



**E.S.A.G.**

EUROPEAN  
SOCIETY of  
AESTHETIC  
GYNECOLOGY

COSMETIC  
VAGINAL  
SURGERY  
COURSE

**20-22  
of March  
2015**

Athens  
Greece

Registration at 07:30 - 08.00  
Mediterraneo Hospital  
Glyfada, Athens  
Faculty: Alexandros Bader



# About the Event

The first course offered by **E.S.A.G.**, the European Society of Aesthetic Gynaecology, features an acclaimed expert in the field of vaginal rejuvenation, **Dr. Alexandros Bader**.

The course aims to provide a thorough practical hands-on training in the field of **Vaginal Rejuvenation**, enabling you to apply international best practices and provide effective treatment to your patients.

The duration of the course is **3 working days**, which include both theory and hands-on training on live cases. Course attendees will be able to participate on all surgeries demonstrated, and learn tips and tricks of vaginal surgery required to achieve great results. Participants will have the chance to experience and **operate first-hand** all types of devices and lasers that are used in this field, as well as supplementary tools which are useful and often required in specific cases (special retractors, clamps etc).

During the course progression, attendees will be participating and attending **8 to 10 live cases**, instructed regarding the entire spectrum of Aesthetic & Cosmetic Gynecology procedures, and eventually enable themselves to directly start performing associated procedures in their practices.

Special topics of interest will be covered by expert speakers, including laser technology advantages and medical marketing, increasing your efficiency moving forward.

The course concludes with a certificate award by The European Society of Aesthetic Gynecology (E.S.A.G.), accrediting attendees on course topics covered.

## Include yourself in the Elite of the world in Cosmetic Gynecology and C.V.S surgeons

- Hands On training
- Tips and Tricks from a world class surgeon - Training on the full list of Reconstructive and Cosmetic Vaginal Surgeries
- Certification from a Prestigious and globally recognized Society "ESAG"
- Certification for Laser Usage by Alma Lasers
- Carry home all the course material

## Who would be benefited from the Course

- Ob&Gyn
- Urogynecologists
- Cosmetic Surgeons
- Plastic Surgeons
- Urologists
- General Surgeons
- Dermo Surgeons



# Key course topics are:

**Labioplasty:** The most popular among all Cosmetic Vaginal Surgery procedures. Review of all techniques, with indications and contraindications, to discuss what is better individually depending on the case. Laser and RF usage are the most common tools.

**Clitoral Hoodectomy:** Course will cover correct marking, anesthesia, tips and tricks how to achieve the perfect cosmetic results, for this difficult procedure which is usually performed only by experienced surgeons.

**Vaginal Bleaching:** The new trend on Cosmetic & Aesthetic Vaginal Surgery. The course will focus on laser usage in order to achieve perfect results for any interested patient in a mere 3 session treatment cycle.

**Vaginal Tightening:** One of the most traditional procedures in Gynecology. The course will cover the procedure details and enable attendees to finish their sessions within 30 minutes, with superior results achieved.

**Perineoplasty:** The course focuses on episiotomy, one of the worst accidents occurring to women having recently given birth. Through correct laser usage as well as special technique, supreme results may be achieved, significantly improving patients' quality of life and self-confidence.

**Labia Majora Plasty (Augmentation):** A common malady as a result of massive weight loss or frequent waxing of the area. The course will cover Labia Majora lifting or Augmentation by both fat and Hyaluronic Acid, for the best possible aesthetic results in any given case.

**G-Spot Augmentation:** The G-Spot is a sensitive area in the upper part of the vaginal canal. The course will assist attendees to locate it in patients, and to perform the procedure in order to enhance it. Special instruments will be also demonstrated.

**Non-Invasive Vaginal Tightening:** The progress of technology and the ever-increasing knowledge of laser applications, now provides the capability to use a safe and non-invasive technique of Laser rejuvenation. The course will cover laser training and suitable cases selection.

**Laser Physics:** The course will offer an extended theory and practice session on laser training. Attendees will be familiarized to this technology and learn how to run tests on animal models before applying it on patients.

**Safety:** The course will offer guidance towards using cutting-edge technology tools, avoiding complications and minimizing safety issues. An overview of best practices will be provided and safety roles described accordingly.

**Office set-up:** Since Cosmetic Vaginal Surgery is a very sensitive sub-specialty and requires interaction with a refined category of patients, the office set-up is one of the most essential goals of this course. Techniques on how to correctly set-up your office environment will be illustrated.

The course includes an introductory section to Medical Digital Marketing which will enable you to put your newly-acquired skills to good use and maximize your client portfolio.

## Day 1 - March 20th, 2015

- 08:00** Lecturer: **Dr. Alexandros Bader**  
Introduction to Cosmetic Vaginal Surgery (CVS), Anatomy for CVS, Case selection, Indications, Contraindications, Complications.
- 08:30** Lecturer: **Dr. Alexandros Bader**  
Set-up materials and tools you need to use for Office Cosmetic Vaginal Surgery.  
You will come very close to all special instruments and tools that Dr. Bader uses in order to reach the perfect results.
- 09:00** Lecturer: **Yulie Klerman** - Alma Laser Expert  
Principles of laser physics and application on human tissues
- 09:30** Coffee Break.
- 10:00** Lecturer: **Dr. Alexandros Bader**  
Step by Step CVS procedures. Video demonstration of several cases will be shown with Dr. Bader explains step by step his tips and tricks. All these material will be included in the USB given to you.
- 11:30** **Laser application on Animal Tissue.** You will come in touch with all lasers hand pieces, learn the settings and experience how laser works on tissues similar to Vulvo vaginal tissues.
- 12:15** **Live case 1:** Labiaplasty - Modified linear technique using Co2 cutting Laser. Technique will include patient's examination, Photo technique, and area marking and show the pathways of local anesthesia to perform the procedure.
- 13:30** Lunch Break.
- 14:30** **Live Surgery 2:** Labiaplasty + Clitoral Hood Lifting. This case will be done using Radio frequency technology and will show how you can correct both, Labia Minora and Clitoris Hypertrophy when they co-exist. Patient's examination, Photo technique, and area marking and show the pathways of local anesthesia to perform the procedure.
- 16:30** End of 1st Day.
- 17:00** Transfer to the Hotel.

## Day 2 - March 21st, 2015

- 09:00** **Live Case 3:** Vaginoplasty + Perineoplasty + Labia Majora Augmentation by fillers. In this case you will teach Dr. Bader, One Stitch Technique. This special technique will allow you to deal with vaginal relaxation cases without the need for nurse assisting and will be the less possible invasive on the vaginal wall. Special instruments and retractors will be used. Also Hyaluronic Acid will be injected to labia majora area. Material, special cannulas and technique will be shown.
- 11:00** Coffee.
- 11:30** **Live Case 4:** Labia Majora Bleaching. The most high demanded procedure in the Cosmetic Gynecology Practice. Dr. Bader as the 1st doctor worldwide who invents the CO2 Laser Bleaching Technique will share with you his knowledge and show you how to use the CO2 in order to remove the skin discoloration. This case is after already 2 sessions, so you will have the chance to see the results already shows.
- 12:15** **Live Case 5:** Labiaplasty - Modified linear technique + G-Spot Amplification. Techniques will include patient's examination, Photo technique, area marking, special speculum of G Shot and show the pathways of local anesthesia to perform the procedure.
- 13:30** Lunch.
- 15:00** **Live Case 6:** Labiaplasty + Bleaching. A combination procedure of Labia Minora Plasty and Labia Majora 1st session of Laser Bleaching. Technique will include patient's examination, Photo technique, and area marking and show the pathways of local anesthesia to perform the procedure.
- 16:00** **Marketing Strategies.** Our experience marketing team will share with you marketing strategies, especially when you are dealing with cosmetic gynecology patients. They will share with you secrets and much more in order to help you start your new service and introduce it perfectly in your local markets. You can have one on one session with one of the team if you wish (under request).
- 17:30** Transfer to the Hotel.
- 20:30** Official dinner (Pick up from the Hotel at 07:45pm).

## Day 3 - March 22nd, 2015

- 08:30** **Live Case 7:** Majora Plasty, This case will review the Vulvar area rejuvenation and reshaping.  
You will be trained on Labia Majora Lifting technique, area marking and how to reach invisible scars.
- 11:00** **Live case 8:** Labiaplasty - Modified linear technique using Co2 cutting Laser. Technique will include patient's examination, Photo technique, and area marking and show the pathways of local anesthesia to perform the procedure.
- 13:00** Coffee & Lunch Break.
- 14:30** **Live Case 9:** Non Invasive Laser Treatment of Vaginal Relaxation and Stress Urine incontinence - FemiLift Technique. The most innovative technology of Non Invasive Laser Vaginal Rejuvenation will be demonstrated. Step by step, setting training and how to apply the laser for full vaginal tightening.
- 15:15** **Live Case 10:** Non Invasive Laser Treatment of Vaginal Relaxation and Stress Urine incontinence – FemiLift Technique.  
The most innovative technology of Non Invasive Laser Vaginal Rejuvenation will be demonstrated.  
Step by step set up training and how to apply the laser for Stress Urinary Incontinence (Type II) treatment.
- 16:00** Certificate and Photos.
- 17:00** End of the Training Course and Transfer to the Hotel.

