



CPD log sheet

You can use this page to record the time you spend reading the papers in the folder.
These hours will count as general (i.e. non-verifiable) CPD hours.

DATE	ARTICLE No.	TIME SPENT	NOTES/COMMENTS

Total CPD hours _____

Day 1. Foundation in Botulinum Toxin

Program of the day:

Registration	8:30	AM
Lecture	9:00	AM
Coffee break	10:15	AM
Lecture – part 2	10:30	AM
Demonstration	12:00	AM
Lunch	12:30	PM
Hands-on Session	13:30 – 17:00	PM

Learning Objectives:

- Botulinum Toxin History and Pharmacology
- Toxin Reconstitution, Storage and Disposal
- Patient assessment, medical history, informed consent, photography and record keeping
- Facial and Injection Anatomy
- Clinical Applications and Recommended Doses
- Injection techniques for:
 - Glabella Frown Lines
 - Horizontal Forehead Lines
 - Crow’s Feet
 - Brow Lift
 - Bunny Lines
- Indications and Contra-indications
- Managing Expectations, Predicting outcomes and Solving Complications
- Insurance, Ordering Products and Equipment
- Marketing and Legislation
- Integrating and Growing Medical Aesthetics in your Clinical Practice
- Practical Session Demonstration
- Practical Hands-on session under supervision

Day 2. Foundation in Dermal Fillers

Program of the day:

Registration	8:30	AM
Lecture	9:00	AM
Coffee break	10:15	AM
Lecture – part 2	10:30	AM
Demonstration	12:00	AM
Lunch	12:30	PM
Hands-on Session	13:30 – 17:00	PM

Learning Objectives:

- Facial and Injection Anatomy
- Ageing Process and Physiological changes
- Product knowledge and Science
- Patient assessment, medical history and consent form
- Indications and Contra-indications
- Injection techniques for:
 - Midface restoration
 - Beginner Lip
 - Nasolabial folds treatment
 - Marionette folds
 - Oral commissures
- Avoiding Complications
- Managing Expectations, Predicting outcomes and Solving Complications
- Legal Perspectives
- Integrating and Growing Medical Aesthetics in your Clinical Practice
- Practical Session Demonstration
- Practical Hands-on session under supervision

List of Articles

- 1. Facial anatomy and the application of fillers and botulinum toxin – Part 1.**
Tamura, B.M. *Surg Cosmet Dermatol*. 2010;2(3):195-204.
- 2. Facial anatomy and the application of fillers and botulinum toxin – Part 2.**
Tamura, B.M. *Surg Cosmet Dermatol*. 2010;2(4):291-303.
- 3. Botulinum neurotoxin formulations: overcoming the confusion.**
Samizadeh, S & De Boulle, K. *Clinical, Cosmetic and Investigational Dermatology* 2018;11 273–287.
- 4. Complications of botulinum toxin A use in facial rejuvenation.**
Vartanian, A. J. & Dayan, S. H. *Facial Plast Surg Clin N Am* 13 (2005) 1–10
- 5. Pain Associated with Injection of Botulinum A Exotoxin Reconstituted Using Isotonic Sodium Chloride With and Without Preservative.**
Alam, M., Dover, J. S. & Arndt, K. A. *Arch Dermatol/VOL* 138, APR 2002.
- 6. Advertising of medicines: Guidance for providers offering medicinal treatment services.**
The MHRA Blue Guide, Advertising and Promotion of medicine in the UK.
- 7. Merz Announces European Approval of Bocouture for the Treatment of Upper Facial Lines.**
Merz Pharma. *Press release*.
- 8. Changes in the Facial Skeleton with Aging: Implications and Clinical Applications in Facial Rejuvenation.**
Mendelson, B. & Wong, C. *Aesth Plast Surg (2012)* 36:753–760.
- 9. Facial Dermal Fillers: Selection of Appropriate Products and Techniques.**
Dayan, S. H. & Bassichis, B. A. *Aesthetic Surg J* 2008; 28:335–347.
- 10. Perspectives in the selection of hyaluronic acid fillers for facial wrinkles and aging skin**
Patient Preference and Adherence 2009;3 225–230.
- 11. The Anatomy of the Aging Face: Volume Loss and Changes in 3-Dimensional Topography**
Coleman, S. R. & Grover, R. *Aesthetic Surg J* 2006;26(suppl):S4-S9.
- 12. The Use of Hyaluronidase in Aesthetic Practice.**
King, M., Convery, C. & Davies, E. *J. Clin Aesthet Dermatol* 2018;11(6):E61-E68.