

COURSE 2023-2024

**INTENSIVE COURSE
ON FACIAL
SCULPTING AND
HARMONIZATION
FOR DENTISTS**



Intensive Course of Facial Sculpting and Harmonisation for Dentists

Presentation of the course

This comprehensive course is designed to provide you with the knowledge, skills, and practical training necessary to excel in the field of aesthetic medicine of the orofacial area.

In recent years, there has been a growing demand for non-surgical cosmetic procedures that enhance the appearance of the face. Facial proportions, along with the perioral area, play a significant role in facial aesthetics and rejuvenation. Understanding the anatomy, assessment techniques, and appropriate treatment options in these regions is crucial for achieving natural and harmonious results.

Throughout this course, esteemed experts in the field of aesthetic medicine will guide you through a journey of comprehensive learning and hands-on training. From the fundamentals of facial anatomy and facial proportions to the intricacies of injection techniques and combination therapies, you will gain a deep understanding of the principles and techniques involved in aesthetic medicine.

Throughout the course, there will be ample opportunities for hands-on training, allowing you to practice the techniques learned on models under the guidance of our experienced instructors. You will also have the chance to engage in interactive discussions, case studies, and Q&A sessions, enabling you to deepen your understanding and address any queries.

By the end of this intensive course, you will be equipped with the skills and knowledge to assess, plan, and execute aesthetic and cosmetic treatments for facial harmonization and sculpting. We believe that the holistic approach to facial aesthetics taught in this course will empower you to deliver exceptional results to your patients and meet the growing demand for non-surgical cosmetic procedures.

The opportunity to perform and practice these surgical techniques guided by experienced personnel at both the medical and dental fields, together with an eminently practical guidance, has a gap in the middle of the large existing training programs. **To this effect, we have designed an intensive hybrid (on-line and presential) theoretical with hands-on course.**

Department responsible

Oral and Maxillofacial surgery

Faculty of Dentistry

Coordinators

Dr Federico Hernández-Alfaro, Dr Maria Giralt-Hernando, Dr Adaia Valls-Ontañón

Academic Board

Dr Anna Archidona, Dr Maria Dolors Ceperuelo Sánchez, Dr.Francisco Cuesta, Dr.Francesc Duran, Dr Marta Giménez, Dr Maria Giralt, Dr Mar González, Dr Federico Hernández-Alfaro, Dr Alejandro Mazarro, Dr Beatriz Moralejo, Dr Adaia Valls.

Objectives

To provide participants with a comprehensive understanding of aesthetic and cosmetic medicine in the upper and lower thirds, with a particular focus on the perioral area. By achieving these objectives, participants will be well-prepared to provide safe, effective, and aesthetically pleasing treatments to their patients in these specific areas of the face.

The course aims to achieve the following objectives:

1. **Comprehensive Understanding:** The course aims to provide a comprehensive understanding of the facial anatomy, with a specific focus on the perioral area. Participants will gain in-depth knowledge of the facial anatomy, physiology, and proportions relevant to aesthetic medicine.
2. **Assessment and Consultation Skills:** Participants will develop skills in assessing facial aesthetics and identifying aesthetic concerns in all facial thirds, including the perioral area. They will learn consultation techniques to effectively communicate with patients and create personalized treatment plans.
3. **Injection Techniques:** The course aims to equip participants with advanced injection techniques for hyaluronic acid fillers, plasma fillers (PRP), and Botox in the specified areas. Participants will learn about the appropriate injection depths, angles, and volumes to achieve safe and optimal outcomes.
4. **Combination Therapies:** Participants will understand the concept of combining different treatments, such as hyaluronic acid fillers, plasma fillers (PRP), and Botulinum toxin (commonly known as Botox®), to achieve comprehensive facial rejuvenation. They will learn the principles and techniques for integrating these modalities to achieve harmonious and natural-looking results.
5. **Hands on Training:** The course offers practical, hands-on training opportunities for participants to apply the learned concepts and techniques on models under the guidance of experienced instructors. This allows participants to gain confidence and proficiency in performing aesthetic procedures in the upper and lower thirds, including the perioral area.
6. **Safety and Ethics:** The course emphasizes the importance of patient safety, ethical considerations, and best practices in aesthetic medicine. Participants will learn about potential risks, complications, and how to manage them effectively.
7. **Professional Development:** By completing this course, participants will enhance their professional development and expand their expertise in the specialized field of aesthetic and cosmetic medicine. They will gain a competitive edge in the industry and be better equipped to meet the growing demand for non-surgical facial rejuvenation procedures.

Competences and learning outcomes

Competences and learning outcomes of the course on aesthetic and cosmetic medicine in the upper and lower thirds (perioral area) include the following:

- **Anatomy and Aging physiology:** Understanding the anatomy and physiology of the face and specifically the perioral area is fundamental. This includes studying the structure and function of the lips, mouth, chin, jawline, and surrounding tissues.
- **Facial Diagnosis**
- **Legal framework:** to know the legal framework that each professional can carry out: treatments and treatment areas.
- **Assessment and Consultation:** Learning how to perform a comprehensive assessment of the lower third of the face is essential. This involves evaluating facial proportions, identifying specific concerns, and discussing treatment goals with patients during consultations.
- **Injectables and Fillers:** Techniques related to the use of injectables, and dermal fillers are commonly covered. This includes learning about different types of fillers, injection techniques, and achieving optimal results while addressing concerns such as lip augmentation, perioral lines (smoker's lines), marionette lines, and chin augmentation.
- **Neuromodulators:** Botulinum toxin (commonly known as Botox®) is often used to treat dynamic wrinkles and muscle movement in the lower third of the face. Understanding the mechanisms, injection techniques, and safety considerations associated with neuromodulator treatments is typically included in the course.
- **Combination Therapies:** Exploring how to combine different aesthetic procedures and treatments for optimal outcomes may be discussed. This can involve integrating injectables, fillers, lasers, and other techniques to achieve comprehensive rejuvenation of the perioral area.
- **Complication Management and Safety:** Comprehensive training in aesthetic and cosmetic medicine also includes understanding potential complications and adverse events. Learning to identify and manage complications, as well as implementing safety measures, is crucial for any aesthetic practitioner.
- **Patient Management and Communication:** Building effective communication skills and learning to manage patient expectations are essential for successful aesthetic practice. This aspect of the course may include topics like informed consent, developing treatment plans, and post-treatment care.
- **Hands-On Training:** Many courses provide hands-on training sessions to allow participants to practice the techniques learned under the supervision of experienced instructors. These sessions may involve using models or mannequins to simulate real-life scenarios.

Course Program

1st Monday

Time	Topic
20:00-20:15h	Presentation of the course and welcome.
20:15-20:45h	Legal framework
20:45-21:00h	Facial pictures: preop and follow-up
21:00-22:00h	Facial Anatomy: <ul style="list-style-type: none"> ● Facial proportions of the upper third, middle third and lower third of the face. ● Landmarks for aesthetic procedures.

2nd Monday

Time	Topic
20:00-20:45h	Types, properties and conservation of Hyaluronic Acid Fillers Types, properties and conservation of Botulinum toxin Types, properties and conservation of PRP
20:45-21:30h	Aesthetic treatments with PRP
21:30-22:00h	Management of myofascial syndrome with botulinum toxin

3th Monday

Time	Topic	Professor
21:00-22:00h	Lower facial third treatment with fillers: <ul style="list-style-type: none"> ● Gummy smile treatment (with botulinum toxin?) ● Papilla volumization 	

4th Monday

Time	Topic
20:00-21:00h	Lower facial third treatment with fillers: <ul style="list-style-type: none"> ● Lip liner ● Lip volumization
21:00-22:00h	Lower facial third treatment with fillers: <ul style="list-style-type: none"> ● Facial contouring: jaw and chin ● Nasolabial & Marionette lines

5th Monday

Time	Topic
20:00-21:00h	Mesotherapy and collagen biostimulators
21:00-22:00h	Laser-therapy

Friday morning 15th March 2024

Time	Topic
8:30-8:40h	Welcome to the on-site sessions
8:40-9:30h	Management of complications
9:30-10:30h	Coffee break while presentation of cases and interactive discussion
10:30-11:00h	Teacher expert live session
12:00-14:00h	Hands-on Session

21:00	Course cocktail	
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The course takes five online theoretical sessions, followed by an intensive presential hands-on session on Friday morning. The course is both theoretical and practical where will be addressed each of the different aesthetics and cosmetic techniques applied at the perioral and facial regions to improve its harmonization.

This practical session will be strengthened by a reminder video or powerpoint presentation or keynote as in the previous day for a better student to proceed in practice. Therefore, a continuous assessment of their knowledge (in previous sessions and during dissection) will be made.

Basic Information

Target

This course is aimed to **dentists**, from Spain or abroad, who wish to expand their knowledge in cosmetic and aesthetic facial treatments applied at the perioral area. Attendants could provide their volunteer patients.

Calendar

Online sessions: April 15, April 22, May 6, May 13, May 20
On-site hands on session: May 24, 2024 (morning)

Timetable

4 Mondays: from 8pm to 10pm
1 Monday from 9pm to 10pm
Friday: from 8.30 am to 2pm

Numbers of credits

1,5 ECTS

Price

Price 3000€

Number of places

Places on this program are limited

Location

Universitat Internacional de Catalunya
Campus Sant Cugat
Josep Trueta, s/n
(Hospital Universitari General de Catalunya)
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In the University website <https://www.uic.es/en/faculty-dentistry> you will find more information