



## INSTITUTE OF INTERVENTIONAL DERMATOLOGY & AESTHETIC GYNECOLOGY

**13<sup>TH</sup> – 16<sup>TH</sup> DECEMBER 2023**

### Course Details For 4 Days Aesthetic Gynecology Hands-On Training

Time	Topic	Faculty
<b>Day 1, 13 December 2023</b>		
9:30 AM - 10:30 AM	Registration & Study Material Hand Over	
10:30 AM - 1:00 AM	Pre-Course Assessment	Dr Mayuri Kothiwala
11:00 AM - 11:30 AM	Overview of Cosmetic Gynecology As An Emerging subspeciality in women care	Dr. Mayuri Kothiwala
11:30 AM - 12:00 PM	Applied Anatomy in view of cosmetic gynecology	Dr. Mayuri Kothiwala
12:00 PM - 12:30 PM	Energy Based Devices in Cosmetic Gynecology <ul style="list-style-type: none"> <li>• Lasers</li> <li>• Radiofrequency</li> <li>• HIFU</li> </ul>	Dr Mayuri Kothiwala
12:30 PM – 12:45 PM	Non-Surgical management of SUI <ul style="list-style-type: none"> <li>• HIFEM Devices</li> </ul>	Dr Mayuri Kothiwala
12:45 PM - 1:00 PM	Role of HIFU in Cosmetic Gynecology	Dr Mayuri Kothiwala
1:00 PM - 2:00 PM	Lunch	
2:00 PM - 3:00 PM	Live Demonstration & Hands On - CO2 laser In Vaginal Rejuvenation	Dr Mayuri Kothiwala
3:00 PM - 4:00 PM	Live Demonstration & Hands On - Vaginal RF	Dr Mayuri Kothiwala

4:00 PM - 5:00 PM	Live Demonstration & Hands On - HIFEM Chair	Dr Mayuri Kothiwala
5:00 PM - 6:00 PM	Live Demonstration & Hands On – Genital Wart, Molluscum Contageosum	Dr Mayuri Kothiwala
6:00-7:00 PM	Questions & Answers Discussion	Dr Mayuri Kothiwala
<b>Day 2, 14 December 2023</b>		
10:00 AM - 10:30 AM	PRP Therapy in Gynecology	Dr Mayuri Kothiwala
10:30 AM - 11:00 AM	Botox In Vaginismus	Dr Mayuri Kothiwala
11:00 AM - 12:00 PM	Dry Lab Workshop On Lasers	Dr Mayuri Kothiwala
12:00 PM - 12:30 PM	Laser hair Removal In Gynecology	Dr Sunil Kothiwala
12:30PM - 1:00 PM	Intimate Lightening	Dr Sunil Kothiwala
1:00 PM - 2:00 PM	Lunch	
2:00 PM - 2:30 PM	Live Demonstration & Hands-On- Laser Hair Removal	Dr Sunil Kothiwala Dr Mayuri Kothiwala
2:30 PM - 3:30 PM	Live Demonstration & Hands-On- Medi-Facials	Dr Sunil Kothiwala Dr Mayuri Kothiwala
3:30 PM - 4:30 PM	Live Demonstration & Hands-On- Q Switch Nd:YAG Chemical Peels	Dr Sunil Kothiwala Dr Mayuri Kothiwala
4:30 PM - 6:00 PM	Live Demonstration & Hands-On- PRP in Vaginal Rejuvenation , Lichen Scleroses G-Spot Augmentation	Dr Sunil Kothiwala Dr Mayuri Kothiwala
6:00 PM - 7:00 PM	Questions & Answers Discussion	Dr Sunil Kothiwala Dr Mayuri Kothiwala
<b>Day 3, 15 December 2023</b>		
10:00-10:30 AM	Hymenoplasty <ul style="list-style-type: none"><li>• Types of Hymen</li></ul>	Dr Mayuri Kothiwala

	<ul style="list-style-type: none"> <li>• Various Techniques of Hymenoplasty</li> <li>• Video Demonstration</li> </ul>	
10:30-11:00 AM	Labiaplasty with Clitoral Hood Reduction <ul style="list-style-type: none"> <li>• Patient Selection</li> <li>• Labiaplasty Types</li> <li>• Video Demonstration</li> </ul>	Dr Mayuri Kothiwala
11:00-11:30 AM	Vaginoplasty, Perineoplasty <ul style="list-style-type: none"> <li>• Patient Selection</li> <li>• Video Demonstration</li> </ul>	Dr Mayuri Kothiwala
11:30-1:00 PM	Live Demonstration & Hands-On - Hymenoplasty	Dr Mayuri Kothiwala
1:00-2:00 PM	Lunch	
2:00-4:00 PM	Live Demonstration & Hands-On- Labiaplasty with CHR	Dr Mayuri Kothiwala
4:00-6:00 PM	Live Demonstration & Hands-On- Vaginoplasty	Dr Mayuri Kothiwala
6:00-7:00 PM	Questions & Answers Discussion	Dr Mayuri Kothiwala
<b>Day 4, 16 December 2023</b>		
10:00-11:30 PM	Live Demonstration & Hands-On- Hymenoplasty	Dr Mayuri Kothiwala
11:30-1:00 PM	Live Demonstration & Hands-On- Labiaplasty	Dr Mayuri Kothiwala
1:00-2:00 PM	Lunch	
2:00-2:30 PM	How to Start Cosmetic Gynecology Practice	Dr Mayuri Kothiwala
2:30-3:00 PM	Manage Your Practice on Social Media	Dr Sunil Kothiwala
3:00-3:30 PM	Post Training Assessment	Dr Mayuri Kothiwala
3:30-5:00 PM	IIDAG Certification	
6:00 PM	END OF COURSE	