

Toxins and Fillers

Basic

The Basic Course for Botulinum Toxin and Hyaluronic Acid Injections teaches basic knowledge for safe application of botulinum toxin (Azzalure®, Bocouture®, Vistabel®, Letybo®) and hyaluronic acid.

With this beginners' course, MIA offers comprehensive basic knowledge of both major areas -botulinum toxin and hyaluronic acid fillers.

The course days can be booked individually or combined as a weekend seminar.

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

These theoretical and practical learning contents await you:

- **Welcome and introduction**

- Presentation of the workshop topic and goal
- Overview of the workshop process and the goals of the participants
- Current trends, statistics and developments in aesthetic medicine
- Criteria of attractiveness: what makes a face attractive?

Part 1: Focus on hyaluronic acid

- **Hyaluronic acid fillers: basics**

- Different filler materials in aesthetic medicine
 - Non-absorbable dermal fillers
 - Types of non-absorbable dermal fillers such as kerosene, silicone, polyacrylamide, etc.
 - Areas of application and possible uses of non-absorbable fillers
 - Disadvantages and potential side effects associated with non-absorbable dermal fillers
 - Absorbable dermal fillers
 - Types of absorbable dermal fillers such as autologous fat, collagen, hyaluronic acid, etc.
 - Areas of application and possible uses of absorbable fillers
 - Disadvantages and potential side effects associated with absorbable dermal fillers
- Biochemical basics of hyaluronic acid fillers
 - Molecular structure of hyaluronic acid
 - Half-life and degradation in the body
- Legal basis for hyaluronic acid fillers
 - Regulatory requirements and approval procedures
 - Regulations for the use of hyaluronic acid fillers

- Mode of action of hyaluronic acid fillers
 - Achieving volume effects with hyaluronic acid
 - Differentiation according to viscosity for different treatment goals
 - Three levels of action: superficial, medium depth, deep
- Contraindications, complications, and side effects
 - Overview of contraindications for the use of hyaluronic acid fillers
 - Identification and management of complications and side effects
 - Treatment of overcorrections and undesirable effects
- Measures to avoid side effects
 - Preventive measures to minimize risks
 - Guidelines for safe use of hyaluronic acid fillers
- Injection techniques and effects with needle and cannula
 - Theoretical principles of injection techniques
 - Compression technique and other important aspects of injection technique
 - Differences and use of needles and cannulas
- **Education, documentation, and consent forms for hyaluronic acid patients**
- **Detailed treatment techniques for different treatment regions**
 - Injection of the nasolabial folds
 - Anatomy of the nasolabial folds and surrounding areas
 - Injection points and precision placement of hyaluronic acid
 - Different injection techniques for the treatment of nasolabial folds
 - Documented treatment examples to illustrate techniques
 - Lip Augmentation
 - Anatomy of the lips and surrounding areas
 - Basics of lip augmentation with hyaluronic acid fillers
 - Different treatment options for lip augmentation
 - Injection techniques for targeted placement of hyaluronic acid in the lips
 - Error management and solution approaches in case of undesired results
 - Volume augmentation of the zygomatic bone/(hollow) cheek
 - Anatomy of the zygomatic bone and the cheek region
 - Injection points and precise placement of hyaluronic acid for volume effects
 - Use of vector effects to improve the facial contour
 - Various injection techniques for volume augmentation of the cheeks
 - Documented treatment examples to illustrate techniques
 - Volume augmentation of the hand
 - Anatomy of the hand and signs of aging
 - Injection points and precise placement of hyaluronic acid for volume effects
 - Hand rejuvenation and volume augmentation techniques
 - Documented treatment examples to illustrate the techniques

- **Pain management protocols and adverse events in hyaluronic acid treatment**

- **Practice: Practical exercises on test persons under supervision**

During the workshop, practical exercises will be performed on volunteers in small groups. Under competent guidance of the lecturers, the participants will have the opportunity to practice various injection techniques. Not only the actual injection techniques will be practiced, but also the entire treatment process, including the preparatory measures, patient education, consultation and anamnesis.

Part 2: Focus on Botulinumtoxin

- **Botulinum toxin: basics**

- Legal basics of botulinum toxin
 - Overview of the legal requirements and regulations for the use of botulinum toxin
 - Compliance with licensing and regulatory requirements
- History of botulinum toxin
 - Review of the development and discovery of botulinum toxin
 - Milestones and significant developments in the use of Botulinumtoxin
- (Bio-)chemical basics of botulinum toxin type A
 - Basic knowledge of the structure and function of botulinum toxin type A
 - Mode of action of botulinum toxin type A on muscle activity
- Approved preparations with aesthetic indication
 - Overview of the approved botulinum toxin preparations for aesthetic applications
 - Consideration of the specific approval requirements for aesthetic indications
- Contraindications and side effects of botulinum toxin
 - Recognize and understand contraindications to botulinum toxin treatment
 - Typical, serious, and systemic side effects and their management
- Materials and correct preparation of the injection preparation
 - Selection and procurement of the necessary materials for the injection of botulinum toxin
 - Proper preparation of the injection preparation and correct handling and storage of Botulinumtoxin

- **Treatment techniques in the upper half of the face**

- Glabellar folds
 - Anatomical basics of glabellar wrinkles
 - Survey of findings for individual evaluation of glabellar wrinkles
 - Injection points and precise injection techniques for optimal results
 - Side effects, such as possible „Spock syndrome“ or brow ptosis
- Forehead wrinkles
 - Anatomical basics of forehead wrinkles
 - Selection of injection points and appropriate injection techniques
 - Side effects, including possible effects
- Lateral eye wrinkles („crow's feet“)
 - Anatomical principles of lateral eye wrinkles
 - Precise injection points and techniques for treating „crow's feet“
 - Side effects associated with the treatment of this region

- **Pain management protocols and adverse events in Botulinumtoxin treatment**

- **Practice: Practical exercises on test persons under supervision**

During the workshop, practical exercises will be performed on volunteers in small groups. Under competent guidance of the lecturers, the participants will have the opportunity to practice various injection techniques. Not only the actual injection techniques will be practiced, but also the entire treatment process, including the preparatory measures, patient education consultation and anamnesis.