

# Toxins and Fillers

## Advanced

If you have gained experience in the treatment with botulinum toxin and fillers already and would like to refine your techniques and develop expertise, the Advanced Course for Toxins and Fillers is the right choice for you.

This course will provide you with the knowledge and tools you need to proceed confidently and safely to treatment. The course focuses intensively on the questions of which filler product should be used, in which way, in which layer and, above all, in which quantity.

As a participant of this course, you will receive a certificate of your acquired competencies.

### These theoretical and practical learning contents await you:

#### Part 1: Hyaluronic acid injection

- **Current developments and research**
  - Understanding the aging process
  - Overview of latest research results and technological advances in the field of hyaluronic acid
  - Discussion on current trends and innovations in the use of hyaluronic acid
- **In-depth anatomical knowledge**
  - Detailed examination of facial anatomy with focus on bones, muscle structures, adipose tissue, nerve tracts & vessels
  - Expanding the understanding of complex anatomical areas and their significance for treatment with hyaluronic acid
- **Advanced injection techniques: A detailed guide to advanced injection techniques that cover specific areas or challenging facial areas**
  - Injection of glabellar wrinkles
    - Anatomy of glabellar folds and surrounding areas for precise placement of injections
    - Selection of injection points and specific injection techniques for the treatment of glabellar wrinkles
    - Documented treatment examples to illustrate techniques
  - Injection of the wrinkles around the mouth/chin wrinkles
    - Anatomy of the corner of the mouth and chin areas for accurate placement of injections
    - Determination of injection points and application of specific injection techniques for the treatment of wrinkles at the corners of mouth and chin
  - Forehead and brow lift
    - Anatomy of the forehead and brow regions for precise placement of injections
    - Selection of injection points and injection techniques for the treatment of forehead and brow wrinkles
    - Consideration of possible side effects, such as „Spock syndrome“ or brow ptosis
  - Rhinoplasty
    - Anatomy of the nose for precise placement of injections for non-surgical nasal correction
    - Determination of injection points and application of specific injection techniques to treat the nose

- Consideration of possible risks and side effects, such as asymmetries or circulatory disturbances
- Volume augmentation of the tear trough
  - Anatomy of the tear trough and surrounding tissue for precise placement of injections
  - Selection of injection points and specific injection techniques for volume augmentation of the lacrimal groove
  - Consideration of possible complications and risks during treatment
- **Creating treatment plans that ensure patients retention over the long term**
- **Anatomical variations and challenges**
  - In-depth exploration of individual anatomical variations and challenges that can occur with hyaluronic acid injections
  - Strategies for overcoming these challenges
- **Linking patient request with treatment - Which product do I need to use where, how and how much? (Product selection and advanced product options)**
  - Discussion on selection of appropriate hyaluronic acid products for advanced applications and distinguish between different product options, including products with varying viscosity and shelf life
  - Use of product combinations: Hyaluronic acid and Radiesse
- **Practical experiences**
  - Demonstration of injection techniques on models
  - Participants can apply the techniques on practice models under guidance of the lecturers

## Part 2: Focus on Botulinumtoxin

- **Current developments and research**
  - Understanding the aging process
  - Overview of latest research results and technological advances in the field of botulinum toxin
  - Discussion on current trends and innovations in the use of botulinum toxin
- **In-depth anatomical knowledge: 3-dimensional injection anatomy**
  - Detailed examination of facial anatomy with focus on bones, muscle structures, adipose tissue, nerve tracts & vessels
  - Increased understanding of complex anatomical areas and their relevance to botulinum toxin treatment

- **Advanced injection techniques**

- Learning sophisticated injection techniques in the lower face facial regions
  - Nose wrinkles („bunny lines“)
    - Anatomical basics of the nasal folds
    - Injection points and precise injection techniques for treatment
    - Side effects and their management
  - Upper lip wrinkles („pleated wrinkles“)
    - Anatomical basics of the upper lip wrinkles
    - Selection of injection points and appropriate injection techniques
    - Side effects and possible risks, such as lip asymmetry
  - Cobblestone chin/chin crease
    - Anatomical basics of the cobblestone chin and chin crease
    - Precise injection points and techniques for treatment
    - Potential side effects and their management
  - Puppet fold
    - Anatomical basics of the marionette fold
    - Selection of injection points and appropriate injection techniques
    - Side effects and possible risks, such as mandibular nerve involvement.
  - Gummy Smile
    - Gummy Smiles Evaluation and Treatment
    - Application of specific injection techniques for correction
    - Consideration of possible side effects
  - Jawline
    - Anatomical basics of the jawline and jawline
    - Precise injection points and techniques for improving the jawline contour
    - Possible side effects and complications
  - Throat (platysma)
    - Evaluation of platysma and possible treatment strategies
    - Selection of injection points and appropriate injection techniques in the neck area
    - Risks and precautions in the treatment of platysma
  - Nose Tip Lift
    - Anatomical basics of the nasal tip and its aesthetic treatment
    - Precise injection points and techniques for nasal tip elevation
    - Consideration of possible side effects and risks
- Treatment techniques for medical indications
  - Hyperhidrosis (armpit, hands, feet)
    - Anamnesis for the diagnosis of hyperhidrosis
    - Injection points and precise injection techniques for the treatment of excessive perspiration.
    - Management of side effects and risks
  - Rosacea
    - Evaluation and identification of rosacea symptoms
    - Selection of injection points and appropriate injection techniques for the treatment of redness and vascular spiders.
    - Possible side effects and precautions

- Migraine
  - Anamnesis for the diagnosis and evaluation of migraine symptoms
  - PREEMPT scheme for the identification of injection points and corresponding injection techniques
  - Risks, possible side effects and complications
- Masseter
  - Analysis of the masseter musculature and possible treatment options
  - Injection techniques for the reduction of masseter muscles
  - Consideration of side effects and possible risks
- Trapezius (Gooseneck)
  - Evaluation of the trapezius muscle and its aesthetic treatment
  - Selection of injection points and precise injection techniques to improve the gooseneck
  - Risks, possible side effects and complications
- Calves
  - Evaluation of the calf contour and possible treatment options
  - Injection techniques to improve the contour of the calf
  - Consideration of potential side effects and risks
- Acne and enlarged pores
  - Evaluation of acne and enlarged pores
  - Injection techniques to improve the appearance of the skin
  - Consideration of potential side effects and risks
- **Practical exercises**
  - Demonstration of techniques on models
  - Participants can apply the techniques on practice models under guidance of the lecturers