

The Frail Face: Aesthetic Strategies & Safety Algorithms for the Geriatric Patient

Combined Course (Specialists & Residents) | 4-5 February 2027 | Istanbul, Türkiye

Description

Treating the geriatric patient (65+) requires a fundamental shift from standard "beautification" to "restoration and preservation." Addressing unique biological challenges such as cellular senescence, dermatoporosis, and a regional skeletal remodelling and fat compartment deflation, this course provides a holistic safety algorithm. Particular emphasis is placed on the clinical question of when not to treat, on the recognition of the medically complex patient, and on the prevention and management of complications in fragile tissue. Recommendations are evidence-informed where published evidence exists and are explicitly identified as expert consensus where it does not.

Learning Objectives

1. Differentiate between chronological aging and biological frailty to identify "high-risk" patients.
2. Implement safety protocols for geriatric patients, specifically addressing polypharmacy and delayed wound healing.
3. Apply precision techniques with botulinum toxin and collagen-stimulating agents to treat atrophic tissues.
4. Develop a multi-modal treatment plan integrating energy-based devices and injectables within a safety window.
5. Recognize and manage complications in ageing tissue.

Faculty

Chairs: Ümit Türsen, Berna Solak
Speakers: Monika Fida, Medhat Abdel Malek, Belma Türsen
Tutors: Mustafa Tümtürk, Nazlı Caf, İrem Doğan

Programme

Thursday 4 February 2027

08:30 - 08:45	Registration
08:45 - 09:00	Opening: Course Aims & Structure Ümit Türsen, Berna Solak
09:00 - 09:40	The Biological Foundation: Why Ageing Skin Responds Differently to Aesthetic Intervention Ümit Türsen

09:40 - 10:20	Assessment: Screening for Frailty Before Aesthetic Procedures: Scales, Red Flags and Documentation Monika Fida
10:20 - 10:35	Coffee Break
10:35 - 11:15	Anatomy: Regional Skeletal Remodelling and Fat Compartment Deflation in the Ageing Face Ümit Türsen
11:15 - 11:55	Safety First: The Medically Complex Older Adult; Polypharmacy, Comorbidities, Decision-Making Capacity and Informed Consent Berna Solak
11:55 - 12:10	Interactive Session (audience response system): Anatomy and Safety in the Older Adult Berna Solak & Ümit Türsen
12:10 - 13:10	Lunch Break
13:10 - 13:50	Botulinum Toxin: Dosing Principles, Injection Planes and Realistic Endpoints in Older Adults * Berna Solak
13:50 - 14:30	Collagen-Stimulating Agents (e.g., CaHA, PLLA) in the Atrophic Face: Mechanism, Level of Evidence* Medhat Abdel Malek
14:30 - 14:45	Coffee Break
14:45 - 15:35	Energy-Based Devices in Thin, Photodamaged Skin: Minimising Thermal Risk and Principles of Technology Selection Belma Türsen
15:25 - 16:05	Combining Fractional Lasers and Radiofrequency Microneedling in Older Adults: Parameter Selection Principles, Clinical Endpoints and Healing Expectations Belma Türsen
16:05 - 16:20	Break
16:20 - 17:00	Complications in Ageing Tissue: Vascular Occlusion, Hyaluronidase Protocols, Delayed-Onset Nodules and Late Inflammatory Reactions * Medhat Abdel Malek
17:00 - 17:15	Interactive Session (audience response system): Energy-Based Devices and Complications Belma Türsen & Medhat Abdel Malek
20:00	Networking Dinner with participants and faculty members

Friday 5 February 2027

08:30 - 10:10	Resident Clinical Case Presentations (15 cases × 5 minutes, followed by discussion)** Ümit Türsen, Berna Solak
10:10 - 10:25	Coffee Break
10:25 - 11:05	Evidence-Informed Sequencing of Energy-Based Devices and Injectables in Older Adults Monika Fida
11:05 - 11:45	Soft-Tissue Fillers in the Ageing Face: Material Properties and Safety Considerations * Medhat Abdel Malek

11:50 - 12:00	Interactive Session (audience response system): Sequencing and Soft-Tissue Fillers Monika Fida & Ümit Türsen
12:00 - 13:00	Lunch Break
13:00 - 15:00	Practical Demonstrations / Hands-on: Precision Techniques for the Frail Face*** All Faculty & Tutors
15:00 - 15:15	Coffee Break
15:15 - 17:15	Practical Demonstrations / Hands-on: Precision Techniques for the Frail Face*** All Faculty & Tutors
17:15 - 17:30	Post-Course Assessment, Evaluation and Closing Ümit Türsen, Berna Solak

* Declaration of off-label use: several of the techniques presented in this course, including intradermal microdosing of botulinum toxin, hyperdiluted and pan-facial use of calcium hydroxylapatite and poly-L-lactic acid, and supraperiosteal placement of soft-tissue fillers, lie outside the approved indications of the respective products in most jurisdictions, and the regulatory status differs between countries. Speakers will declare off-label use at the start of the relevant presentation. No proprietary or brand names will be used at any point in the programme.

** Clinical case presentations: presenters must obtain and retain written, GDPR-compliant patient consent for all clinical images and case data shared during the course.

*** The hands-on session will be conducted using advanced anatomical simulation models and training phantoms with surrogate injection materials. Participants will rotate in small groups so that every attendee completes each station under faculty and tutor supervision.

The programme might be subject to changes.