

FOURTEENTH ANNUAL MEETING

# Laser & Aesthetic Skin Therapy: What's the Truth?

OCT. 4-5, 2019 SEAPORT HOTEL & WORLD TRADE CENTER, BOSTON, MA



PHYSICIANS INCLUDING DERMATOLOGISTS, PLASTIC SURGEONS, FACIAL PLASTICS AND OPHTHALMOLOGISTS CAN RELY ON THIS PROGRAM FOR THE LATEST ADVANCES AND TECHNIQUES IN LASER AND AESTHETIC SKIN THERAPY

More than 40 interactive lectures, live patient assessments and demonstrations, simulated patient encounters and question-and-answer sessions led by world-renowned experts. Topics include:

- Laser safety
- Pigmented lesions, rosacea, rhytides
- Tattoo removal
- Hair removal and transplantation
- Non-ablative fractional resurfacing
- Ablative fractional resurfacing
- Tissue tightening
- Lasers and ethnic skin
- Melasma
- Treatment of scars
- Acne and photodynamic therapy
- Non-invasive fat removal
- Micro-coring
- Non-surgical treatment for basal cell carcinoma
- Complications and legal issues in aesthetics
- Aging skin
- Microneedling
- Vaginal rejuvenation
- Botulinum toxins and soft tissue fillers
- HOT TOPICS! #Lasers and Ask Me Anything: The Merits of Lasers, Light Sources, Energy-Based Devices and Injectables

*Full agenda inside*

UNDER THE LEADERSHIP OF:

**R. Rox Anderson, MD, and Mathew M. Avram, MD, JD**

EARN UP TO:

16.00 AMA PRA Category 1 Credits™ or ECMECs®  
1.25 Risk Management Credits

**REGISTER NOW: [LaserSkinTherapyBoston.com](http://LaserSkinTherapyBoston.com)**

# The Latest Advances and Techniques in Laser and Aesthetic Skin Therapy

## Practical Information That You Can Use Now

Staying current with the rapid advances in laser and aesthetic skin therapy is an increasingly important challenge for physicians. **Our patients' demand for such services has resulted in the need to be better educated and trained in safe and effective practices.** At present, few non-industry-sponsored meetings exist for those who practice laser and aesthetic skin therapies. **This highly rated course will emphasize new techniques and technologies, along with clinical endpoints and laser safety, while also critically evaluating current treatment practices—all free of commercial exhibits from industry.**

You will leave this course with an understanding of new laser treatment paradigms and emerging technologies, and get a glimpse into the future of this cutting-edge field with exciting talks given by world-renowned experts. This will be a critical, well-informed, clinically relevant course that highlights proper patient evaluation and aesthetic techniques.

## HIGHEST-RATED CME

THIS PROGRAM IS AMONG THE HIGHEST-RATED HARVARD MEDICAL SCHOOL CME COURSES.

## The following problems and techniques will be addressed:

- Aging skin
- Vascular lesions and rosacea
- Wrinkles
- Tattoos and pigmented lesions
- Acne and photodynamic therapy
- Laser hair stimulation
- Basal cell carcinoma
- Non-invasive fat removal
- Non-ablative fractional resurfacing
- Ablative fractional resurfacing
- Botulinum toxins
- Micro-coring
- Microneedling
- Soft tissue fillers
- Hair removal and transplantation
- Lasers and ethnic skin
- Complications and legal issues in aesthetics
- Treatment of scars
- Non-surgical vaginal rejuvenation
- Ask Me Anything: The Merits of Lasers, Light Sources, Energy-Based Devices and Injectables

## WHO SHOULD ATTEND?

- Dermatologists
- Plastic surgeons
- Ophthalmologists
- Facial plastics

**This course will emphasize new techniques and technologies while also critically evaluating current treatment practices—all free of commercial exhibits from industry.**

## Learning Objectives

At the end of this course, you will be able to:

- Identify safe practices of laser surgery therapy and its role in clinical practice.
- Evaluate potential complications and mistakes when using lasers for aesthetic procedures.
- Outline appropriate treatment modalities and duration of action required for laser and dermal filler injections that minimize complications and deliver optimal patient outcomes.
- Assess the risks and benefits involved in performing dermal filler injections.
- Analyze controversies in the field of laser surgery and aesthetic skin therapy.
- Summarize new and emerging technologies for laser surgery and aesthetic skin therapy treatment.

**REGISTER NOW: [LaserSkinTherapyBoston.com](http://LaserSkinTherapyBoston.com)**

# Course Directors



## **R. Rox Anderson, MD**

Professor of Dermatology  
Harvard Medical School  
Director  
Wellman Center for Photomedicine  
Massachusetts General Hospital

## **Mathew M. Avram, MD, JD**

Associate Professor of Dermatology  
Faculty Director for Dermatology  
Laser & Cosmetic Surgery Training  
Harvard Medical School  
Director  
MGH Laser, Cosmetic and  
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Affiliate Faculty  
Wellman Center for Photomedicine  
Massachusetts General Hospital  
Past President  
American Society for Laser  
Medicine & Surgery

## Faculty

## **Marc R. Avram, MD**

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Weill-Cornell Medical College  
New York Presbyterian College  
Private Practice  
New York, New York

## **Brian S. Biesman, MD, FACS**

Director  
Clinical Assistant Professor  
Ophthalmology, Dermatology,  
Otolaryngology  
Vanderbilt University School of  
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Nashville Centre for Laser and Facial  
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American Society for Laser Medicine  
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Private Practice, Clinica Andre Braz  
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Honorary Consultant Dermatologist  
Queen Mary Hospital, Hong Kong  
Visiting Scientist  
Wellman Center for Photomedicine  
Massachusetts General Hospital

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Center  
Private Practice  
Day Dermatology & Associates  
New York, New York

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Chief of Staff  
Shriners Hospital for Children-Boston  
Visiting Surgeon  
Massachusetts General Hospital

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Bispebjerg University Hospital  
Copenhagen, Denmark  
Visiting Scientist  
Wellman Center for Photomedicine  
Massachusetts General Hospital

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Staff Dermatologist  
Stamford Hospital

## **H. Ray Jalian, MD**

Private Practice  
Los Angeles, California

## **Arielle N.B. Kauvar, MD**

Clinical Professor of Dermatology  
New York University School of Medicine  
Director  
New York Laser & Skin Care

## **Suzanne L. Kilmer, MD**

Clinical Professor of Dermatology  
University of California, Davis  
Director  
Laser and Skin Surgery Center of  
Northern California  
Sacramento, California

## **Dieter Manstein, MD, PhD**

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Department of Dermatology  
Massachusetts General Hospital

## **J. Stuart Nelson, MD, PhD**

Professor of Surgery and Biomedical  
Engineering  
Medical Director  
Beckman Laser Institute and Medical  
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University of California, Irvine

## **Arisa Ortiz, MD**

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## **Jill S. Waibel, MD**

Clinical Voluntary Professor  
University of Miami  
Chief of Dermatology  
Baptist Hospital of Miami  
Private Practice  
Miami Dermatology & Laser Institute  
Miami, Florida

## **Molly Wanner, MD, MBA**

Assistant Professor of Dermatology  
Harvard Medical School  
Massachusetts General Hospital

Laser & Aesthetic Skin Therapy: What's the Truth?	REGISTER ON OR BEFORE AUG. 16 (SAVE \$100)	REGISTER AFTER AUG. 16
Physicians	\$1399	\$1499
Residents and Fellows-in-Training	\$999	\$1099

Fees shown in USD. Your tuition includes daily breakfast, refreshment breaks and lunch as well as complimentary Internet access. All attendees will receive a comprehensive syllabus printed in full color.

## General Information

### ACCREDITATION

The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Harvard Medical School designates this live activity for a maximum of 16.00 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### CANADIAN ACCREDITATION

The Royal College of Physicians and Surgeons of Canada recognizes conferences and workshops held outside of Canada that are developed by a university, academy, hospital, specialty society or college as accredited group learning activities.

### EUROPEAN ACCREDITATION

Through an agreement between the American Medical Association and the European Union of Medical Specialists, physicians may convert *AMA PRA Category 1 Credits*<sup>™</sup> to an equivalent number of European CME Credits<sup>®</sup> (ECMECs<sup>®</sup>). Information on the process of converting *AMA PRA Category 1 Credits*<sup>™</sup> to ECMECs<sup>®</sup> can be found at: [www.eaccme.eu](http://www.eaccme.eu).

### RISK MANAGEMENT

This activity meets the criteria of the Massachusetts Board of Registration in Medicine for 1.25 credits of Risk Management Study. Please check with your individual state licensing board requirements before claiming Risk Management Credits.

### DISCLOSURE POLICY

Harvard Medical School (HMS) adheres to all ACCME Accreditation Criteria and Policies. It is HMS's policy that those who have influenced the content of a CME activity (e.g., planners, faculty, authors, reviewers and others) disclose all relevant financial relationships with commercial entities so that HMS may identify and resolve any conflicts of interest prior to the activity. These disclosures will be provided in the activity materials along with disclosure of any commercial support received for the activity. Additionally, faculty members have been instructed to disclose any limitations of data and unlabeled or investigational uses of products during their presentations.

### DISCLAIMER

CME activities accredited by Harvard Medical School are offered solely for educational purposes and do not constitute any form of certification of competency. Practitioners should always consult additional sources of information and exercise their best professional judgment before making clinical decisions of any kind.

## PAYMENT, CONFIRMATION AND REFUND POLICY

You may register by credit card (Visa, MasterCard or American Express) or check using Harvard Medical School's secure online registration system. A processing fee of \$10 (USD) will be assessed per transaction. Upon receipt of your paid registration, an email confirmation from the HMS-GCE office will be sent to you. **Be sure to include an email address that you check frequently. Your email address is used for critical information, including registration confirmation, evaluation and certificate.** Refunds, less an administrative fee of \$150, will be issued for all cancellations received two weeks before the start of the course. Refund requests must be received by email. No refunds will be issued should cancellation occur less than two weeks before. "No shows" are subject to the full course fee, and no refunds will be issued once the conference has started.

## COURSE LOCATION



All sessions for this activity will be held at:  
**The Seaport Hotel & World Trade Center**  
One Seaport Lane  
Boston, MA 02210  
Tel: 617-385-4000  
[www.seaportboston.com](http://www.seaportboston.com)

## ACCOMMODATIONS AND TRAVEL

A limited number of rooms have been reserved until Sept. 11 at the **Seaport Hotel**. Please call 617-385-4000 or 1-877-SEAPORT and specify that you are attending the HMS Laser & Aesthetic Skin Therapy course to take advantage of the reduced group rate of \$299 single/double. **Discounted rooms may sell out before the expiration date. Early reservations are encouraged.**

**Please do not make non-refundable airline reservations until you have received an email from our office confirming your paid registration.**

## INQUIRIES

By phone at 617-384-8600, Monday-Friday, 9 AM to 5 PM (ET), or by email at: [ceprograms@hms.harvard.edu](mailto:ceprograms@hms.harvard.edu).

# Why You Should Attend

Practitioners from around the world attend this unique course to ensure they are current with state-of-the-art clinical practices and skills, including:

- Optimizing approaches for comprehensive rejuvenation
- Understanding the evolving concepts and treatment of scars
- Improving outcomes for site-specific rejuvenation
- Individualizing multifaceted approaches to integrating use of energy-based devices and injectables
- Understanding device-based treatment of fat and cellulite, as well as its complications
- Navigating complications and legal issues
- Practicing laser safety for patient and provider

**REGISTER NOW: [LaserSkinTherapyBoston.com](http://LaserSkinTherapyBoston.com)**

7:00am – 7:30am

**Registration and Continental Breakfast**

## LASER AND AESTHETIC BASICS: PRIMER COURSE

7:30am – 7:35am

**Introduction and Welcome**

Mathew M. Avram, MD, JD

R. Rox Anderson, MD

7:35am – 8:10am

**Principles of Energy-Based Device–Skin Interactions: Introduction to Energy-Based Devices**

R. Rox Anderson, MD

8:10am – 8:25am

**Safety First: Keep You and Your Patients Safe\*\***

Suzanne L. Kilmer, MD

8:25am – 9:00am

**Overview of Lasers, Light Sources and Energy-Based Devices**

E. Victor Ross, MD

9:00am – 9:20am

**Ask the Experts: Questions and Discussion**

9:20am – 9:45am

**Refreshment Break**

9:45am – 10:00am

**Seeing Red: Lasers, Lights and Topicals for Rosacea and Telangiectasia**

Arielle N.B. Kauvar, MD

10:00am – 10:15am

**Tattoo Removal: What You and Your Patients Need to Know\*\***

Kelly J. Stankiewicz, MD, FAAD

10:15am – 10:30am

**Splitting Hairs: Update on Laser Hair Removal**

Omar A. Ibrahim, MD, PhD

10:30am – 10:50am

**Pigmented Lesions and Photoaging: My Approach**

E. Victor Ross, MD

10:50am – 11:15am

**Walk the Line: Treatment of Rhytides**

Suzanne L. Kilmer, MD

11:15am – 11:30am

**Clinical Endpoints**

Molly Wanner, MD, MBA

11:30am – 12:00pm

**Ask the Experts: Questions and Discussion**

12:00pm – 1:00pm

**Lunch Break**

## FOCUS ON REJUVENATION: NON-ABLATIVE, ABLATIVE AND FRACTIONAL TECHNOLOGIES: WHERE DO WE STAND?

1:00pm – 1:30pm

**Non-Ablative and Ablative Fractional Resurfacing: How to Combine Multiple Devices to Achieve the Best Clinical Results**

Mathew M. Avram, MD, JD

1:30pm – 1:45pm

**Ablative Resurfacing: New Techniques with an “Old” Technology**

Suzanne L. Kilmer, MD

1:45pm – 2:00pm

**Tissue Tightening: What’s the Truth?**

E. Victor Ross, MD

## TREATING SKIN OF COLOR

2:00pm – 2:20pm

**Treating Skin of Color: Expert Consult**

Omar A. Ibrahim, MD, PhD

2:20pm – 2:40pm

**Clinical Cases: Treatment of Melasma**

Arielle N.B. Kauvar, MD

2:40pm – 3:00pm

**Treatment of Dyschromia and Pigmented Lesions in Asian Patients: How to Optimize Your Results**

Henry H.L. Chan, MD, PhD, FRCP

3:00pm – 3:20pm

**Ask the Experts: Questions and Discussion**

3:20pm – 3:45pm

**Refreshment Break**

## MEDICAL APPLICATIONS OF LASER AND LIGHT SOURCES

3:45pm – 4:20pm

**Surgical, Laser and Other Treatments of Scars: New Advances Transforming the Way We Treat Scars**

Jill S. Waibel, MD

Matthias B. Donelan, MD

4:20pm – 4:40pm

**Research and Treatment: Advances in Hemangiomas and Port-Wine Stains**

J. Stuart Nelson, MD, PhD

4:40pm – 4:50pm

**Non-Surgical Treatments for Basal Cell Carcinoma: Emerging Treatments for the Most Common Skin Cancer**

Arisa Ortiz, MD

4:50pm – 5:05pm

**Lasers, Cryolysis and Nanoparticles for Acne: Are Selective Treatments for Acne Possible?**

Fernanda H. Sakamoto, MD, PhD

5:05pm – 5:15pm

**Incorporating Fractional Drug Delivery into Your Daily Practice**

Merete Haedersdal, MD, PhD, DMSc

5:15pm – 5:30pm

**Photodynamic Therapy: A European Perspective**

Merete Haedersdal, MD, PhD, DMSc

5:30pm – 6:00pm

**Ask the Experts: Questions and Discussion**



7:00am – 7:30am

**Continental Breakfast**

## ADVANCED APPLICATIONS OF DEVICE-BASED TREATMENTS

7:30am – 7:50am

**The Skinny on Fat: Non-Invasive Fat Removal Treatments**

Mathew M. Avram, MD, JD

7:50am – 8:10am

**Advances in Hair Restoration: Surgery, Robots, Platelet-Rich Plasma: What's the Truth?**

Marc R. Avram, MD

8:10am – 8:20am

**Tissue Micro-Coring**

Mathew M. Avram, MD, JD

8:20am – 8:30am

**Microneedling**

Jill S. Waibel, MD

8:30am – 8:40am

**Nano-Pulse Stimulation Technology**

Mathew M. Avram, MD, JD

8:40am – 8:50am

**Non-surgical Vaginal Rejuvenation**

Doris Day, MD

## PRACTICE PEARLS

8:50am – 9:15am

**My First Lasers: Building Blocks to Success: An Interactive Session**

Omar A. Ibrahim, MD, PhD

Jill S. Waibel, MD

Doris Day, MD

9:15am – 9:30am

**#Lasers: Social Media and Marketing Tips**

Doris Day, MD

9:30am – 9:50am

**Ask the Experts: Questions and Discussion**

9:50am – 10:20am

**Refreshment Break**

## WORKSHOP ON SOFT TISSUE FILLERS AND BOTULINUM TOXINS

10:20am – 10:45am

**A Comprehensive Update and New Indications for Botulinum Toxins**

Brian S. Biesman, MD, FACS

10:45am – 11:30am

**Indications and Potential Complications for Soft Tissue Augmentation: What You Need to Know\*\***

Nowell Solish, MD, FRCP

11:30am – 12:30pm

**Lunch Break**

## LIVE PATIENT DEMONSTRATION



12:30pm – 2:00pm

**The Art of Neurotoxin Injections: Soft Tissue Fillers and Botulinum Toxins**

Brian S. Biesman, MD, FACS

André Braz, MD

Nowell Solish, MD, FRCP

2:00pm – 2:30pm

**Ask the Experts: Questions and Discussion**

2:30pm – 2:50pm

**Refreshment Break**

## COMPLICATIONS

2:50pm – 3:10pm

**Law: Complications and the Mistakes We Make\*\***

Mathew M. Avram, MD, JD

3:10pm – 3:40pm

**Botched: Complications and How I Managed Them – Expert Panel**

Mathew M. Avram, MD, JD

E. Victor Ross, MD

## CUTTING EDGE

3:40pm – 4:25pm

**New and Innovative Applications for Laser and Light Sources**

R. Rox Anderson, MD

Dieter Manstein, MD, PhD

## OPEN DISCUSSION

4:25pm – 4:55pm

**Ask Me Anything: Questions and Discussion**

The Merits of Lasers, Light Sources, Energy-Based Devices and Injectables

Program changes/substitutions may be made without notice. To view the most up-to-date agenda, please visit the course website.

\*\* Qualifies for Risk Management Credits



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## FEATURING THE LATEST RESEARCH FINDINGS AND CUTTING-EDGE CLINICAL APPLICATIONS IN LASER AND AESTHETIC SKIN THERAPY

- World-Class Speakers
- Major Topics in Aesthetic Dermatology and Lasers
- No "Spin"
- What Works, What Doesn't?
- Clinical Endpoints
- Emerging Technologies
- Expert-Panel Case Discussions
- HOT TOPIC! Ask Me Anything: The Merits of Lasers, Light Sources, Energy-Based Devices and Injectables

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