

醫學美容培訓班

日期：8月25 - 26日

時間：12:00 - 19:00

課程人數：30人

地點：澳門大醫院525室

課程完成後，學員將獲發澳門健康管理及促進學會培訓證書

- 課程是以面對面的形式進行，約14小時。
- 參加者必須年滿18歲，學員需於開始上課前至少10分鐘到達。

查詢電話 (853 2855 6207)，
報名請於8月23日前把姓名、工作單位名稱及聯絡電話電郵
aizza.event.vivian@gmail.com
報名費：\$300/人 (包括培訓器材及相關餐飲)
此培訓班由 澳門基金會資助部份活動經費



支持單位



澳門科技大學健康科學學院
專業醫療發展中心



澳門美容專業協會

課程內容

8月25日：

1. 再生療程的發展
2. 雙頻點陣激光的秘密
3. 私密處護理的秘密
4. 案例分享：
 - 女性尿滲問題的處理
 - 解構產後陰道鬆弛
5. 手把手培訓班：
 - 面部雙頻點陣激光療程
 - 女性陰道激光療程

8月26日

6. 非入侵式、微創式醫美療程概覽
7. 醫學美容技術簡介：
 - 超聲波爆脂
 - 微針療法
8. 手把手培訓班：
 - 超聲波爆脂
 - 微針療法

授課語言：粵語和英語

講者/導師

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澳門衛生局婦產科專科文憑

生殖康復

生殖康復的意義世界衛生組織(WHO)曾在《母嬰產後保健技術工作組(TWIG)會議》上強調要重視母嬰產後保健,進一步完善孕產期保健的周期。包括產後保健、正常分娩及產後時期的母嬰保健。產婦在產後不能得到正確的、系統的、主動的產後康復保健,就可能發生產後康復不良的情況。如出現陰道松弛、產後子宮恢復不良、子宮脫垂、產後抑鬱、產後肥胖、性冷淡等狀況,影響婦女產後的身心健康、正常生活和工作,甚至造成家庭關係緊張,影響孩子的正常發育。為使產婦在經歷懷孕和分娩後恢復到一個健康的體和精神狀態,更好的投入今后的生活和工作,產婦需要更早的接受系統化、規範化的產後康復保健服務與正確的指導。

以前的觀念是生產後一個月內應盡可能休息,甚至不要下床。但目前較新的觀念則認為產後愈早運動,則身體的復原愈快。

產後可做的運動一、胸部運動(產後第2天開始):

產後可做的

運動一、胸部運動(產後第2天開始):

二、乳部運動(產後第3天開始):

三、頸部運動(產後第4天開始):

四、腿部運動(產後第5天開始):

五、臀部運動(產後第8天開始):

六、收縮陰部運動(產後第10天開始):

七、子宮收縮運動(即膝胸臥式,產後第15天開始):

八、腹部運動(產後第15天開始):

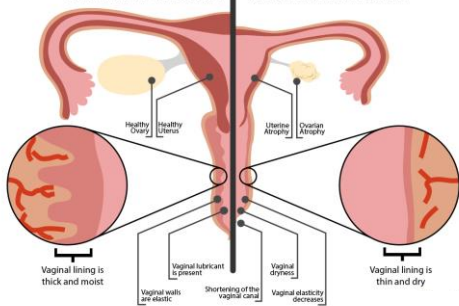
1.仰臥,雙手交結放在腦後,用腰腹力量使身體坐起。

2.連續數次,每日1遍。

傳說中的-凱格爾運動

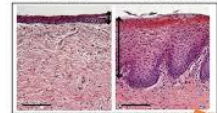


HEALTHY VAGINA VAGINAL ATROPHY



以組織切片檢查陰道黏膜情況

雷射治療前 雷射治療後2個月



醫學文獻參考: J. G. Park, et al. Histologic and ultrastructural modifications of postmenopausal atrophic vaginal mucosa after Nd:YAG laser carbon dioxide laser treatment. Gynecol Oncol. 2005; 95: 543-50.

4種收陰方法邊款好?





1. 收陰運動



2. 收陰球



3. 手術



4. 收陰機

手術名稱	陰道口手術	陰道全層緊縮手術	雷射電流陰道緊實手術
示意圖			
手術方法	用手術刀、手術剪刀切除多餘的陰道皮，把兩邊的陰道黏膜拉緊縮，再重新縫合。	用手術刀、手術剪刀切除多餘的陰道皮，再將兩側陰道黏膜以及肛門層一併拉緊縮起來。	經雷射緊縮陰道，配合手術刀，使用「垂直鬆解線」技術，帶入「360度」的雷射，即時收縮。★★★★
手術深度	手術陰道前1/3的部分	手術陰道全層的部分 (電子光傷口對開口)	手術陰道全層的部分 (電子光傷口對開口)★★★★
手術工具	手術刀、手術剪刀、專用縫合線		精確雷射電流、專用縫合線★★★★
麻醉	部分麻醉或全身麻醉		表面麻醉、陰部神經阻斷麻醉、靜態麻醉★★★★
副作用	疼痛、腫脹出血過多		疼痛、腫脹出血減少★★★★
安全性	手術時因為陰道周圍的血管以及狹窄的視野，容易誤傷膀胱、直腸、尿道等組織，須進行全面的手術。		利用精確雷射對準，避免有出血的傷口及痛楚等副作用，手術後通過雷射使雷射電流，從內層全面的手術。★★★★

What is diVa?

- Hybrid Fractional Laser (HFL) technology for nonsurgical improvement of vaginal tissue
 - FDA cleared for ablation and coagulation of soft tissue
 - High Precision Automation (HPA)
 - Safe
 - Controlled
 - Predictable
 - Strengthened Quartz Dilators (SQDs)
 - Added to the JOULE multi-platform



SCITON
ADVANCED RESULTS MATTER

Only Hybrid Fractional Laser Technology for Laser Vaginal Therapy

- Dual wavelength system
- Can use each separately and as hybrid
- Deep ablation and heating

Fast, easy, effective, comfortable

Only High Precision Automated Hand piece (HPA)

- Turns 40 minute procedure into 5 minutes!
- Does not depend on user variances
- Precision - Low risk


Only 360 degree window safeguard

- Strengthened clear quartz sapphire dilator (SQD)
- New window area each automatic rotation
- Hygienic, disposable dilator

Proprietary multi-focal conical beam optics for simultaneous micro-channels

- Exact delivery of pulses
- Best density

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SCITON
ADVANCED RESULTS MATTER

Mechanism of Action – Hybrid Fractional Laser

diVa distinctions – deeper ablation and coagulation

- 2940nm is used for precise ablation
 - 0 - 800 μm
- 1470 nm is used for coagulation of epithelium and lamina propria
 - 100 - 700 μm
- This unique blend provides customizable treatments for epithelial tissue to heal quickly and the lamina propria to remodel slowly over time, laying down more collagen, vascularity, and elastin.

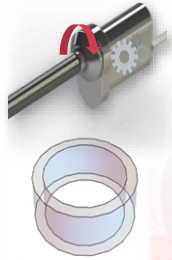
What is Hybrid Fractional Laser (HFL)?

- 2 wavelengths
 - 2940 Erbium (Ablation)
 - 1470 Diode (Coagulation)
- Why is this important?
 - CUSTOMIZATION
 - Different conditions need different treatments
 - BETTER RESULTS
 - 1st treatment settings can be different from 3rd treatment



What is High Precision Automation (HPA)?

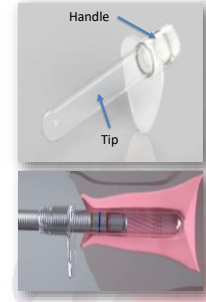
- **Motorized control system**
 - Footswitch controls rotation and automatically delivers laser pulses
- **Advantages**
 - Easy to use
 - Limits user and treatment variability
 - Significantly decreases treatment time (3 to 5 min)



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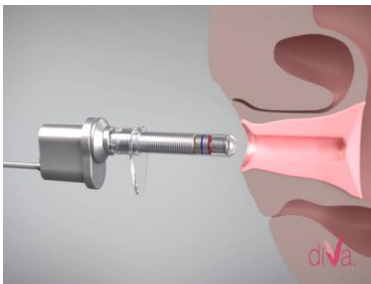
Strengthened Quartz Dilators (SQDs)

- **Single-use dilators**
 - SIZE**
 - Expands vaginal canal for increased treatment area
 - Tip Length of 5.5"
 - Diameter of 1"
 - HYGIENIC**
 - Act as barrier between patient and handpiece



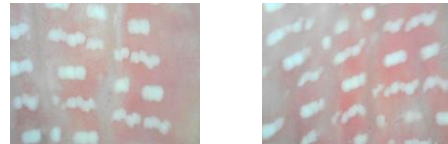
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Treatment Animation

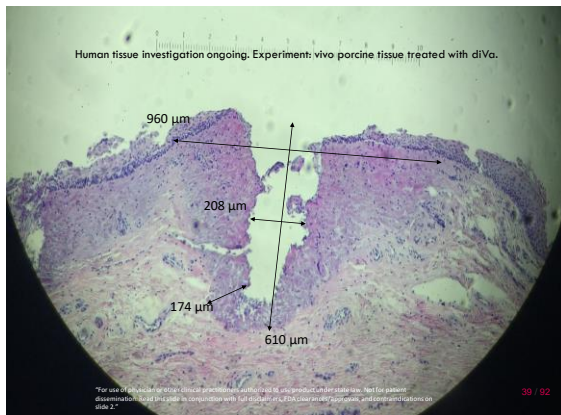


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Endoscopic View of Laser Pattern

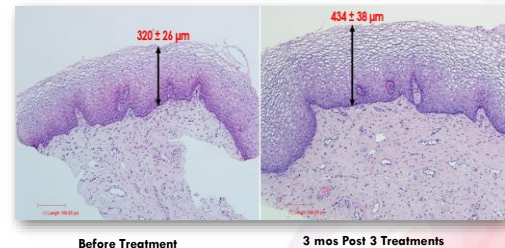


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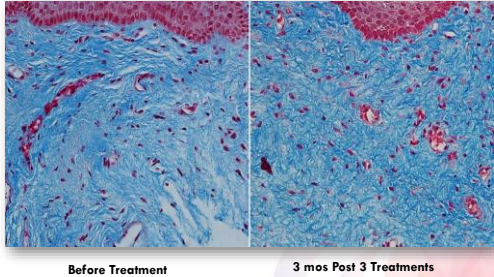
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Histology



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Histology



Before Treatment

3 mos Post 3 Treatments

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私密處退化症狀

隨著年齡增長，女性私密處膠原蛋白與彈力蛋白的減少導致陰道變窄、彈力不足，可能產生類似徵狀

【私密處退化】

- 乾燥
- 灼熱感
- 分泌物變多
- 尿失禁
- 陰道鬆弛
- 陰道萎縮

術後相關的改變

陰道黏膜的剌激與腐蝕老舊黏膜，增加膠原與彈力蛋白的分佈，同時提升血液供給，讓原本因老化萎縮與失去彈性的陰道內壁黏膜增多，更趨緊實。

STEP 1:
全陰道壁的支撐力加強

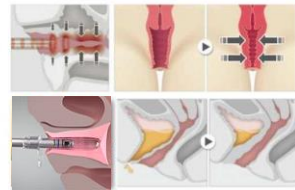
STEP 2:
陰道前壁重點治療

STEP 3:
陰道前壁入口處；
外陰前庭及尿道括約肌區域

Hybrid Laser Vaginal Treatment

混合激光陰道治療

它是利用光學熱能刺激真皮層，產生膠原蛋白來回復緊緻彈性，進而提升水潤度。雷射過程中無明顯痛感，僅有微熱感，因為陰道內沒有神經，所以治療中是不會感到疼痛的。這樣的療程非常方便，約莫三天後就可以恢復親密關係，效果也可以維持一年左右，是非常好的私密處保養方式。



Contraindications & Considerations

Contraindications: diva (3470nm and 2940nm) is contraindicated for:

- Patients with infectious disease
- Patients with hemorrhoid disease
- Patients with propensity for keloid formations
- Patients who are immunocompromised or immunosuppressed
- Patients who are on long-acting systemic steroids (e.g. Prednisone, Dexamethasone)
- Patients who are pregnant or lactating
- Patients who have used isotretinoin (e.g. Accutane, Sotret, Claravis, Amnossan) within the past year
- Patients with a medical condition that may affect wound healing
- Patients who have undergone previous genital laser or recent genital surgery
- Patients with more than Grade II prolapse using the POP-Q Scoring System
- Patients who are not using a medically approved method of contraception
- Patients who have acute or recurrent urinary tract infections, active sexually transmitted diseases, use of vaginal topical antibiotics or antifungal agents within one week
- Patients who have known collagen disorders, known vascular disease, scleroderma, history of immunosuppression, history of bleeding disorder or significant concurrent illness such as diabetes
- Patients who are on medications known to affect anaesthetics, and clinically significant anxiety, deep venous, or prothrombotic disorder
- Patients who have a penile lesion in the past year that was positive for any contraindication or related condition

Considerations: diva (3470nm and 2940nm) has the following medical judgment considerations:

- Patients who use anti-coagulant medications that may hinder coagulation or have pro-thrombotic or fibrinolytic
- Patients with uncontrolled diabetes
- Patients that have prolapse of the vaginal wall
- Patients with an active infection

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Physician Investigator's Recommended Treatment Protocol

1. Review medical and gynecologic history
2. Confer with patient's GYN before procedure if you deem that necessary
3. Obtain signed informed consent
4. Pregnancy test (if of childbearing potential)
5. Patient should empty bladder prior to treatment
6. Apply topical numbing for 20-30 min
7. Position patient in dorsal recumbent position with buttocks at end of table and/or feet in stirrups
8. Swab off topical numbing

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Physician Investigator's Recommended Treatment Protocol

1. Measure the treatment length with SQD and measuring tool
2. Input the treatment settings
3. Slide SQD onto the hand piece
4. Insert the hand piece into patient
5. Hold SQD handle and hand piece
6. Depress footswitch until treatment length reached or guide rings appear
 - Green ring: 3 cm from laser beam
 - Blue ring: 2 cm from laser beam
 - Red ring: 1 cm from laser beam



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Physician Investigator's Recommended Treatment Post-Care

Patients:

- Can immediately return to work and normal life routine, with a few exceptions
- Should refrain from vaginal penetration for up to 48* hours, included by not limited to
 - Sexual intercourse for 48 hours
 - Douching
 - Use of tampons
- May experience
 - Spotting, pinkish colored discharge
 - Mild cramping
 - Sunburn-like feeling

*Time is a variable depending on treatment settings and physician clinical judgement

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Laser Device Comparison

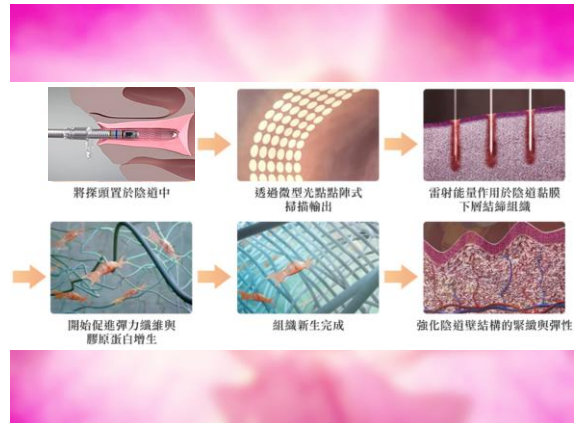
Manufacturer	Location	Product	Treatment Time (min)	Laser Type	Fully Automated Hand Piece	Dilator to expand tissue	New treatment window per laser pulse	Disposable	External Vaginal Treatment	Expandable Platform	Up Front Marketing \$\$\$	Cooperative Marketing \$\$\$	Personal Practice Partner
Sciton	USA	diva	3 to 5	Hybrid	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
DEKA	Italy	Monalisa Touch	5 to 10 to 20 to 25	Co2	No	No	No	No	No	No Co2 only	No	No	No
Thermi	USA	ThermiVA	5 to 10 to 15	RF	No	No	n/a	Yes	Yes	No	No	No	Yes
Alma	Israel	Femilift	10 to 15	Co2	Yes	Yes	No	Yes	Yes	No Co2 only	Yes	No	No
Fotona	Slovenia	IntimaLase	20	Erbium	No	Yes	No	Yes	Yes	No	No	No	No
Lumenis	Israel	FemTouch	5 to 10	Co2	No	No	No	No	Yes	No Co2 only	No	No	No
Syneron	Israel	CO2RE Intima	15	Co2	No	No	No	No	Yes	No Co2 only	No	No	No

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Treatment time (min) is comparative for all internal treatments



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Sources/References:

Slide 4 of 91 Source: 1. Melissa Conrad Stapp, MD, William C. Shiel, Jr., MD, FACP, FACD, US 2010 Census Age and Sex Composition May 2011.
 Slide 4 of 91 Source: 2. Suedrich B. Berger-Narvesh, Dept. of Public Health & Primary Health Care, City of Bergen 1995, Fenwick University/International Studies Epidemiology & Management in General Practice (Shiels) & Lending Care Foundation.
 Slide 4 of 91 Source: 3. B. A. Murray Clin Proc 2006; 31(12):2126-31. S. Sorensen, M. Korte. A retrospective review of female, vulvovaginal atrophy and its symptoms (JAMA 2010; 304:1033-1038).
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