



DERMATOLOGY & AESTHETICS

2-Day Aesthetics Workshop: Threads, Botox & Dermal Fillers

Two days of Botox, dermal fillers and PDO threads: live demonstrations on patients with hands-on exposure, at the most affordable cost.

2 days, in person

physical

Fee PKR 18,000

28 November 2026 · PKR 18,000

Day 1 Botox & introduction to dermal fillers

28 November · anatomy, toxin, filler safety · 12:00 PM – 5:00 PM

Day 1 timetable

Time	Session	Type
12:00 – 12:45 PM	Facial anatomy for injectors and danger zones; consultation, patient selection, consent & clinical photography	Theory
12:45 – 1:45 PM	Botulinum toxin: pharmacology, products, reconstitution, storage, dosing principles, upper-face mapping and complications (incl. ptosis)	Theory
1:45 – 3:00 PM	Upper-face toxin on patients: glabella, forehead and crow's feet, plus common extras	Live demonstration
3:00 – 3:20 PM	Tea break	
3:20 – 4:05 PM	Introduction to dermal fillers: HA rheology, needle vs cannula, aseptic technique	Theory
4:05 – 4:35 PM	Vascular occlusion: recognition and the hyaluronidase emergency protocol	Theory
4:35 – 4:50 PM	Filler set-up, landmarking and safe-entry planning on a patient	Live demonstration
4:50 – 5:00 PM	Day 1 recap & Q&A	

Theory lectures

Facial anatomy & danger zones

- Facial layers, fat compartments and retaining ligaments; how the face ages
- Muscles of facial expression and what each one does
- Arterial and venous anatomy: facial, angular, supratrochlear, supraorbital and labial arteries
- Danger zones: glabella, nose, nasolabial fold, temple, periorbital region and lips
- Facial analysis: proportions, symmetry and volume

Patient assessment, consent & photography

- The aesthetic consultation: concerns, medical history, medications and previous treatments
- Patient selection, contraindications and red flags, including body dysmorphic disorder and unrealistic expectations
- Informed consent: risks, alternatives, costs and expected course
- Standardised clinical photography and treatment records

Botulinum toxin

- Pharmacology: how toxin works, onset, duration and resistance
- Products available in Pakistan and how they differ
- Reconstitution, dilution, storage and handling
- Dosing principles and injection-point mapping for the upper face: glabellar lines, forehead lines and crow's feet
- Common extras: bunny lines, gummy smile, chin dimpling, masseter and a brow lift (overview)
- Avoiding and managing complications: eyelid and brow ptosis, asymmetry, spread, headache and bruising

Introduction to dermal fillers

- Hyaluronic-acid fillers: cross-linking, rheology (G' , cohesivity) and choosing the right product for each area
- Needle vs cannula: when to use each and why
- Aseptic technique, skin preparation and topical anaesthesia
- Vascular occlusion: early signs (blanching, pain, livedo, delayed capillary refill) and the time-critical response
- Hyaluronidase emergency protocol and the aesthetic emergency kit; visual symptoms as an emergency

Live demonstration on patients

- Full consultation, consent and photography on a real patient
- Toxin reconstitution and set-up
- Glabella, forehead and crow's feet treatment, explained step by step
- Filler set-up, landmarking and safe-entry planning

Day 2 Fillers continued & PDO threads

29 November · lips, midface, jawline, threads · 12:00 PM – 5:00 PM

Day 2 timetable

Time	Session	Type
12:00 – 12:40 PM	Recap; filler treatment areas: lips, nasolabial folds, cheeks, chin & jawline, tear trough intro; filler complications	Theory
12:40 – 2:00 PM	Fillers on patients: lips, nasolabial folds, cheeks and chin/jawline, with needle and cannula	Live demonstration
2:00 – 2:45 PM	PDO threads: mono, screw and cog threads, indications, vectors, face & neck lifting, complications	Theory
2:45 – 3:05 PM	Tea break	
3:05 – 4:15 PM	Threads on patients: vector planning and insertion for mid-face, jawline and neck	Live demonstration
4:15 – 4:40 PM	Aftercare & follow-up, documentation, scope of practice, ethical pricing, Q&A	Theory
4:40 – 5:00 PM	Short assessment & certificate ceremony	

Theory lectures

Fillers by area

- Lips: proportions, border vs body, natural results and the labial arteries
- Nasolabial folds: why midface support often comes first
- Cheeks and midface: restoring volume and support
- Chin and jawline: profile balance and definition
- Tear trough: an introduction only; why it is high risk and needs advanced training
- Filler complications: swelling, bruising, nodules, Tyndall effect, migration, infection and delayed reactions

PDO threads

- Thread types: mono, screw and cog (barbed) threads, and what each one does
- Patient selection and realistic expectations
- Planning vectors for mid-face, jowl, jawline and neck lifting
- Insertion technique, anchoring and anaesthesia
- Complications: dimpling, asymmetry, extrusion, infection and nerve injury, and how to manage them

Aftercare & your practice

- Aftercare instructions and follow-up reviews
- Documentation and product batch tracking
- Pricing your practice ethically and honest marketing
- Working within your legal scope of practice

Live demonstration on patients

- Lip filler with needle
- Nasolabial folds and cheeks with cannula

- Chin and jawline definition
- Thread lift: vector marking and insertion for mid-face, jawline or neck

Assessment & certificate

- Short written assessment
- Open Q&A with all faculty
- Certificate ceremony

Clinical skills training. Certificates of attendance/completion; not a PMDC/HEC-recognised degree. Content for registered participants of 2-Day Aesthetics Workshop: Threads, Botox & Dermal Fillers. © Ashfaq Academy of Clinical Medicine.