



Module 11c: Certification in 4D LIPO

June 30 – July 2, 2017 Athens, Greece

Senior ECAMS Faculty: Alfredo Hoyos MD

PREREQUISITES: Email dionne@ecamedicine.com for more information and course prerequisites

Schedule	DAY 1: Friday, June 30 <i>Preceptor: Alfredo Hoyos</i>
08.00-08.30	Registration, Athens Beverly Hills Medical Centre
08.30	Introduction to ECAMS Master Courses & Alfredo Hoyos <i>Peter M. Prendergast, ECAMS President</i>
08.45	PART I: PAST TO PRESENT Human attraction & aesthetic ideals: in search of perfection The origins and evolution of high definition lipoplasty Pushing the envelope in high definition body contouring: 4D Lipo Enhance your practice, transform your patients: abandoning old techniques & embracing new concepts
09.30	PART II: ANATOMY Female anatomy for 4D Lipo: muscles, fat, curves & proportions Male anatomy for 4D Lipo: muscles, fat, lines & proportions
10.00	Coffee
10.20	PART III: PRINCIPLES OF 4D LIPO

	<p>Light and shadow</p> <p>Negative spaces</p> <p>Dynamic definition: transition zones and tonal progression</p> <p>Sculpting techniques I: Compression and pinching</p> <p>Sculpting techniques II: Autologous fat grafting</p>
10.50	<p>PART IV: TECHNOLOGY & SPECIALISED INSTRUMENTATION</p> <p>Multi-plane lipoplasty using VASER 2.0 technology</p> <p>Probe selection: choosing the right diameter & groove design</p> <p>VASER Smooth: the cellulite cure</p> <p>Hoyos cannulae for 4D Lipo: curved, angled, and customized</p> <p>Power sculpting: appropriate use of powered rotation cannulae</p> <p>Harvesting and instruments for fat grafting during 4D Lipo</p>
11.45	<p>4D Lipo: Preoperative considerations</p>
12.00	<p>POSTOPERATIVE CONSIDERATIONS</p> <p>Drains</p> <p>Specialised foam vests and garments for high-definition lipoplasty</p> <p>Instruction protocols</p> <p>Massage and energy-based therapies</p> <p>Nutrition and exercise</p>
12.30	<p>Lunch</p>
13.30	<p>PART V: 4D LIPO TECHNIQUE FEMALE</p> <p><i>Dr Hoyos describes each technique and region step-by-step, including precision marking, positioning, infiltration, ultrasonic lipoplasty, sculpting manoeuvres, fat grafting, pearls and pitfalls</i></p> <p>Abdomen, flanks and back</p> <p>Gluteal sculpting</p> <p>Deltoids and arms</p>

	Breasts Thighs, calves and ankles
15.00	Coffee
15.20	PART VI: 4D LIPO TECHNIQUE MALE <i>Dr Hoyos describes each technique and region step-by-step, including precision marking, positioning, infiltration, ultrasonic lipoplasty, sculpting manoeuvres, fat grafting, pearls and pitfalls</i> Abdomen dynamic definition six-pack, flanks and back Pectoral sculpting Deltoids and arms Thighs and buttocks
16.50	PART VII: TREATING THE NON-IDEAL PATIENT High definition mini-tummy tuck Full high definition abdominoplasty Hoyos umbilicoplasty for perfectly natural appearance
17.20	Complications or 4D Lipo: how to avoid them, how to deal with them
17.35	Marketing and attracting international patients: joining the league of 4D Lipo Certified Surgeons
17.50	MCQ Examination
18.30	End of day 1
20.00	<i>Dinner and social evening arranged!</i>

	DAY 2: Saturday, July 1 <i>Preceptor: Alfredo Hoyos</i>
08.00	Transfer (arranged) from Hotel to Hospital

08.30	Review of case 1 and patient marking
09.00	MALE PATIENT 4D LIPO: Live surgery and hands-on training
12.30	Lunch
13.30	Review of case 2 and patient marking
14.00	FEMALE PATIENT 4D LIPO: Live surgery and hands-on training
17.30	Discussion of cases
18.00	End of day 2
20.00	<i>Dinner and social evening arranged!</i>

	DAY 3: Sunday, July 2, 2017 <i>Preceptor: Alfredo Hoyos</i>
08.00	Transfer (arranged) from Hotel to Hospital
08.30	Review of case 3 and patient marking
09.00	MALE PATIENT 4D LIPO: Live surgery and hands-on training
12.30	Lunch
13.30	Review of case 4 and patient marking
14.00	FEMALE PATIENT 4D LIPO: Live surgery and hands-on training
17.30	Discussion of cases
18.00	ECAMS 4D Lipo Certification and award ceremony
18.15	<i>End of course</i>