

Minute To Minute Structured Program
Masters Course in Cosmetic Gynaecology (Non-Surgical)
Course Director & Lead Faculty: Dr. Navneet Magon, India
Course Dates: 24-28 May 2023
Venue: Elle Sante Delhi NCR Center

| Day 1 (Basics) | |
|-----------------------|--|
| <i>10:00-10:30hrs</i> | <i>Registration & Coffee</i> |
| <i>10:30-11:00hrs</i> | <i>Intake assessment (Pre- Course)</i> |
| <i>11:00-12:00hrs</i> | <i>Introduction to Cosmetic Gynaecology (History and where we stand)</i> |
| <i>12:00-12:15hrs</i> | <i>What to expect from this course?</i> |
| <i>12:15-12:30hrs</i> | <i>Importance of Informed consent</i> |
| <i>12:30-13:30hrs</i> | <i>Patient selection for Cosmetic Gynaecology procedures: General Guidelines</i> |
| | <i>Principles of Cosmetic Gynaecological surgery</i> |
| | <i>Sutures</i> |
| | <i>Incisions</i> |
| | <i>Instruments</i> |
| 13:30-14:30 | Lunch |
| <i>14:30-15:30hrs</i> | <i>Marketing: Website, Social Media, How to set up your practice</i> |
| <i>15:30-17:00hrs</i> | <i>Energy Based Devices & Laser Physics</i> |

| | |
|------------------------------|---|
| <i>17:00-17:30hrs</i> | <i>Coffee Break</i> |
| <i>17:30-18:30hrs</i> | <i>Pre & Postoperative care</i> |
| 19:00hrs | Welcome Dinner |
| Day 2 (Non- Surgical) | |
| <i>09:00-09:30hrs</i> | <i>Patient selection for non-surgical procedures</i> |
| <i>09:30-10:00hrs</i> | <i>G spot-Where it is? What it is?</i> |
| <i>10:00-10:30hrs</i> | <i>Regenerative Gynaecology: PRP & Stem Cells</i> |
| <i>10:30-11:00hrs</i> | <i>Coffee Break</i> |
| <i>11:00-11:30hrs</i> | <i>Various shots-G, O, V, Kamasutra</i> |
| <i>11:30-12:00hrs</i> | <i>HA & Other fillers in Vulvo-Vaginal Area</i> |
| <i>12:00-13:00hrs</i> | <i>Non-surgical Vulvovaginal Rejuvenation: EBD, RFMN, EMS</i> |
| <i>13:00-13:30hrs</i> | <i>Electromagnetic chairs, HIFEM, FMS</i> |
| 13:30-14:30hrs | Lunch |
| <i>14:30-15:00hrs</i> | <i>Vulval & Perineal Area Lightening / Bleaching</i> |
| <i>15:00-16:00hrs</i> | <i>Live procedures & Supervised Hands-on</i> |
| <i>16:00-16:30hrs</i> | <i>Supervised Hands-on</i> |
| <i>16:30-17:00hrs</i> | <i>Live procedures & Supervised Hands-on</i> |

| | |
|-------------------------|---|
| 17:00-17:30hrs | <i>Supervised Hands-on</i> |
| 17:30-18:30hrs | <i>Discussion on procedures demonstrated</i> |
| Day 3 (Surgical) | |
| 09:00-10:00hrs | <i>Surgical anatomy as it relates to Cosmetic Gynaecology</i> |
| 10:00-10:30hrs | <i>Patient selection for surgical procedures outside vagina</i> |
| 10:30-10:45hrs | <i>Coffee Break</i> |
| 10:45-12:30hrs | <i>Labia Minoraplasty- different techniques including labial reconstruction</i> |
| 12:30-13:30hrs | <i>Labia Majoraplasty</i> |
| 13:30-14:30hrs | Lunch |
| 14:30-15:30hrs | <i>Live OT Procedures & Supervised Hands-on</i> |
| 15:30-16:30hrs | <i>Live OT Procedures & Supervised Hands-on</i> |
| 16:30-17:30hrs | <i>Live OT Procedures & Supervised Hands-on</i> |
| 17:30-18:30hrs | <i>Discussion on Surgical procedures demonstrated</i> |
| Day 4 (Surgical) | |
| 09:00-09:30hrs | <i>Patient selection for surgical procedures inside vagina</i> |
| 09:30-11:00hrs | <i>Surgical Procedures on Clitoral Hood, Clitoral Prepuce and Clitoral Frenulum</i> |
| 11:00-11:30hrs | <i>Clitoral Surgeries</i> |

| | |
|--|---|
| 11:30-11:40hrs | <i>Coffee Break</i> |
| 11:30-12:00hrs | <i>G Spotplasty, Hymenoplasty</i> |
| 12:00-13:00hrs | <i>Surgical Vaginal Rejuvenation</i> |
| 13:00-13:30hrs | <i>Perineal Body Reconstruction</i> |
| 13:30-14:30hrs | Lunch |
| 14:30-15:30hrs | <i>Live OT Procedures & Supervised Hands-on</i> |
| 15:30-16:30hrs | <i>Live OT Procedures & Supervised Hands-on</i> |
| 16:30-17:30hrs | <i>Live OT Procedures & Supervised Hands-on</i> |
| 17:30-18:30hrs | <i>Discussion on Surgical procedures demonstrated</i> |
| Day 5 (Urogynaecology & Vulvo-Vaginal Fat Transfer) | |
| 09:00-09:30hrs | <i>Importance & Impact of Female Urinary Incontinence & its diagnosis</i> |
| 09:30-10:30hrs | <i>SUI: Choosing the correct surgical procedure</i> |
| 10:30-11:00hrs | <i>TVT vs TOT & Full length sling vs Mini sling</i> |
| 11:00-11:30hrs | <i>Coffee Break</i> |
| 11:30-12:30hrs | <i>Mesh in SUI: Which, Why & How with Post-op Care</i> |
| 12:30-13:30hrs | <i>Autologous Fat Transfer in Vulvo-Vaginal Area</i> |
| 13:30-14:30hrs | Lunch |

| | |
|-------------------------|---|
| <i>14:30-15:30hrs</i> | <i>Live OT Procedures & Supervised Hands-on</i> |
| <i>15:30-16:30hrs</i> | <i>Live OT Procedures & Supervised Hands-on</i> |
| <i>17:00-17:30hrs</i> | <i>Teaching & Training in Cosmetic Gynecology- Who, Why, To Whom & Open House with Dr Navneet Magon</i> |
| <i>17:30-18:00hrs</i> | <i>Post Course Assessment</i> |
| 20:00hrs onwards | Graduation Ceremony: Dance & Dine Evening along with Facilitation with awards & diploma certificates |

