

ABSTRACTS

ALVAREZ Eva

Friday, June 30, 2023 - from 09:00 to 10:30

ARORA 16

Session:

Introduction to Aesthetic Gynaecology and Its Treatments

GENITAL WHITENING: COMBINING MEDICAL PEELS AND MICRONEEDLING

Gynecoesthetics is a medical speciality that is tending to increase in popularity. It is not only a matter of aesthetics, but also a question of quality of life and impact on mental and physical health.

Among other effects, the passing of time or hormonal changes lead to hyperpigmentation in the skin of the genitals. This is why genital whitening is one of the most demanded treatments nowadays, both for men and women. It is a quick, painless and non-invasive procedure performed with chemical peels. The combination of chemical peels and intimate microneedling helps fight the main signs of intimate ageing such as loss of firmness. The microneedling technique contributes to tissue regeneration and stimulates collagen synthesis.

Lactoferrin is a multifunctional milk-derived glycoprotein that plays an important role in several physiological processes in the body and is present in mucous secretions, neutrophils and blood. Lactoferrin is closely related to the maintenance of homeostasis, and also offers important benefits through its antimicrobial, anti-inflammatory and antioxidant effects. At the tissue level in the skin and mucous membranes, it is involved in cell proliferation and differentiation and promotes the proper development of the microbiota.

Its use in the intimate area is currently an important field of study. This protein is proposed as an alternative in the control of recurrent gynaecological infections and has multiple benefits in re-epithelialisation and healing. It has also been shown to participate in the inhibition of melanogenesis and to accelerate the synthesis of tropoelastin, which stimulates fibroblasts and keratinocytes and is involved in maintaining the skin's barrier function. All these properties make it of great interest in the field of aesthetic gynaecology, which we will examine in more detail in the latest studies and publications.

AMSELLEM Jean Pierre

Friday, June 30, 2023 - from 09:00 to 10:30

ARORA 16

Session:

Introduction to Aesthetic Gynaecology and Its Treatments

VOLUME RESTORATION IN THE LABIA MAJORA USING HA

The aging leads to the loss of collagen and fat, which provokes the ptosis and atrophy of the tissues.

The defects or imperfections of sex could cause some risks for the happiness and the plenitude for the women.

Some women specially after loosing weight have a majora labia reduction which doesn't cover the minor labia.

Nowdays it's possible to fix this defect using hyaluronic acid.

AMSELLEM Jean Pierre

Friday, June 30, 2023 - from 11:00 to 13:00

ARORA 1

Session:

Lips Latest Tips

BEAUTIFICATION OF THE LIPS USING DENTAL SUPPORT

Lip beautification can be accomplished in different ways, such as classic injections with a needle or a cannula and even the Russian technique that uses a vertical method. However, another interesting and innovative method that should be mentioned is the dental support technique, which effectively reduces the length of the white lip and beautifies the mouth in a more natural way.

ARTZI Ofir

Saturday, July 01, 2023 - from 09:00 to 10:30

ARORA 16

Session:
Laser Lights

A NEW ERA IN SKIN RESURFACING &NDASH; A SIDE-BY-SIDE ABLATIVE AND NON-ABLATIVE HYBRID LASER - 3-YEAR RESULTS

Laser skin resurfacing has continued to evolve over the past two decades. Recently, A novel automated hybrid fractional laser incorporates a powerful CO2 10,600nm and a 1570nm lasers was introduced into the market. Based on our histological and clinical results we demonstrate that combining both wavelengths side by side using the HyGrid mode, varying the different parameters, enables the creation of columns with a controlled ablation/coagulation ratio. This allows the user to modify the treatment according to the patients' tolerance, skin condition and skin type. Moreover, controlling ablation and coagulation would result in triggering different wound healing responses and therefore a customized treatment for different indications. Preliminary clinical results suggest a combination of low settings of CO2 together with 1570nm can achieve the same effect of CO2 high settings alone but with the advantage of being less painful, less downtime and providing an additional thermal intradermal tightening effect.

ARTZI Ofir

Saturday, July 01, 2023 - from 11:00 to 12:30

ARORA 15

Session:

Enhancing the Patient Experience to Keep The Best Ones Coming Back

MAKING THE BEST OF YOUR FIRST CONSULTATION AND ESTABLISHING LONG TERM PHYSICIAN-PATIENT RELATIONSHIP

Facial rejuvenation is a rapidly advancing field in aesthetic medicine. Minimally invasive techniques represent a powerful tool for rejuvenation, and fillers are a popular modality with which to restore and optimize facial proportions. Currently, our filler armamentarium is characterized by products with an increasing variety of biochemical compositions warranting tailored injection approaches. An intimate knowledge of anatomy, product characteristics, and appropriate injection techniques is essential to achieve optimal results while maintaining patient safety. The lecture provides tools to maximize 1st consultation and facial analysis

ATTA-MOTTE Magdalena

Saturday, July 01, 2023 - from 09:00 to 10:30

ARORA 16

Session:

Laser Lights

HOW TO ACHIEVE THE BEST RESULTS? COMBINED LASER TREATMENTS IN AESTHETICS

The use of lasers and energy-based devices (EBD) has revolutionized the field of aesthetics. While each device type has its own unique benefits, combining them may offer even better treatment results. This talk will explore the question of whether it is possible to combine different types of devices to achieve optimal outcomes in aesthetics, while maintaining due caution and care for patients.

I will review existing studies that have investigated the use of laser and EBD combination therapies in various aesthetic treatments, such as skin rejuvenation- including resurfacing and remodeling, body contouring or tattoo removal. These studies suggest that combining different types of devices can lead to better outcomes in terms of efficacy, safety, and patient satisfaction.

However, caution must be exercised when combining devices, as it can also increase the risk of adverse effects. Therefore, we will discuss the importance of proper patient selection, treatment planning, and device settings to minimize the risk of complications and ensure the best results possible.

Overall, this talk will provide insights into the potential benefits of combining different types of devices in aesthetic treatments and the importance of careful consideration and planning to ensure the best outcomes for patients.

BHOJANI-LYNCH Tahera

Saturday, July 01, 2023 - from 11:00 to 13:00

ARORA 1

Session:

New Combinations for Optimal Results

COMBINATION TREATMENT FOR JAWLINE/CHIN AND MIDFACE IN MEN

Many men who request mid face treatments end up looking curved and feminised, and so called 'male face experts' play safe and limit male face treatments to jawlines... If you want to see a full face rejuvenation on a man's face, which combines a defined jawline with sculpted, sharp, masculine lines to the upper face, this is a live and interactive injection demonstration not to be missed.

Using 3rd generation dermal fillers with safe and effective combination needle and cannula techniques, learn how to give

spectacular yet natural looking results. Minimal bruising, minimal downtime, maximum masculinity.
www.drtahera.com @officialdrtahera.com

BHOJANI-LYNCH Tahera

Saturday, July 01, 2023 - from 16:00 to 17:30

ARORA 1

Session:

Case by Case - World of Complications

LATEST UPDATES ON TREATMENTS FOR FILLER RELATED VISUAL LOSS

Tahera Bhojani-Lynch has over 25 years experience both as an Aesthetic Doctor and as an Ophthalmic Surgeon, working in Eye Casualty and dealing with emergency patients with sudden loss of vision. Her unique experience puts her in the best possible position to give insights into the latest treatments on visual loss associated with injectable dermal fillers.

If you are ready to challenge everything you think you know about the prevention and treatment of this potentially devastating complication, this is a lecture not to be missed.

www.drtahera.com @officialdrtahera.com

BOOYSEN Kim

Friday, June 30, 2023 - from 14:30 to 15:30

ARORA 1

Session:

Ultrasound - How Can It Help?

USING ULTRASOUND TO IMPROVE OUTCOMES OF BOTULINUM TOXIN TREATMENT OF THE FRONTALIS

Precise targeting of the frontalis muscle during botulinum toxin injections can be problematic. Often a superficial injection and diffusion technique is used to spread toxin into the muscle. This can result in excessive residual movement in the forehead or heaviness over the brow.

In an attempt to improve nerve end plate targeting of the muscle during botulinum toxin injections, ultrasound visualisation and measuring of the frontalis muscle is performed prior to injection. After determining the muscle depth and thickness, needle depth and dose can be adapted to each individual treatment. Using this technique, muscle targeting is improved, less toxin is used and less brow heaviness is observed. Learn the technique to improve frontalis targeting that can be implemented in clinics with ultrasound capability.

CABUNAC Zeljka

Saturday, July 01, 2023 - from 16:00 to 17:30

ARORA 16

Session:

Combination Treatments Using Threads in Anti-Ageing

NATURAL BROW LIFT WITH THREADS

A change in the positioning of the eyebrows during aging contributes to a person appearing tired and sad. Some young people also have this look due to naturally lowered eyebrows. Using lifting threads to achieve a better appearance is a very simple procedure. The goal is to give patients a natural look, to rejuvenate and beautify the face.

Adequate selection of the patient is very important, because this procedure is not suitable for everyone. A simple test, manual eyebrow repositioning, should be used to check how the eyebrows would look in the new position. If the patient's face looks better after this test, the patient is a suitable candidate for this procedure.

Botulinum toxin should be injected into the forehead area two weeks before the eyebrow threads lifting procedure. In older patients where structural tissues changes have occurred in the upper third of the face, volume restitution with hyaluronic fillers in this region should be done before eyebrow lifting with threads. The work process is such that it requires hypercorrection of the eyebrows position, which passes a few days after intervention.

Eye-brow thread lifting is a very effective, simple and minimally invasive aesthetic procedure that does not require a recovery period for patients.

CETTO Raul

Friday, June 30, 2023 - from 14:30 to 15:30

ARORA 1

Session:

Ultrasound - How Can It Help?

TARGETED USE OF HYALURONIDASE WITH DOPPLER ULTRASOUND

Our understanding of the behaviour of dermal fillers in the different layers of the face has been limited. Ultrasound may be

used to visualise these fillers and their surrounding tissue to broaden knowledge. In contrast to other imaging techniques, ultrasound has been successfully used for detecting and identifying common types of cosmetic fillers and has become the first-line imaging modality to deal with these exogenous components. Vascular occlusion is a rare but severe complication of dermal filler injections. Early treatment of this complication produces better outcomes. Doppler ultrasound provides fast, noninvasive, and accurate delineation of areas of vascular occlusion caused by complications of dermal filler injections and avoids several subjective shortcomings of visual and photographic evaluations and can effectively track treatment outcomes.

CHIANG Nicole Y Z

Saturday, July 01, 2023 - from 11:00 to 13:00

ARORA 16

Session:

PRP for Male and Female Pattern Hair Loss - Why, When and How

MY EXPERIENCE USING PRP TO TREAT DIFFERENT CAUSES OF HAIR LOSS

Platelet-rich-plasma (PRP) has emerged as a promising treatment option for hair loss. In this presentation, I will review my experience in using PRP for various hair disorders including non-scarring and scarring alopecias. I will share with you my tips on patient selection, my treatment regime, how to manage patients' expectations, how I combine PRP with medical treatments, the challenges that I face with PRP and my treatment results.

CIDRANES Ernesto

Friday, June 30, 2023 - from 11:30 to 13:00

ARORA 16

Session:

Energy-Based Devices

AFU PROTOCOL: ADVANCED FACIAL ULTRASOUND WITH ELASTOGRAPHY AND 5D ULTRASOUND

AFU, ADVANCED FACE ULTRASOUND

Use advanced facial ultrasound with the latest futuristic technologies led by the use of 5d with transillumination, elastography, microvascularization with tissue Doppler and degree of deformation. Identify the ultrasound anatomy of the face and neck. Recognize the muscular, nervous and vascular structures to avoid complications with injectables.

The use of high technology applied to current medicine is a change in the new paradigm in order to increase the quality of life that our patients need in the world of aesthetics and functional disorders. Our proposal is to show the behavior of our protocol AFU (Advanced Facial Ultrasound) as a diagnostic and therapeutic model guaranteeing the increase and quality of anatomical visualization, through the use of the most advanced software in world ultrasound.

The use of 5d HD live, elastography and the degree of tissue deformation as well as transillumination allow us to take an anatomical and structural step in the prevention and identification of the main aesthetic-surgical problems of the face and neck.

We use a high-end general electric ultrasound with 5D HD Live software, elastography, shear wave, transillumination and microdoppler.

We applied this AFU technique in 73 patients and we identified the anatomical structures as well as the variability of the structure before and after the injectable techniques.

The operators of the ultrasound stations were experts in ultrasound and anatomy to reduce the operator-dependent effect.

In 100% of the patients, all anatomical structures were correctly identified.

In 86.5% of the patients, the injectable needles were correctly placed without danger of intravascular puncture or neural damage.

In 15.6% of the patients, it was necessary to redirect the injection needle to avoid complications.

The degree of satisfaction of the technique by the patients has been 100%.

The degree of acceptance of the technique by professionals has been 90%.

100% of the patients agreed to carry out an evolutionary follow-up guided by advanced facial ultrasound.

Facial aesthetics do not admit mistakes, the current demand for beauty is increasing every day, therefore good professionals are obliged to prevent complications and increase the quality of their medical practice.

The AFU (Advanced Facial Ultrasound) technique has shown a quality leap in the understanding of the facial and neck anatomy over the conventional ultrasound used to date.

DAMREE Shameema

Saturday, July 01, 2023 - from 14:00 to 15:30

ARORA 16

Session:

Optimising the Micro-Environment: the Future of Exosomes and Beyond

USE OF EXOSOMES TO TREAT COMPLICATIONS

Exosomes are extracellular microvesicles measuring in between 30-200nm in diameter. Exosomes are the key mediators of cell-to-cell communication and they contain numerous growth factors and functional miRNAs. Exosomes have potent regenerative, anti-inflammatory and immunomodulatory effects on fibroblasts. Exosomes have been successfully used to treat vascular occlusion in a 62 M with vascular occlusion post dermal filler in the peri-orbital and central mid face area. Revascularisation of soft tissue was obtained within 21 days post dissolving of the filler using normal protocol. Another case of revascularisation of the nasal tip was achieved post vascular occlusion of the area. Exosomes has also been used to treat laser and Microneedling Radiofrequency complications such as superficial and medium depth burns. Rapid healing without evidence of PIH and scarring was also achieved. Full thickness burn scars was significantly reduced post combination therapy with Microneedling Radiofrequency and exosomes. Exosomes have also been used to treat rosacea flare up. Post Inflammatory hyperpigmentation post microneedling was successfully treated with exosomes.

Conclusion : A series of complications were successfully treated with exosomes. This highlights the regenerative, anti-inflammatory and immunomodulating properties of exosomes. Exosomes can be a very useful tool in the clinic to potentially treat complications by acting at the cellular level.

DIL Kassam

Saturday, July 01, 2023 - from 09:00 to 10:30

ARORA 16

Session:

Laser Lights

UPDATES ON NON-SURGICAL HANDS-FREE FACIAL DEFINITION

EVOKE is the first-ever handsfree radio frequency facial remodeling device to tighten, rejuvenate, and slenderise the tissues of the lower face and neck. Radiofrequency improves skin laxity through controlled heat, stimulating increased collagen production and reorganisation of elastin. This device is able to concentrate thermal energy consistently at a depth that allows for Fibro-Septal Network (FSN) tightening to improve the lower third of the face and submental soft tissue contraction. I will be presenting my approach for giving patients the most suitable, age-appropriate and natural results with effective bespoke treatment planning with combination treatments

DOYLE Jenny

Saturday, July 01, 2023 - from 09:00 to 10:30

ARORA 16

Session:

Laser Lights

THE EVOLVING ROLE OF COMBINING LIGHT THERAPY AND NON-ABLATIVE WAVELENGTHS TO IMPROVE PATIENT OUTCOMES

Non-invasive treatments are in high demand by patients wanting to improve their skin appearance with minimal downtime and better, faster results. Many ablative, non-ablative, radio-frequency, and light-based devices are available providing satisfactory results. Combination treatments are revolutionising the skin rejuvenation space with significant improvement in patient outcomes. Combining light and non-ablative laser devices yields excellent improvement in pigmentation, rhytides/fine lines, wrinkles, and skin tone and texture with minimal downtime. This presentation will introduce broadband light and 1927nm non-ablative fractionated laser device, its functionality, and will review clinical work that led to improvement in pigmentation, rhytides/fine lines, wrinkles, rosacea, and skin tone and texture as an individual and combination treatments.

DURAIRAJ Kay

Friday, June 30, 2023 - from 11:30 to 13:00

ARORA 15

Session:

SOCIAL MEDIA: WHAT'S NEXT?

PANEL DISCUSSION

Social media has become an important tool for businesses to reach and engage with customers in today's digital age. For many, social media can be an absolute minefield to navigate. I will be sharing my tips on how to reach and engage with millions of people. We will touch on:

Continued growth of video content: Video content has become increasingly popular on social media, with platforms like TikTok and Instagram Reels gaining traction. It's likely that social media platforms will continue to prioritize video content and explore

new ways to make it more engaging and interactive for users.
Increased emphasis on community and connection
Expansion of augmented reality and virtual reality
Greater integration of e-commerce

DURAIRAJ Kay

Friday, June 30, 2023 - from 09:00 to 10:30

ARORA 1

Session:

The Psychology of Beauty

THE PSYCHOLOGY OF CONSULTATIONS

Beauty has traditionally been defined by physical characteristics, with symmetry and proportion being the greatest determining factors. The concept of "beauty" is still ambiguous, as it is a multifaceted construct influenced by context, personality, mood, and cultural norms. Understanding the psychology of beauty explores the underlying cognitive and emotional processes that contribute to the subjective gauge of attractiveness. According to psychological research, there is a strong correlation between attractive faces and social and personal welfare. Faces deemed attractive evoke positive emotional responses and are assumed to reflect status, health, and reproductive fitness. Recognizing such patterns can help minimize implicit biases and promote inclusivity, advancing our cognizance of the concept of beauty.

EL MUNTASAR Ahmed

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FISTONIC Ivan

Friday, June 30, 2023 - from 09:00 to 10:30

ARORA 16

Session:

Introduction to Aesthetic Gynaecology and Its Treatments

ETHICAL ASPECTS OF RECONSTRUCTIVE AND AESTHETIC PROCEDURES IN GYNECOLOGY

Demands for cosmetic surgery in the female genital area are on the rise. Recently, supported by the media, aesthetic procedures have become an unavoidable topic. Motivations for cosmetic genital surgery are physical, psychological and sexual. Vaginal laxity remains usually underreported, although most women patients consider this condition bothersome with a significant impact on their relationships. The visual aspect and functionality of the introitus are marked most often as being responsible for sexual disorders and reduced quality of life. Surgeons in this specific field should follow crucial principles in ethics.

Noninvasive treatment has been recommended as the first line for urinary incontinence (UI) and genitourinary syndrome of menopause (GSM). However, surgical procedures are more likely to be implemented to cure vaginal relaxation syndrome (VRS) and UI but are associated with serious adverse effects. Less invasive operative mesh techniques are relatively effective, but not immune to complications such as bleeding, bladder perforation, urethral injury, infection, and retention requiring mesh resection. Additional financial costs and extended recovery time after mesh/sling surgery have induced a growing trend in non-invasive procedures. Contemporary scientific and technological breakthroughs have led to better clinical outcomes with minimally invasive procedures, shorter recovery times, and lower implicated costs. In that sense, recent evidence supports energy-based devices (EBD), mostly Er:YAG and CO2 laser and radiofrequency (RF) treatment, as an effective and compliant intervention for stress UI and lower stages vaginal and vulvar relaxation.

There is no "perfect vagina" (vulva) as a standard. Diversity in appearance is physiological. Women and their partners should be counseled about that before any female genital cosmetic surgery procedure. Patients should understand the scheduled procedure's risks, benefits, and alternatives. A key document is informed consent. The informed consent process attempts to define principles of risk disclosure that should generally meet the needs of most patients in most circumstances. The health

provider's obligation is to correctly inform the patient of all possible benefits and risks, as female genital cosmetic surgery (FGCS) procedures are not exempt from secondary effects.

Irrelevant to women's desire for aesthetic perfection, medical professionals in the specific field of female genital cosmetic surgery should follow crucial principles in ethics. Their responsibility is proper counseling, based on evidence, and a professional approach with high-level skills and expertise in that area.

HAQ Syed

Saturday, July 01, 2023 - from 16:00 to 17:30

ARORA 16

Session:

Combination Treatments Using Threads in Anti-Ageing

THE COMBINED USE OF POLYNUCLEOTIDES, POLYDIOXANONE THREADS AND DERMAL FILLERS AS A GLOBAL APPROACH TO ANTI-AGING TREATMENTS

FACE CONFERENCE 2023

Professor S Haq MBBS BSc PhD DIC MRCP(UK) and Alexandra Mills RN BSc

The use of skin enhancement technique with high purity polynucleotides prior to using a polydioxanone PDO thread treatment protocol has clinically led to a significant improvement in the overall efficacy and longevity of the thread procedure now in our practice compared to the same procedure without using polynucleotides. The increased improvement in outcome is likely due to enhanced fibroblast activity. The use of this sequential technique of skin enhancement followed by the PDO thread has led to the practitioner in being able to offer a more robust, safe and efficacious treatment that in effect synergistically improves the pdo thread in a more effective way. This applies to treatments of the forehead, brow, neck, nose, mid- and lower face, jawline etc. We will demonstrate the combined treatment and discuss the science.

HAQ Syed

Saturday, July 01, 2023 - from 16:00 to 17:30

ARORA 16

Session:

Combination Treatments Using Threads in Anti-Ageing

THREADS AND PRP

Thread Lift

Thread lift is a non-surgical procedure that uses absorbable sutures to lift and tighten the skin. It is an alternative to facelift surgery, which involves a longer recovery period and more significant risks. Thread lift can effectively lift the face, neck, and eyebrows, as well as smooth out fine lines and wrinkles. The procedure is quick and relatively painless, with results lasting for up to two years.

Platelet Rich Plasma

Platelet rich plasma (PRP) is a non-surgical procedure that uses the patient's own blood to rejuvenate the skin. The procedure involves drawing the patient's blood and processing it in a centrifuge to isolate the platelets, which are then injected into the targeted areas. PRP stimulates collagen production, which results in firmer, smoother, and more youthful-looking skin. The procedure is safe and highly effective, with little to no downtime.

Conclusion

In conclusion, thread lift and platelet rich plasma are two excellent alternatives to invasive surgical procedures. They offer numerous benefits, including quick recovery times and natural-looking results.

LALLY Kam

Friday, June 30, 2023 - from 11:30 to 13:00

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LAPA Tatiana

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LEWIS Wendy

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LEWIS Wendy

Saturday, July 01, 2023 - from 11:00 to 12:30

ARORA 15

Session:

Enhancing the Patient Experience to Keep The Best Ones Coming Back

WHAT AESTHETIC PATIENTS WANT TODAY HOW TO GIVE IT TO THEM

In 2023, the landscape of aesthetic patients continues to be in a state of flux. We are seeing new categories of patients of all age groups who are starting earlier to have treatments. This trend has fostered a plethora of new clinic models sprouting up in all markets including medspa chains, group practices, dermatology centers, and more recently, even plastic surgery practices have morphed from the traditional solo practice model to joining groups. Solo practices are becoming cost-prohibitive to operate in many markets and they are finding it hard to compete with large groups and centers. More multi-specialty centers are popping up as a 'one stop shopping' experience for aesthetic patients.

So, what do patients want today? For starters, they want convenience in terms of easy access to treatments and products, same day and next day availability, ease of scheduling remotely, virtual consultations and followups, curbside pickup for product purchases, service menu that includes a wide range of options, loyalty programs, memberships, and subscription models. In 2023, aesthetic patients are less impressed with credentials like an Ivy League education and prestigious residency, and are more interested in practitioners' Instagram and TikTok channels which is where many of them are finding the clinics they go to.

This talk will cover key global trends with an emphasis on how practitioners of all specialties can stand out from the competition.

LIM Ting Song

Friday, June 30, 2023 - from 14:30 to 16:00

ARORA 15

Session:

Dermatology 101

MELASMA 101

Melasma is a common chronic acquired inflammation and hyperactivity of the pigment cells in darker skin individuals, and a common issue in Asia. We look into the basic understanding of Melasma and the many treatment modalities to tackle melasma.

LIM Ting Song

Saturday, July 01, 2023 - from 14:00 to 15:30

ARORA 16

Session:

Optimising the Micro-Environment: the Future of Exosomes and Beyond

POLYNUCLEOTIDES: THE NEW BIOREGENERATIVE SUBSTANCE FOR SKIN QUALITY

Skin quality improvement has become the treatment of choice, especially in Asia. The use of hyaluronic acid skin boosters, biostimulators, and bioregenerative substances has become more common. The use of polynucleotides has become one of the most popular treatment option in Asia. We look into the clinical outcome of polynucleotide-HPT in Asia.

LIM Ting Song

Saturday, July 01, 2023 - from 16:00 to 17:00

ARORA 15

Session:

Let's Talk Business: How to Ace Your Bottom Line

MY SECRETS TO SURVIVE A PRICE WAR

As aesthetic practices bloomed and mushroomed in all corner of the world, many practices try to be competitive by throwing price. It is a very unhealthy approach as it will eventually affect the healthy progress and running of the practice. I am here to share my point of view as well as how I would tackle these situations.

MAKROPOULOU Eleni

Friday, June 30, 2023 - from 11:00 to 13:00

ARORA 1

Session:

LIPS LATEST TIPS

IDEAL UPPER/LOWER FEMALE LIP RATIO AND PREFERENCES ACROSS GENERATIONS

Background: The perception of beauty is very distinct amongst patients and aesthetics practitioners, meaning that ideal goals are highly modifiable and dependent on ethnicity, age and personal preferences. Thanks to aesthetic interventions, we are able to modify shapes, dimensions and angles, aiming at improving patients' self-esteem and inner confidence so they can live a happier life. The golden ratio of 1:1.6 for upper to lower lips has been considered the ideal balance, which is particularly attractive in Caucasian women. Objectives: Beauty and fullness of the lips constitute a key element in facial aesthetics and attractiveness. In parallel with the rise of influencer marketing, we aim to investigate the most popular upper to lower lip ratio among potential filler patients and correlate the findings with the generation they belong to, namely baby boomers, millennials, generations X and Z. Methods: This study was carried out in Greece, from October to December, 2022. A 6-question multiple-choice questionnaire in Greek alongside consent forms and photographs of 2 Caucasian volunteer female models with 3 different lip ratios (1:1; 1:1.6; 1:2) digitally modified by a professional photographer, in front and lateral views, were sent through emails, social media and text messages. We reached a sample of 307 respondents, aged 18+. Chi-Square Tests were used to determine the differences of lip proportions preferences across stratified groups, according to generations and genders. Results: Most of the participants (43,1% for model 1 and 45,9% for model 2) chose the 1:1 ratio. Baby boomers preferred the 1:1.6 ratio when compared to other age groups ($p=0,035$). Regarding genders, compared to males, females selected more frequently the 1:2 ratio for model 1 ($p=0,035$), and the 1:1 ratio for model 2 ($p=0,047$). More than half of the subjects (57,2%) ticked the same proportions for both series of pictures. Regardless of age and gender, 20% of the participants were not sure whether their choice looked natural. Indeed, those who ticked the 1:2 proportions were less likely to find their choice "natural", when compared to those who ticked the 1:1 or 1.1.6 ratios (p

MARKOVA Natalia

Friday, June 30, 2023 - from 14:30 to 16:00

ARORA 16

Session:

Innovations in Thread Technology and Their Expanded Use

THE TRENDS IN THREAD CONTOURING: LIPS' BEAUTIFICATION AND FASHIONABLE CHEEKBONES WITH THREADS

Lifting and bio-armouring of soft tissue with threads are an universal method for patients' requests in compacting the skin flap, moving and fixing the ptosis of soft tissues in a new position, and creating the so-called face contouring that recently became popular. With the help of threads it is possible to create currently fashionable cheekbones, lower jawline, nose, eyebrows and lips.

For every indication we use different type of the threads. The chemical composition and the instrumentarium for procedures are also very important.

We have some anatomical nuances and safety rules for safe implantation of the threads. It was confirmed not only by anatomical researches, but also with histological tests.

In addition to improving the quality of the skin for a long time (histologically proven time of the thread in the tissues is 17 months), a long-lasting result of correction is noted if the correct fixation of the thread and the level of its implantation are observed.

MARZINOTTO Pier

Saturday, July 01, 2023 - from 16:00 to 17:30

ARORA 16

Session:

Combination Treatments Using Threads in Anti-Ageing

NOVEL APPROACH TO PERI-ORBITAL REJUVENATION WITH PDO THREADS

Novel Approach to peri-orbital rejuvenation with PDO threads. An altered appearance of the peri-orbital region is not only aging but most importantly can make people look tired. Addressing this area surgically or non surgical often generates high impact outcomes to make people look fresher, less tired and rejuvenated. In this case series study I'm presenting a more comprehensive anatomical approach to this area which involves not only the lower lid per se but a wider cosmetic unit comprising of the lateral forehead, the zygoma and the temporal region. This anatomical consideration dictates a treatment strategy which can lead to an overall improvement of this area. I will share a thread lift approach combined with fillers aimed at shifting and repositioning the zygomatic fat pad, bolstering the orbicularis retaining ligament, and zygomaticus-cutaneous ligament improving the palpebro-malar groove. Further more Using PDO on temporal scalp can also regulate canthal tilt; specifically this particular traction point creates a framework where filler or PDO Monos in the tear trough can lead to much improved outcomes.

MEDINA Nora

Saturday, July 01, 2023 - from 09:00 to 10:30

ARORA 15

Session:

The Future Ingredients of Skin Care

PRF MICROINFUSION TECHNIQUE IN ACNE SCAR REVISION

PRF Micro Infusion Technique in Acne Scar Revision

Background: When placed in the skin, Platelet Rich Fibrin (PRF) allows for longer healing time. When PRF is placed just below the depression of the acne scar, it can help temporarily fill acne scarring and place a higher concentration of PRF in the area. The purpose of using PRF in acne scarring treatments is to give the patient the dual benefit of a potential instant result coupled with healing that continues after the treatment is completed.

Summary: Acne scarring is a concern of many patients, and instant results can be elusive. Despite many treatment options, not every treatment is right for every patient. Because PRF is created using the patient's own blood and the collection tube contains no additives, PRF has almost no risk of an abnormal response or allergic reaction.

The fibrin in a PRF concentration creates an extracellular matrix within the skin and increases the longevity of growth factors, allowing the repair work to continue for a longer period to facilitate wound healing, increase collagen production, and improve elasticity. When the PRF is placed in the desired area, the reconstructive properties can be concentrated within those individual scars.

Microneedling is an effective technique, but has limitations as a method of PRF distribution. A Micro Infusion technique using a single needle up to a 5 pin multi needle is a more efficient alternative to more precisely distribute PRF to the desired location. The extracellular matrix allows PRF to work as a natural filler and can help temporarily fill select acne scarring, leaving a more even texture. Larger acne scarring sometimes necessitates breaking up the scar bands prior to distributing PRF. PRF can help improve pigmentation caused by acne scarring. Other treatments such as chemical peeling and melanin inhibitors can be used after a PRF treatment to help even out pigmentation.

PRF can reveal instant results with some acne scarring when the PRF is set within the skin. Total results can be seen within 7 days and will continue to improve over time. PRF treatments are done in a series of three with four weeks between sessions.

MILLS Alexandra

Saturday, July 01, 2023 - from 16:00 to 17:30

ARORA 16

Session:

COMBINATION TREATMENTS USING THREADS IN ANTI-AGEING

THE COMBINED USE OF POLYNUCLEOTIDES, POLYDIOXANONE THREADS AND DERMAL FILLERS AS A GLOBAL APPROACH TO ANTI-AGING TREATMENTS

FACE CONFERENCE 2023

Professor S Haq MBBS BSc PhD DIC MRCP(UK) and Alexandra Mills RN BSc

The use of skin enhancement technique with high purity polynucleotides prior to using a polydioxanone PDO thread treatment protocol has clinically led to a significant improvement in the overall efficacy and longevity of the thread procedure now in our practice compared to the same procedure without using polynucleotides. The increased improvement in outcome is likely due to enhanced fibroblast activity. The use of this sequential technique of skin enhancement followed by the PDO thread has led to the practitioner in being able to offer a more robust, safe and efficacious treatment that in effect synergistically improves the pdo thread in a more effective way. This applies to treatments of the forehead, brow, neck, nose, mid- and lower face, jawline etc. We will demonstrate the combined treatment and discuss the science.

OTTO Jacques

Friday, June 30, 2023 - from 14:30 to 16:00

ARORA 16

Session:

Innovations in Thread Technology and Their Expanded Use

MULTIMODALITY NON-PERMANENT NON-SURGICAL FACIAL AUGMENTATION: A 10-YEAR PERSONAL EXPERIENCE

Background:

Trained in South Korea and pioneered the barbed PDO threads facial "lifting" procedure in 2013 in the UK and since have treated over 3,000 patients (including Caucasian and Asian) and have trained internationally 2,000+ doctors, dentists, nurses and pharmacists) in PDO threads. Additional training of practitioners performed includes toxin, fillers, PRP and IVNT (latter pioneered in the UK in 2013).

Multimodality approach includes:

1. Patient expectations, assessment and selection.
2. Contraindications
3. Timing, sequence, intervals and selection of modalities.

Results:

1. PDO threads insertion techniques evolution.
2. Effects: skin, connective tissue, fat pads (volumetric), muscular (masseter and platysma muscles)
3. Duration/longevity.

Conclusion:

Originally treating the forehead and body parts (abdomen, arms, etc.) with PDO threads. Later focusing only on mid-face, lower-face and sub-mandibular areas. Lessons learned: (1) insertion technique is of paramount importance; followed by (2) the threads design and gauge; (3) the minimum number of threads per area that are required; (4) effect and longevity are dependant on combinations of several modalities, the sequence and number of threads inserted and the timing of repeat insertions.

Summary:

The PDO cogs threads treatment is effective but not as a stand-alone treatment. Insertion of only dermal and sub-dermal PDO mono threads do stimulate neocollagenesis and skin rejuvenation but do not result in facial lifting in my experience!

Author Dr M Jacques Otto

PHILLIPS Tania

Saturday, July 01, 2023 - from 09:00 to 10:30

ARORA 16

Session:

Laser Lights

AN INTEGRATED APPROACH TO DEEP LINES AND LIFTING TREATMENTS: COMBINING ABLATIVE, COLD AND HOT LASER THERAPIES WITH NON ABLATIVE LASER THERAPIES AND TOPICALS FOR GREAT RESULTS WITHOUT THE SIGNIFICANT DOWNTIME

In aesthetics we strive to optimise results and minimise downtime. Erbium laser advanced technology can be used to optimise patient results from treating scarring, benign skin lesions and deep wrinkles to milder skin rejuvenation with significantly reduced downtime if attention is paid to the parameters used.

Erbium can penetrate to varying depths depending on the power of the laser and the fluence (energy) used. To optimise results the clinician must not only consider flexibility in depth but also the pulse duration. Pulse durations can vary from Micro Short Pulse (MSP), Short Pulse (SP), Long Pulse (LP) Very Long Pulse (VLP), Extra Long Pulse (XLP) to SmoothMode.

From one end of the spectrum there is MSP (cold ablation), to XLP which delivers heat energy into the skin stimulating collagen with minimal ablation, to SmoothMode which is non-ablative.

CO2 lasers are favoured by some because they cause thermal damage, but it is important to note this is nonselective. Erbium Laser is selective, and the thermal damage can be adjusted up and down thereby giving precision in every case treated. Results are also more accurate with VSP technology giving minimal thermal spread and predictable, reproducible results. CO2 has 15 times less absorption in human skin due to its reduced affinity with water. Erbium has a strong affinity to water and with shorter pulse durations are very ablative, useful for the first layer of deep wrinkle treatment or skin lesion removal. The longer pulse durations delivering more heat are used to enhance neocollagenesis and reduce the downtime. The longest pulse duration SmoothMode is non-ablative erbium and can treat a multitude of conditions from hair loss to facial wrinkles, eye hooding and skin tightening anywhere on the face or body. This technology has game changing benefits for the patient, the clinician, and the business.

For the patient:

Reduced ablation to no ablation means reduced or no down time. The non-ablative erbium is ingeniously used both on mucosal tissue in the 4D facelift, and externally for hair restoration, eye wrinkles/hooding, lip plumping and general skin laxity. For the clinician and the business:

The non-ablative erbium application means treatments do not have to be carried out by a doctor. Aesthetic practitioners require a Level 4 in laser and light for most treatments. For the ablative treatments you will need a level 7 or be a doctor or nurse.

Using this multi-layer laser treatment, clinicians will ensure the best outcomes for patients without the need for significant downtime which traditional ablative treatments offer. These methods give greater patient satisfaction as well as broadening the opportunities for patients that are unable to accommodate much down time in their busy schedules.

PODDAR Rita

Saturday, July 01, 2023 - from 16:00 to 17:30

ARORA 16

Session:

Combination Treatments Using Threads in Anti-Ageing

MULTI-MODAL MANAGEMENT OF THE FACIAL AESTHETIC PATIENT USING PDO THREADS COMBINED WITH FILLERS, POLYNUCLEOTIDES AND RETINOL BASED SKINCARE

Multi-modal Management of the Facial Aesthetic Patient Using PDO Threads Combined with Fillers, Polynucleotides and Retinol Based Skincare.

There are many changes that occur in the face with ageing. The skin, tissue and bones of the face are all affected and this all must be considered when treating the ageing patient non-surgically. In this lecture we discuss how these modalities have been combined together to provide the patient with the best aesthetic outcomes especially when patients are seeking the no surgery approach. All these modalities are powerful but minimally invasive and they are shown in this lecture to significantly reduce the appearance of wrinkles, sagging skin and other signs of ageing. PDO threadlifting is still the gold standard in treating patients non-surgically and is demonstrated clearly in the before and after case studies in this lecture.

RAKUS Rita

Friday, June 30, 2023 - from 11:30 to 13:00

ARORA 16

Session:

Energy-Based Devices

20-YEAR PROGRESSION AND CLINICAL DATA ON THE LATEST RADIOFREQUENCY TECHNOLOGY FOR FACE AND BODY LIFTING

Energy based devices over the last 20 years have become incredibly important to the overall medical Aesthetics treatment menus and by adoption of the correct devices they have transformed our business. We look at the basic criteria both commercial and scientific that one should consider in selecting the correct RF device for your practice as many devices are heavily marketed by industry without good scientific evidence based proof of outcomes. The lecture will help you avoid the wrong decisions in selection of RF technology that is well researched.

RAVICHANDRAN Simon

Saturday, July 01, 2023 - from 14:00 to 15:30

ARORA 1

Session:

News on Neuromodulators

MICROTOX AND ITS APPLICATIONS IN SKIN REJUVENATION

Microtox has gained popularity over the years.

Skin rejuvenation has many layers, and a multi-modality treatment is critical for optimum results.

Microtox technique and dilution are demonstrated here for face and neck rejuvenation.

RAVICHANDRAN Emma

Saturday, July 01, 2023 - from 14:00 to 15:30

ARORA 1

Session:

NEWS ON NEUROMODULATORS

MICROTOX AND ITS APPLICATIONS IN SKIN REJUVENATION

Microtox has gained popularity over the years.

Skin rejuvenation has many layers, and a multi-modality treatment is critical for optimum results.

Microtox technique and dilution are demonstrated here for face and neck rejuvenation.

RAVICHANDRAN Emma

Friday, June 30, 2023 - from 16:00 to 18:00

ARORA 1

Session:

Sculpting - Chin and Jawline

COMBINING FILLERS, BIOSTIMULATOR AND TOXIN FOR THE OPTIMAL INJECTABLE OUTCOME IN THE LOWER FACE

For many patients the lower face and jawline is the first area that they notice signs of ageing, and this is their first presenting complaint at an aesthetic clinic. In this presentation I will discuss my approach to a thorough assessment, treatment planning and Treatment of this area. I will use a combination of Hyaluronic acid and biostimulating fillers with toxin to achieve optimal, natural and long lasting rejuvenation of the lower third of the face.

SHETTY Rashmi

Friday, June 30, 2023 - from 16:00 to 18:00

ARORA 1

Session:

Sculpting - Chin and Jawline

ETHNIC CHALLENGES FOR THE LOWER FACE

Indian , Asian faces come with a lot of challenges, for that matter any face with heavy soft tissue . small boney frame work and a heavier soft tissue is a difficult scenario . differentiating anatomical structures such as gland , fat , muscle and bone , loose skin and then working to enhance is what I will be discussing .

SHETTY Rashmi

Friday, June 30, 2023 - from 16:30 to 18:00

ARORA 15

Session:

New Peels and Combinations (in partnership with the IPS)

COMBINATIONS ON COLOURED SKIN

This remains a challenge no matter how many years into practice one is . My learnings of over 20 + years in dermatology practice is what I will share . I am from India , practicing in 2 cities north and south of India and so see almost all the spectrum on the scale .

SILVA Ana

Friday, June 30, 2023 - from 11:00 to 13:00

ARORA 1

Session:

Lips Latest Tips

IDEAL UPPER/LOWER FEMALE LIP RATIO AND PREFERENCES ACROSS GENERATIONS

Background: The perception of beauty is very distinct amongst patients and aesthetics practitioners, meaning that ideal goals are highly modifiable and dependent on ethnicity, age and personal preferences. Thanks to aesthetic interventions, we are able to modify shapes, dimensions and angles, aiming at improving patients' self-esteem and inner confidence so they can live a happier life. The golden ratio of 1:1.6 for upper to lower lips has been considered the ideal balance, which is particularly attractive in Caucasian women. Objectives: Beauty and fullness of the lips constitute a key element in facial aesthetics and attractiveness. In parallel with the rise of influencer marketing, we aim to investigate the most popular upper to lower lip ratio among potential filler patients and correlate the findings with the generation they belong to, namely baby boomers, millennials, generations X and Z. Methods: This study was carried out in Greece, from October to December, 2022. A 6-question multiple-choice questionnaire in Greek alongside consent forms and photographs of 2 Caucasian volunteer female models with 3 different lip ratios (1:1; 1:1.6; 1:2) digitally modified by a professional photographer, in front and lateral views, were sent through emails, social media and text messages. We reached a sample of 307 respondents, aged 18+. Chi-Square Tests were used to determine the differences of lip proportions preferences across stratified groups, according to generations and genders. Results: Most of the participants (43,1% for model 1 and 45,9% for model 2) chose the 1:1 ratio. Baby boomers preferred the 1:1.6 ratio when compared to other age groups ($p=0,035$). Regarding genders, compared to males, females selected more frequently the 1:2 ratio for model 1 ($p=0,035$), and the 1:1 ratio for model 2 ($p=0,047$). More than half of the subjects (57,2%) ticked the same proportions for both series of pictures. Regardless of age and gender, 20% of the participants were not sure whether their choice looked natural. Indeed, those who ticked the 1:2 proportions were less likely to find their choice "natural", when compared to those who ticked the 1:1 or 1.1.6 ratios (p

TAKWALE Anita

Saturday, July 01, 2023 - from 11:00 to 13:00

ARORA 16

Session:

PRP for Male and Female Pattern Hair Loss - Why, When and How

THE PLACE FOR PRP AS AN ADJUNCTIVE TREATMENT IN MALE AND FEMALE PATTERN HAIR LOSS

My talk will emphasise the diagnostic criteria of male and female pattern hair loss which is vital before considering any treatment options. This is important so not to miss a mixed hair loss pathology or scarring alopecia. Platelet-rich plasma treatments in the setting of male and female pattern hair loss are best placed as adjunctive treatment to the existing management for these conditions.

All patients should be counselled carefully prior to treatment, the grade of hair loss as demonstrated by the Sinclair grading scale should be documented via standardised photography before treatment and around 2 months after the initial set of injections. This will help identify if patients benefited from PRP and also identify patients who may require maintenance therapy.

I will share my experience in treating patients with the PRP an adjunctive treatment in male and female pattern hair loss over the last three and half years.

TAYLOR-BARNES Kathryn

Saturday, July 01, 2023 - from 14:00 to 15:30

ARORA 1

Session:

News on Neuromodulators

REAL WORLD PATIENT FEEDBACK AND EXPERIENCE

After many years of having a somewhat limited toxin choice to offer in clinical practice it has now changed rapidly. The variety and availability of newer toxins within the UK have skyrocketed over the past twelve months. As a clinician this can be stimulating because we have a lot more choices but on the other hand daunting as we navigate through the nuances of the newer toxin preparations and embark on introducing a new product to our patients. In this presentation Dr Taylor-Barnes endeavours to share her patient feedback collated from her real-world data collections exercise and personal experience with the newer toxin Nuceiva by Evolus.

Dr Kathryn Taylor-Barnes
Real You Clinic
Twickenham, London

THULESEN Jesper

Saturday, July 01, 2023 - from 16:00 to 17:30

ARORA 1

Session:

Case by Case - World of Complications

OVERVIEW OF COMPLICATIONS WITH HYALURONIC ACID FILLERS

Complications following injections of HA-filler divert from mild to very severe, e.g. blindness as the most feared complication. For the professional and experienced injector prompt and relevant intervention is expected in these situations although specific treatment algorithms for most of the HA-filler-related complications are lacking. A schematic overview of the complications with clear statements for treatment solutions will be presented based on the up-to-date findings and most recent published recommendations in the literature.

VELUVOLU Divya

Saturday, July 01, 2023 - from 14:00 to 15:30

ARORA 15

Session:

Mechanisms of Aging and Skin Care

PRELIMINARY RESULTS OF LIQUID TYPE PCL (POLYCAPROLACTONE) TREATMENT

Preliminary results of Liquid type PCL(Polycaprolactone) treatment

Objective: To evaluate effectiveness and subjective satisfaction of Liquid type PCL(Polycaprolactone) treatment protocol to restore facial age related sagging. During a period of time of 6 months, the group of patient underwent 3 session of standardized 10 points injection on the face.

Materials and methods: Between 1/6/2022 and 01/12/2022 40 patients underwent 3 session of standardized 10 points injection on the face of Liquid type PCL(Polycaprolactone). The following facial area have been treated: temporal, lacrimal, malar, cheeks. All the patients have been evaluated by means of standard photos before the treatment and after 1, 3 and 6 months. The patients have been asked to express their satisfaction about the treatment by means of a simple questionnaire.

Results: The patients a significant bigger satisfaction about the treatment, in particular 3 months after the treatment (85%). Photographic exams showed a correction of the age related sagging. In 2 patient was observed an allergic reaction with swelling. A treatment with corticosteroids was prescribed, and the swelling was resolved in 2 days

Discussion: the preliminary results demonstrated that Liquid type PCL(Polycaprolactone) is an effective treatment for age related sagging. The Authors suggest a protocol of injection by a blunt cannula in order to reduce the risk of acute allergic reactions in case of intravascular injection.

YOUSRI Nadia

Friday, June 30, 2023 - from 09:00 to 10:30

ARORA 16

Session:

Introduction to Aesthetic Gynaecology and Its Treatments

TIGHTENING THE VAGINAL RELAXATION SYNDROME- EVALUATION OF TREATMENT OPTIONS- A YEAR-COHORT SERIES OF 25 CASES

Title: "Tightening the Vaginal Relaxation Syndrome - Evaluation of treatment options in a year-Cohort Series of 25 cases"
FACE: 5795

Introduction:

VRS aka Vaginal Wall & pelvic floor laxity that commonly seen after Childbirth or after Menopause is a concealed problem that is difficult to address with serious impact on the family life. .

Aim & Methodology

- Presenting the results of 25 cases seen since July 2022 & treated by non-surgical procedures by Dr NY
- A Review will be provided on the causes, classification & critical evaluation of any studies on treatment options

Results:

- Presenting the results of 25 case studies treated by non-surgical options in own practice:
- The success rate
- procedure (s) used
- Safety and any recorded side effect

Conclusion:

Non-Surgical options can be successful in dealing with VRS, combination of more that 2 procedures are required to achieve

good objective outcome.

P.S: The case serries established by Dr NY is an ongoing one (more number of cases to be added)
