process and the follow up process.

Equipped with this knowledge, the practitioner will come away with a greater understanding of how to be more aware of the patient desire for greater control of their treatment plan, whilst still maintaining professional integrity.

TYMPANIDIS Penelope

Saturday, June 08, 2019 - from 09:30 to 11:00

RUTHERFORD ROOM

Session:

INNOVATIONS IN AESTHETIC GYNAECOLOGY

VULVA REJUVENATION: A PRACTICAL DETAILED LIST OF VULVA MINIMALLY INVASIVE PROCEDURES, FOR TREATMENT OR AESTHETIC IMPROVEMENT

Vulva skin may be affected by both common skin disease as well as ageing. In recent years, current therapeutics as well as awareness have brought increase on vulval dermatology and vulval rejuvenation patients. Vulval skin has special characteristics such as transition epithelium, rich hormonal receptor and sensory innervation populations.

Thus, diagnosis and management of underlying vulva disease is cardinal prior considering any rejuvenation intervention on the vulva.

A better understanding of vulval skin and the choice of minimally invasive procedures for treatment and rejuvenation are presented. Pitfalls, dos and don'ts are emphasised, since, with vulva there is no "one size fits all" approach.

TZIMAS Nicky

Saturday, June 08, 2019 - from 14:30 to 16:00

MOORE ROOM

Session:

INSTAGRAM TIPS, RUNNING SUCCESSFUL EVENTS, INNOVATION AND PSYCHOSOCIAL FACTORS

PSYCHOSOCIAL FACTORS, CLIENT EXPECTATIONS AND COSMETIC TREATMENT SATISFACTION

The cosmetic industry continues to grow at a rapid rate, with the number of people seeking aesthetic and anti aging treatments increasing each year. A number of psychological factors have been identified which are associated with poorer outcomes from cosmetic treatments, such as a history of depression and anxiety, relationship concerns and the presence of Body Dysmorphic Disorder. (BDD). Cosmetic treatments have been found to worsen symptoms in many cases of BDD, as the results often fail to meet their expectations, leading to further preoccupation with appearance and cosmetic treatment seeking. The current project aimed to develop a pilot an assessment tool which could detect psychological contraindications for cosmetic treatment and flag them with the clinician prior to treating the client. The online assessment tool was piloted with 104 individuals seeking minimally invasive cosmetic treatments, such as botox and dermal fillers and the data was analysed to explore relationships between psychological and cosmetic treatment variables. Results revealed several factors which predicted heightened and unrealistic expectations for cosmetic treatments, which in turn led to reduced satisfaction with treatment outcome. These included high levels of BDD symptoms, individuals who expressed appearance-related psychological distress, high levels of depression and anxiety and younger age. Further results indicated that young people engaging with the cosmetic industry may be experiencing higher levels of psychological distress which encourage them to seek aesthetic treatments as a means to building their self esteem or improving psychological symptoms. Importantly, satisfaction with informed consent process emerged as the strongest predictor of satisfaction with the cosmetic treatment outcome, suggesting a need for clinicians to invest time and effort in a comprehensive informed consent process to enhance client retention. The current research provided proof of concept that psychological screening is both necessary and useful within cosmetic treatment settings and that assessing a clients motivations, expectations and psychological state prior to treatment can help guide informed consent.

WEDGEWORTH Emma

Saturday, June 08, 2019 - from 11:30 to 13:00

WESTMINSTER ROOM

Session:

DERMATOLOGY 101 - ACNE. ROSCEA, DERMATITIS, SKIN ALLERGIES AND COMMON MALIGNANCIES

ADULT ACNE

Acne has long been regarded as a disorder of adolescence, but more recent research suggests that it is common in the adult population, either being persistent from adolescent years or occurring as late onset. Unlike acne in teenage years, adult acne shows a strong female preponderance.

The pathogenesis of adult acne appears to be multifactorial, with genetic, hormonal, immune and lifestyle factors all contributing. In many sufferers, it is a chronic condition and impacts greatly on psychological, emotional and social well-being.

Patients with adult acne require careful assessment and close examination of their lesions and any scarring that may have accumulated. Lifestyle factors such as skincare and diet can impact on the skin and should be explored during history taking. We will discuss the current evidence for topical, oral and device-based treatment and the pitfalls and considerations in treating this subset of patients.

WILLIAMS Stefanie

Saturday, June 08, 2019 - from 09:30 to 11:00

ABBEY ROOM

Session:

PLASMA, RADIO FREQUENCY AND SKIN NEEDLING

SKIN NEEDLING AND CONCERNS ON BLOOD BORNE VIRUSES

Medical needling is an ever increasingly popular regenerative treatment for skin rejuvenation, but also acne scarring. Combined with PRP (platelet rich plasma), it's been referred to as "Vampire Facial" in the lay press. Recently there has been a lot of negative press about this procedure, with two cases of confirmed HIV infections in the US, possibly acquired by this treatment. The New Mexico Department of Health is offering free HIV and hepatitis testing for all former clients of the accused Spa.

Three different possibilities of how this may have happened come to mind. The first possibility is that the needle roller or needle cartridge (for automatic needling pens) was re-used and thus transmitted the blood borne virus. The second possibility is that the PRP was mixed up. Maybe blood was drawn from more than one person around the same time and the samples crossed over after centrifuging, leading to blood plasma drawn from a HIV positive person being used on another patient.

The above two possibilities are well-known and easy to avoid if the aesthetic procedure is done properly. However, there is a third possibility of cross contamination that most aesthetic practitioners are not aware about. Namely, there is a possibility of fluid back-flow into the hollow of the hand-piece of certain needling pens, which means that despite changing the disposable needle cartridge for each patient, it is in theory possible that cross contamination may still occur.

Infections with blood borne viruses from cosmetic procedures should be considered a "never-event". "Never-events" are serious incidents that are wholly preventable, because safety recommendations that provide strong systemic protective barriers are available and should be implemented by all practitioners. These safety recommendations should in my opinion include to only use automatic needling pens that have been tested for back-flow, as is the case in FDA testing for these devices.

WILLIAMS Stefanie

Saturday, June 08, 2019 - from 11:30 to 13:00

WESTMINSTER ROOM

Session:

DERMATOLOGY 101 - ACNE. ROSCEA, DERMATITIS, SKIN ALLERGIES AND COMMON MALIGNANCIES

ROSACEA - WHAT DOES AN AESTHETIC PRACTITIONER NEED TO KNOW?

Rosacea is a common facial skin condition in adults, in particular in middle-aged women with fair skin. Although awareness has increased, rosacea, acne and POD (perioral dermatitis) are often mixed up. Rosacea patients regularly present themselves to aesthetic clinics rather than their GP or dermatologist. It is therefore important that aesthetic practitioners are knowledgeable about clinical appearance, differential diagnoses and treatment options.

Rosacea can occur with vascular changes such as fixed erythema, flushing and teleangiectasias (vascular rosacea) and/or inflamed lesions such as papules and pustules (inflammatory rosacea), but typically no comedones. Less frequently the eyes are affected (ocular rosacea), and the nasal skin may show signs of rhinophyma.

There is a range of effective treatments for rosacea, but it's crucial to understand that treatment for vascular and inflammatory rosacea is fundamentally different. For inflammatory rosacea, topical prescription strength ingredients such as metronidazole,

azelaic acid, clindamycin, retinoids and ivermectin are used amongst others. The latter is particularly useful for the 'follicular plugging type' of rosacea. Steroid creams are strictly contraindicated in rosacea. If topical treatment is not sufficient, oral tetracyclines or low-dose isotretinoin are alternative options.

Brimonidine cream can be useful for short-term, symptomatic relief from facial redness, for example for special occasions. However, for longer-lasting effects in vascular rosacea, only laser or IPL treatments provide long-term improvements in redness.

HOWEVER, LASER OR IPL TREATMENT FOR VASCULAR ROSACEA MUST ONLY BE STARTED ONCE ALL INFLAMMATORY LESIONS ARE FULLY CLEARED (for example with anti-inflammatory prescription creams).

Potentially aggravating lifestyle factors for rosacea are sun, spicy food, alcohol, hot beverages and the incorrect skincare. Rosacea patients often report that they suffer with "dry skin" that at times feels tight and uncomfortable, and is often reactive. With this in mind, sufferers attempt to soothe their skin with lipid-rich creams or oils which may however aggravate rosacea breakouts! The reason is that perceived "dry skin" in rosacea is usually not true dryness, but more often a sign of micro-inflammation in the skin. That's why it's important to treat the micro-inflammation of rosacea with anti-inflammatory prescription creams rather than "numbing" the sensation by applying rich skincare. Treating the micro-inflammation will usually lessen the perceived need for heavy moisturisers.

WILLIAMS Stefanie

Saturday, June 08, 2019 - from 14:30 to 16:00

WESTMINSTER ROOM

Session:

ADVANCED WOUND HEALING AND CELL DERIVED TREATMENTS

NEEDLING WITH AUTOLOGOUS CONDITIONED SERUM (ACS) - PRP ON STEROIDS?

PRP (platelet rich plasma) for skin regeneration is increasingly popular in aesthetic clinics, often used in combination with medical needling for added benefits, as it provides a completely natural way to rejuvenate the skin and improve acne scarring.

Taking this autologous approach one step further is the treatment with 'autologous conditioned serum' (ACS) using Exokine technology. In order to create ACS, the patients' blood is drawn and (instead of centrifugation and immediate usage of the platelet rich fraction) is then incubated at 37 degree Celsius heat. After a six hours incubation period, the sample is centrifuged and the growth factor rich fraction is harvested, while all cells are being filtered out, including the platelets.

The resulting serum is said to contain a 10- to 100-times higher concentration of growth factors compared to PRP. These growth factors are derived from all types of blood cells (not only platelets), while being 100% cell-free, when introduced back into the skin. ACS also contains a variety of anti-inflammatory cytokines and can be frozen for up to twelve months, for future use on the patient.

After introducing ACS/Exokine treatment at Eudelo as a tier above PRP treatment (both usually performed in combination with medical needling), this has proven not only to be very effective, but also popular with patients.

However, because of the delayed usage of the blood-derived serum, extreme care has to be taken to ensure ACS from different patients are not mixed up. We developed a watertight logistical method to guarantee this, which will be presented, ultimately for the peace of mind of both practitioner and patient.

WILLIAMS Stefanie

Saturday, June 08, 2019 - from 16:30 to 18:00

MOORE ROOM

Session:

SEO AND PRODUCT POSITIONING

SKINCARE, REGENERATIVE & CORRECTIVE PROCEDURES - HOW TO POSITION AND MAKE THE PATIENT UNDERSTAND

There is a jungle of topical products and countless non-surgical cosmetic procedures out there and it is now near impossible for our patients to understand how these relate to each other and how to benefit most from them.

We therefore developed a system that makes it easy for patients to understand how to classify different aesthetic treatments, how these relate to each other (and to topical skincare), and how to prioritise in-clinic procedures in a treatment plan.

The Eudelo system follows a clear, step-wise approach with the following steps: a) "skin-friendly" lifestyle, b) evidence-based cosmeceutical skincare, c) medical or dermatology grade facials, d) regenerative procedures, e) corrective treatments. We stress that patients can move up the staircase, but mustn't skip a step.

Displaying patients' treatment plan as a staircase makes them understand that corrective treatments such as botulinum toxin and facial contouring are at the very top of the non-surgical staircase and that in order to keep their skin in best shape possible, they should never only have these, but always combine with regenerative treatments such as PRP, needling, peels,

mesotherapy or carboxytherapy to name but a few. And regenerative treatments (whether these are minimal-invasive or non-invasive in the form of medical or dermatology grade facials) are in turn positioned on top of a foundation of evidence based cosmeceutical home care and lifestyle changes. This system makes it easy to understand the importance of slowing down the skin's ageing process on a cellular level, rather than just 'painting over the cracks'.

WILLIAMS Greg

Saturday, June 08, 2019 - from 14:30 to 16:00

RUTHERFORD ROOM

Session:

PLATELET RICH INJECTIONS

PANEL DISCUSSION

Panelist in Panel Discussion On PLATELET RICH INJECTIONS

YOUSSEF Christeen

Friday, June 07, 2019 - from 09:30 to 11:00

ST JAMES ROOM

Session:

EFFICACY, PATIENT SELECTION AND THERAPEUTIC APPROACHES TO USING THREADS IN AESTHETICS

SKIN LIFTING AND REJUVENATION SYNERGISTIC EFFECT OF THREADS WITH HYALURONIC ACID (HA)

Introduction In today's world of aesthetic medicine dermatocosmetology has a clear advantage over other professions in the struggle for youth and beauty of patients. Over the last decades, the priorities in the treatment of flabby, aging face, have changed toward minimally invasive cosmetic surgery and dermatology. There have been demands to make these interventions with minimal risk to health, with minor injuries, no incisions and therefore no subsequent scarring, as well as short rehabilitative postoperative period. All these requirements can be attributed to thread lifting, interest in which is increasing every year. The appearance of threads, differing in composition, techniques and methods, has led doctors to a careful selection of patients for each of the thread method. Purpose Choosing the best thread method for armouring of the skin, lifting the soft tissues of the face and neck in patients with various morphotypes of face. Simplification of manipulation methods, reducing trauma intervention, provide improved postoperative outcomes, identification of additional cosmetic procedures that should be used as a combination to a thread lifting. Materials and methods Threads made of copolymer polycaprolactone and lactic acid undergo biodegradation by hydrolysis after injection into the tissue. Indications for thread lifting based on polylactic acid in the area of face and neck are light and moderate signs of sagging skin, ptosis of soft tissues without significant excess of skin. Cosmetic procedures that are applied simultaneously with the manipulations of threads: Plazmolifting (PRP), contouring filler preparations based on hyaluronic acid (Switzerland), Botulinum toxin (Dysport), chemical peel (TCA 35%), and micro-current therapy. Discussion of the results From February 2011 to the present time, in our clinics were performed 1348 procedures with surgical and cosmetic threads based on polylactic acid and polypropylene. Out of these, 1,136 procedures were combined with other cosmetic procedures. 598 procedures were performed in the middle and lower third of the face, 369 procedures in the area of the eyebrows, 224 on submandibular area and neck, and 57 procedures to remove different defects on different areas. 1185 patients were female, accounting for almost 90% of the total number of patients. The average age of the patients - 39 years. Conclusion Threads of polylactic acid used in tissue lifting give expressive lifting with fine wrinkle, fatigue and muscular type of face. In each of the five morphotypes, was marked improvement in turgor and elasticity of the skin, due to the action of polylactic acid as biorevitalizant. Thread lifting procedure can be performed in a treatment room of the doctor-dermatologist under local infiltration anaesthesia. Postoperative rehabilitation is short, preliminary result of the lift and move of the soft tissues and skin are noted immediately after the procedure, and the final result can be seen at the end of the second week. Results of thread lift are significantly improved if other cosmetic procedures are used simultaneously.
