

## ULTRASOUND IN AESTHETICS

Stella Desyatnikova, M.D.,  
The Stella Center, Seattle, WA

### Day 1 Basic Facial Ultrasound

We will focus on basic ultrasound imaging and techniques, and basic facial ultrasound anatomy

- 9:00 - 9:15 Breakfast, Introduction
- 9:15 - 9:30 Clinical applications of ultrasound in cosmetic medicine.
- 9:30 - 10:00 Basics of ultrasound physics and imaging, Grayscale and Doppler.
- 10:00 - 10:45 **Hands on** - Devices. Optimizing Grayscale and Doppler Image.
- 10:45 - 11:15 Tissue layers appearance on ultrasound. Fillers Recognition.
- 11:15 - 12:00 **Hands on** - Ultrasound anatomy, Lateral face, masseter, buccal fat. Facial Artery and Vein.
- 12:00 - 1:00 Lunch break
- 1:00 - 2:00 **Hands on** - Ultrasound anatomy. Lower face, Chin, Lips. Midface, nasolabial fold, piriform space.
- 2:00 - 3:00 **Hands on** - Vascular mapping and filler recognition
- 3:00 - 3:15 Coffee break
- 3:15 - 3:30 Ultrasound guided injections
- 3:30 - 4:30 **Hands on** - Ultrasound Guided Injections

### Day 2 Intermediate Facial Ultrasound

We will go over facial anatomy in detail and correlate to clinical applications and ultrasound guided injections of filler and hyaluronidase.

- 9:00 - 9:15 Breakfast
- 9:15 - 9:30 Recap Basic Ultrasound, Optimizing image, Tissue appearance on Ultrasound, Filler Appearance, Vascular mapping
- 9:30 - 10:00 Ultrasound anatomy of the upper face. Applications for temple filler, forehead filler, glabella filler.
- 10:00 - 11:00 **Hands on** - Anatomical mapping. Upper face. Temples, Forehead.
- 11:00 - 11:30 **Hands on** - Vascular mapping. Main vessels and foramina
- 11:30 - 12:00 Management of complications. Vascular occlusion
- 12:00 - 1:00 Lunch break
- 1:00 - 1:30 Management of complications. Ultrasound Guided Dissolving, Nodules vs Filler, Malar Edema
- 1:30 - 2:00 **Hands on** - Anatomical mapping. Midface, tear troughs.
- 2:00 - 2:30 **Hands on** - Anatomical mapping, ultrasound use for injections. Lower face. Chin, lips, jaw.
- 2:30 - 3:00 Devices and imaging review.
- 3:00 - 3:30 Coffee break
- 3:30 - 4:30 Q & A