



**AESTHETIC DERMATOLOGY CONGRESS**  
**4-5 December 2015**

**DAY ONE: Friday, 4 December 2015**

**08:50 Opening remarks from the Chair:** Dr Mahaveer Mehta

**SESSION 1: LASERS AND DERMATOLOGIC SURGERY**

**Moderator:** Dr Ibrahim Al Aradi

**09:00** Ablative procedures for facial rejuvenation  
Dr Mohamad Kashmar

**09:20** Aesthetical indications in the perioral area with Botox  
Prof Redaelli Alessio

**09:40** Thread lift - stitching off the age  
Dr Piyali Chatterjee

**10:00** Combining lasers and other energy devices in aesthetic practice  
Dr Mahaveer Mehta

**10:20** How to close large and tricky surgical defects?  
Dr Ibrahim Al Aradi

**10:40** Q&A

**11:00 COFFEE BREAK**

**SESSION 2: KEYNOTE PRESENTATION**

**Moderator:** Dr Mahaveer Mehta

**11:30** The development and applications of surgical tumescent and bi-level tumescent anesthesia:  
A personal voyage  
Prof Dr Lawrence Field

**12:00** Q&A

**12:15 LUNCH BREAK**

**SESSION 3: AESTHETIC DERMATOLOGY PROCEDURES**

**Moderator:** Dr Nilesh Goyal

**13:30** Facial rejuvenation with integrated techniques: fillers, Botox, threads  
Prof Redaelli Alessio



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13:45 Acne scar management with subcision and fractional CO2 Laser  
Dr Nilesh Goyal

14:00 Mohs micrographic surgery for skin cancers  
Dr Syed A. A. Shah

14:15 Acne scarring: my approach in management  
Dr Ibrahim Al Aradi

14:30 Evolution of proposed therapies for white stretch marks  
Dr Alain Tenenbaum

14:45 Q&A

**15:00 COFFEE BREAK**

**SESSION 4: BODY CONTOURING AND LIPOSCULPTURE PROCEDURES**

**Moderator:** Dr Nilesh Goyal

15:30 The submental space and cervico-mental angle: A dermatologic surgeon's half-century of exponential exploration  
Prof Lawrence Field

16:00 Autologous fat transfer  
Dr Nilesh Goyal

16:15 **Q&A**

**SESSION 5: HAIR LOSS MANAGEMENT AND HAIR TRANSPLANT SURGERY**

**Moderator:** Dr Ashraf Reda

16:30 Hair fall after bariatric surgery and how to manage  
Dr Fatma Mostafa

16:45 Female hair loss in the Middle East and its advanced management  
Dr Hanieh Erdmann

17:00 Female pattern hair loss; therapeutic options  
Dr Ashraf Reda



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17:15 Q&A

17:30 CLOSE OF DAY ONE

**DAY TWO: Saturday, 5 December 2015**

**SESSION 6: FILLERS, NEUROTOXINS AND CHEMICAL PEELS**

**Moderator:** Dr Mahaveer Mehta

09:00 Skin conditioning and chemical peels  
Dr Pegah Ceric-Dehdari

09:15 Complication of fillers  
Dr Alain Tenenbaum

09:30 Mid-face fillers  
Dr Aleisa Abdullah

09:45 Botulinum for lower face  
Dr Aleisa Abdullah

10:00 Botox to treat TMJ and Myofacial pain  
Dr Maen Al Khateeb

10:15 Q&A

10:30 COFFEE BREAK

**SESSION 7: Platelet Rich Plasma (PRP)**

**Moderator:** Dr Ashraf Reda

11:00 Ablative CO2 laser with PRP: my experience  
Prof Redaelli Alessio

11:15 Platelet Rich Plasma in scars  
Dr Anirudha Gulanikar

11:30 PRP: Does it work in aesthetic dermatology?  
Dr Ibrahim Al Aradi

11:45 How to enhance the results of aesthetic procedures using PRP



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Dr Rolf Soehnchen, UAE

12:00 Q&A

12:15 LUNCH BREAK

**SESSION 8: WHAT'S NEW IN AESTHETICS?**

**Moderator:** Dr Syed A. A. Shah

13:30 PRP: my experience in facial rejuvenation and hair restoring  
Prof Redaelli Alessio

13:45 The vascular lasers tips and pearls  
Dr Ibrahim Al Aradi

14:00 How I manage acne scars with a combination treatment of different modalities  
Dr Anirudha Gulanikar

14:15 How adult stem cell therapy work as anti-ageing  
Dr Hanieh Erdmann

14:30 Q&A

14:45 COFFEE BREAK

**SESSION 9: ENTREPRENEURSHIP; HOW TO SET-UP A DERMATOLOGIC SURGERY CLINIC OR LASER/AESTHETIC CLINIC**

15:15 **Panel Discussion:**

Topics covered are practice management, the development of the aesthetic practice team, and best practices in the Middle East

**Moderator:**

Dr Mahaveer Mehta

**Panelists:**

Dr Ashraf Reda

Dr Ibrahim Al Aradi

Dr Nilesh Goyal

Prof Redaelli Alessio

Prof Lawrence Field



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**16:00 END OF CONFERENCE**

**AESTHETIC LIVE DEMONSTRATIONS**

**Sunday, 6 December 2015**

**American Academy of Cosmetic Surgery Hospital, Dubai, UAE**

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|----------------------|--|
| <b>8:30 – 09:30</b>  | <b>Combining mechano-stimulation with aesthetic procedures</b><br>Dr Rieke Smit  |
| <b>09:30 – 10:30</b> | <b>Combining PRP with aesthetic procedures including botox, fillers, fat grafting, hair transplant</b><br>Dr Krzysztof Gojdz         |
| <b>10:30– 12:00</b>  | <b>Thread lifts</b><br>Prof Redaelli Alessio and Dr Piyali Chatterjee  |
| <b>12:00 – 1:00</b>  | Lunch Break  |
| <b>1:00 – 2:30</b>   | <b>Scarless “Serdev Suture” lifting methods</b><br>Dr Nikolay Serdev   |
| <b>2:30 – 3:30</b>   | <b>Neck/ double chin liposuction</b><br>Dr Al Aradi  |
| <b>3:30 – 4:00</b>   | Coffee break   |
| <b>4:00 – 5:30</b>   | <b>Immediate Butts reshaping (male or female or sporty) in 3D by projection instead of volume augmentation</b><br>Dr Alain Tenenbaum |
| <b>5:30</b>          | <b>End of live demonstrations</b>  |



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**SCIENTIFIC COMMITTEE | AESTHETIC DERMATOLOGY CONFERENCE**

**CHAIR:**

**Dr Mahaveer Mehta**, Dermatologist and Medical Director, **Dr Mahaveer Mehta Medical Centre, Dubai, UAE**

**COMMITTEE MEMBERS:**

**Dr Ashraf Reda**, Consultant Dermatologist & Laser Specialist, **Mediclinic Welcare Hospital, Dubai, UAE**

**Dr Ibrahim Al Aradi**, Consultant, Dermatology & Dermatologic Surgery, Al-Salam International & Al-Sabah Hospitals, Kuwait

**Dr Nilesh Goyal**, Director, Juvenis Clinic; Consultant, Bombay Hospital and Lilavati Hospital Mumbai, India

**Prof Redaelli Alessio**, Aesthetic Specialist, Visconti di Modrone Medical Center, Milan, Italy

**SPEAKER FACULTY**

**Dr Aleisa Abdullah**, Consultant Dermatologist and Laser Surgery, **King Saud University Hospital, Riyadh, KSA**

**Dr Alain Tenenbaum**, Facial Plastic Surgeon; Inventor, **Endopeel, Lugano, Switzerland**

**Dr Anirudha Gulanikar**, Associate Professor, **Mahatma Gandhi Mission Medical College, Aurangabad, New Delhi, India**

**Dr Fatma Mostafa**, Consultant Dermatologist, **University Hospital, Sharjah, UAE**

**Dr Hanieh Erdmann**, Specialist Dermatologist, Hair Restoration Surgeon, **Clinica Joelle, Dubai, UAE**

**Prof Dr Lawrence M. Field**, Founder, **International Traveling Mentorship Program (ITMP), San Luis Obispo, California, USA**

**Dr Maen Al Khateeb**, Director of Dental Department; Senior Dentist (Cosmetic, Implantology); Oral & Maxillofacial Surgeon, **American Academy of Cosmetic Surgery Hospital, Dubai, UAE**

**Dr Mohamad Kashmar**, Consultant Cosmetic Dermatologist, **Cosmoderm Clinics, Jeddah, KSA**



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**Dr Pegah Ceric-Dehdari**, Specialist Dermatologist and Laser Specialist, **CosmeSurge, Dubai, UAE**

**Dr Piyali Chatterjee**, Regional Medical Head, **Kaya Skin Clinic Arabia, Kolkata, India**

**Dr Rolf Soehnchen**, Consultant Dermatologist, **Cooper Dermatology Clinic, Dubai, UAE**

**Dr Syed Shah**, Consultant Dermatologist, **American Hospital, Dubai, UAE**