

# Peelings from A to Z

Specialists Course | 12-14 2024 | Athens, Greece

## **Description**

A broad spectrum of theoretic and practical management of superficial, medium and deep peels will be covered. There will be a long practical part with intense hands-on practice for all the participants and live interaction with all the instructors.

## **Learning Objectives**

- 1) Become familiar with the basic chemical peeling procedures
- 2) Offer close up and hands-on experience of the most popular chemical peeling methods
- 3) Interact with the course faculty and colleagues by exchanging experience and knowledge to become better and safer practitioners for the patients

## **Faculty**

Course Chair: Fotini Bageorgou

Speakers: Fotini Bageorgou, Marina Landau, Sahar Ghannam, Eftychia Platsidaki

Tutors: Eirini Potouridou, Theodora Kani

Assistants: Lagiokapa Polixeni, Fotini Liordou

## **Programme**

### **FRIDAY, 12 JANUARY 2024**

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- 13:00 -13:15 Welcome, introduction, peeling department presentation & course structure - Fotini Bageorgou
- 13:15-13:30 Welcome and hospital history - Alexandros Stratigos
- 13:30-14:00 Chemical peeling through the years - Theodora Kani
- 14:00-14:30 The fundamentals of chemical peeling - Platsidaki Eftychia
- 14:30-15:00 Break and refreshments**
- 15:15-15:45 Superficial peels - Sahar Ghannam
- 15:45-16:15 Medium depth peels - Fotini Bageorgou
- 16:15-16:45 Deep peels - Marina Landau
- 16:45-17:15 Peeling candidates, indications of chemical peeling - Sahar Ghannam
- 17:15- 17:45 Peeling pre/post treatment/ precautions - Eftychia Platsidaki
- 20:00-22.00 Networking Dinner with faculty and participants**

### **SATURDAY, 13 JANUARY 2024**

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#### **WHICH PEEL FOR WHICH PATIENT (THEORETICAL APPROACH)**

- 09:00-09:30 Active Acne/Rosacea - Eftychia Platsidaki
- 09:30-10:00 Melasma - Fotini Bageorgou
- 10:00-10:30 Are you sure you are treating melasma? - Fotini Bageorgou
- 10:30-11:00 Skin of color population , to peel or not to peel - Sahar Ghannam

- 11:00-11:15 Peeling at the periorbital area (Dark circles- Rejuvenation) - Marina Landau  
11:15- 11:45 Full Face phenol Miracle – Marina Landau

**11:30-11:50 Break and refreshments**

**PRACTICAL WORKSHOP**

(M. Landau, Fotini Bageorgou, Sahar Ghannam I. Potouridou, E. Platsidaki, T. Kani)

- 11:50-12:20 Active acne (Salicylic acid, glycolic acid, Jessner solution and other agents)  
12:20-12:50 Acne scars-cross method (TCA, Jessner solution and other agents)  
12:50-13:50 Segmental peel /TCA- phenol peel

**13:50-14:35 Lunch**

**PRACTICAL WORKSHOP**

(M. Landau, Fotini Bageorgou, S. Ghannam I. Potouridou, T. Kani, E. Platsidaki)

- 14:35-15:05 Rosacea (mandelic acid/microneedling + transamin)  
15:05-15:35 Periorbital area peels (dark circle therapy, microneedling + TCA 10%/xanthelasma TCA 50-70% /phenol and other agents)  
15:35-16:05 Solar lentiginos (TCA 35%, Monheit's peel modified phenol and other agents)

**16:05-16:25 Break and refreshments**

**PRACTICAL WORKSHOP**

(M. Landau, Fotini Bageorgou, S. Ghannam T. Kani, I. Potouridou, E. Platsidaki)

- 16:25-16:55 Melasma (Dark and light phototypes)  
16:55-17:55 Photoaging (AHAs, pyruvic acid, modified phenol, other agents)  
17:55-18:25 Patient evaluation during post peel period  
18:25-19:00 Discussion, Q&As

**SUNDAY, 14 JANUARY 2024**

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- 09:30-10:00 Chemical peeling for medical indications - Marina Landau  
10:00-10:30 Chemical peelings and combination with other procedures - Sahar Ghannam  
10:30-11:00 Chemical peeling in men - Eftychia Platsidaki  
**11:00-11:30 Break and refreshments**  
11:30-11:20:00 Peeling complications VS expected outcomes - Fotini Bageorgou  
12.00-12:30 Conclusion and patient evaluation from previous day workshop

*The programme might be subject to change*

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