



1st Annual Aesthetics Course

Friday, May 30, 2025

AGENDA

FRIDAY, MAY 30, 2025

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| 8 a.m. | Registration, Breakfast & Exhibits |
| 8:25 a.m. | Welcome, Introductions & Course Overview
<i>Maissa Rouzer, NP, Prabhat Bhama, MD, MPH, FACS & Sarah Berg, DNP, FNP-C</i> |
| 8:30 a.m. | Ultrasound Guided Injections
<i>Julia Milman, M.D.</i>
Objectives: <ul style="list-style-type: none">• Explain the principles of ultrasound guided injections• Demonstrate proper technique for ultrasound guided injections |
| 8:50 a.m. | Q&A |
| 8:55 a.m. | Adverse Events in Medical Aesthetics
<i>Marissa Dennis, NP, CANS</i>
Objectives: <ul style="list-style-type: none">• Identify common adverse events in medical aesthetics• Develop strategies for prevention and management |
| 9:15 a.m. | Q&A |
| 9:20 a.m. | Membership Models in Aesthetics & Wellness - Building Patient Loyalty & Long-term Business Success
<i>Gabrielle Hudson, NP</i>
Objectives: <ul style="list-style-type: none">• Designing effective membership models for aesthetic and wellness practices• Enhancing patient retention and loyalty through memberships |
| 9:25 a.m. | Q&A |

9:30 a.m. **Cosmetic Rhinoplasty**
Prabhat Bhama, M.D., MPH, FACS

Objectives:

- Describe the key principles of cosmetic rhinoplasty
- Recognize and manage potential complications

9:50 a.m. **Q&A**

9:55 a.m. **Live Broadcast Demonstration from BioSkills Lab No. 1**
Sculptra Full Face Rejuvenation

Maisa Rouzer, NP

Objectives:

- Explain Sculptra's mechanism and application
- Assessment and customization for optimal results

10:25 a.m. **Break, Exhibits**

10:45 a.m. **Biostimulation Treatment and A Holistic Health Approach**

Sarah Berg, DNP, FNP-C

Objectives:

- Describe the principles of biostimulation therapy
- Integrate biostimulation into a holistic health approach

11:05 a.m. **Q&A**

11:10 a.m. **Anatomy to Aesthetic Procedures**

Elena Reitman, M.D.

Objectives:

- Describe the relationship between facial anatomy and aesthetic procedures
- Apply anatomical knowledge to enhance safety and precision in aesthetic treatments

11:30 a.m. **Q&A**

11:35 a.m. Botulinum Toxin: Mechanism of Action, Indications, Contradictions, & Techniques

Elena Reitman, M.D.

Objectives:

- Explain the mechanism of action and clinical indications of botulinum toxin
- Recognize contradictions and master safe injection techniques

11:55 a.m. Q&A

**12:00 p.m. Live Broadcast Demonstration from BioSkills Lab No. 2
Neck Rejuvenation with HD Radiesse**

Sarah Berg, DNP

Objectives:

- Mastering HD Radiesse injection techniques for neck rejuvenation
- Customized treatment planning for optimal neck rejuvenation

12:30 p.m. Lunch break & exhibits

**1:00 p.m. Where Does Medical Aesthetics Sit Between Health & Beauty?
Predictions for a Massive Shift**

Chelsey Brown, RN

Objectives:

- Explain the evolving role of medical aesthetics at the intersection of health and beauty
- Identify key trends and future predictions driving the transformation of the medical aesthetics industry

1:20 p.m. Q&A

1:25 p.m. Didactic talk - TBD

Speaker - TBD

Objectives:

1:45 p.m. Q&A

1:50 p.m. Setting up Your Own Aesthetics Business

Julia Milman, M.D.

Objectives:

- Explain business fundamentals
- Develop a strategic roadmap

2:10 p.m. Q&A

2:15 p.m. Facial Palsy
Prabhat Bhama, M.D., MPH, FACS

Objectives:

- Describe the cause and types of facial palsy
- Recognize symptoms and treatment options

2:35 p.m. Q&A

2:40 p.m. Live Broadcast Demonstration from BioSkills Lab No. 3
Full Face & Neck Botox

Maisa Rouzer, NP

Objectives:

- Mastering Advanced Botox techniques for full face and neck rejuvenation
- Developing a comprehensive treatment plan

3:10 p.m. Break & exhibits

3:30 p.m. Didactic Talk
TBD

Objectives:

3:50 p.m. Q&A

3:55 p.m. Break & Change into Scrubs

4:15 p.m. Hands-On BioSkills Lab

(20 minute rotations)

All Faculty

1. Facial Anatomy Prosection
2. Saline "Botox" Placement with Ultrasound
3. A Focus on ligaments - how important are they to consider when sculpting the face?
- 4.
- 5.
- 6.

Objectives:

- Practice the following techniques:

6:15 p.m. Course Wrap Up

6:30 p.m. Adjourn

ESTEEMED FACULTY

Maisa Rouzer, NP

Course Co-Chair

Nurse Practitioner
Lake Washington Medical Aesthetics
Kirkland, Washington

Sarah Berg, DNP, FNP-C

Course Co-Chair

Medical Director
BESPoKE BEAUTY
Missoula, Montana

Prabhat K. Bhama, M.D., MPH, FACS

Course Co-Chair

Facial Plastic Surgery & Otolaryngology
Providence Medical Group
Everett, Washington

Chelsey Brown, RN

CEO & Founder
Cosmetic Specialty Nurse, RN
Ottawa, Canada

Shakira Cabrera, MPAS, PA-C

Physician Assistant, International Trainor
Jules an Aesthetic & Wellness
San Antonio, Texas

Marissa Dennis, NP, CANS

Founder, Clinical Director
Onyx Beauty Lab
Kelowna, British Columbia

Katrina Flowers, PA-C, MCHS

Aesthetic Injector
Lissé Medical Aesthetics
Gig Harbor, Washington

Gabrielle Hudson, DNP, FNP-C

Co-Founder, Medical Director
Onyx Medical Aesthetics
Lacey, Washington

Julia Milman, M.D.

Aesthetic Physician
Aesthetic Medicine
Northbrook, Illinois

Elena Reitman, M.D.

Medical Director
Glow by Elena Reitman, MD
Cresskill, New Jersey