



PICO Academy



Aesthetic Medicine Training Programme

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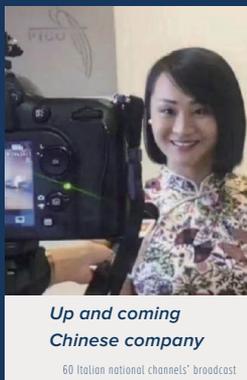
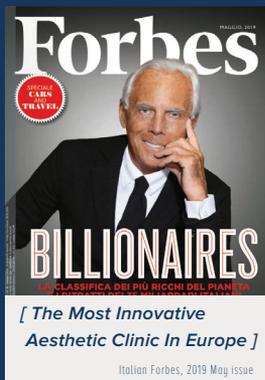
FAQ'S

PICO CLINICS

Praised as 'The Most Unique and Innovative Aesthetic Clinic in Europe' by Italy Forbes. The doctors of PICO Clinic are all highly experienced and have advanced post-graduate training in aesthetic medicine, including certification and memberships with the JCCP (The Joint Council for Cosmetic Practitioners).



PICO has been receiving lots of public attention and was featured on many different media in Europe such as **Forbes Italy, talian 60 National TV, IL Giornale, iO Donna** and the famous English media like **Metro** and **The Sun**. In 2021, PICO London has won Aesthetics Awards as **'Highly Commended'** for Best New Clinic UK and Ireland.



CERTIFICATE

PICO Academy certificates will be issued with accreditation from **The CPD Certification Service**, the most recognised independent professional development institution, to the doctors who take all the courses and pass our assessments. CPD can be defined as the continuing education of medical professionals following the completion of formal training.

The Department of Health states; **In the NHS of UK, CPD is determined through appraisals with personal development plans agreed between individuals and their managers.** A key development in ensuring that medical professionals maintain their competence is the move among regulatory bodies to develop CPD strategies for the revalidation/re-certification of their members.” After conducting in-depth market research, we found that the aesthetic medicine industry is loosely regulated in both UK, US, and China. In addition, as the training system in aesthetic medicine in the UK is not yet established or regulated, there are many incompetent institutions providing low quality and misleading courses. This is a big pain point for many medical practitioners who want to devote their energy and career into aesthetic medicine. Therefore, at PICO we strive to bring the cutting-edge technology and techniques of aesthetic medicine to European and Chinese doctors.



The CPD Standards Office



**We only train qualified aesthetic doctors,
Dentists and nurses with at least one year of
experience in aesthetic medicine.**

TRAINER INTRODUCTION



Dr. Kugan

- Doctor of Medicine at Charles University, Prague
- GMC registered doctor
- Member of the Joint Council for Cosmetic Practitioners (JCCP)
- PICO Medical Director and Master trainer at PICO Academy
- Over 5000 treatments performed
- Trained over 1000 doctors internationally



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Aesthetics



Treating the Calf with Botulinum Toxin

Dr Varma Kugan explores the use of botulinum toxin to treat the lower leg and calf muscle.

Introduction

There are a number of reasons why patients seek treatment for calf muscle pain. It can be caused by over-exercising, a tight muscle, or a condition called chronic exertional compartment syndrome (CECS). CECS is a condition where the pressure inside the muscle compartment increases during exercise, leading to pain and swelling.



Aesthetics



Treating the Deep Pyriform Space

Dr Varma Kugan explores the benefits and risks of treating the deep pyriform space for mid-face volumisation.

Introduction

The deep pyriform space is a key area for mid-face volumisation. It is located between the pyriformis and zygomaticus muscles. Treating this area can help to restore volume and improve the overall appearance of the mid-face.



"Treating the Calf with Botulinum Toxin"

PICO Medical Director Dr. Kugan
"Aesthetics" 2021 October Issue

Aesthetics



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Aesthetics



Understanding Aesthetic Ideals of Asian Patients

Dr Varma Kugan explores the aesthetic ideals and key differences when treating Asian patients.

Introduction

Asian patients have unique aesthetic preferences and concerns. Understanding these differences is crucial for providing the best results and patient satisfaction.

Feature	Asian Patients	Western Patients
Facial Structure	More oval face shape, narrower jawline	More square face shape, wider jawline
Eye Shape	Almond-shaped eyes, less prominent eyelids	Rounder eyes, more prominent eyelids
Skincare	Emphasis on hydration and sun protection	Emphasis on anti-aging and collagen
Body Contouring	Preference for subtle, natural-looking results	Preference for more dramatic, defined results

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CASES



Forehead filler before & after



Nose base filler before & after



Temple filler before & after



Chin filler before & after



Midface filler before & after



Nasolabial folds filler before & after



Nose base filler before & after



Nose base filler before & after



Lips filler before & after



Lips filler before & after



Tear Trough filler before & after



Eyebrow filler before & after

TRAINING EXPERIENCE

Aside from customized courses, PICO Academy also collaborates with local and international aesthetic medical companies, such as Dermaceutic, Regenlab, Bloomage Biotech, Allergan, Galderma, Teoxne and many other brands to promote the education of professional Aesthetic



Dr. Kugan gave a speech on "The Clinical Applications of Mixed Acids Chemical Peels" in Guangzhou, China

In 2020, the medical director of PICO Academy, Dr. Kugan was invited to be a mentor for Dermaceutic to promote the different clinical applications of mixed chemical peels. Dr. Kugan gave speeches on the topic from the origin of chemical peels to the post-treatment tips. He traveled with Dermaceutic around China to bring this highly efficient but low-cost treatment to country.



Dr. Kugan was invited by Dermaceutic to give a speech in Kunming, China



Regenlab invited Dr. Kugan to share his experience on PRP treatments in Zhuhai, China



PICO Clinic was invited by Galderma to attend the launch party of Dysport in China



Dr. Kugan shared his experience of using Dysport and Restylane fillers in Hangzhou, China

After the hugely successful cooperation with Dermaceutic. Many other brands invited PICO doctors to present and give speeches from a professional and cutting-edge point of view.

TRAINING EXPERIENCE

In 2020, Dr. Liu a Taiwanese doctor who is working in a reputable public hospital in Fujian Province, China came to PICO Academy seeking for professional aesthetic medicine training. The reason why she came to PICO Academy is that she struggled to find a reputable and trust-worthy organization or platform to learn Aesthetic Medicine.



After she finished all our courses and was authorized with CPD certificates, she was very excited and grateful for enrolling in PICO Academy. She mentioned that there were no such professional and elaborate courses on the training market. “The trainings that instructor gave me were very detailed like the angel of injection, how to hold the syringe when you inject high viscosity products. All the information taught in the courses are very helpful. ***It was my smartest decision to learn with PICO Academy***”



Dr. Liu trained in PICO Shanghai

In response to this, PICO will bring robust, evidence-based aesthetic training to Europe and the world.



Aptos threads training at PICO London



Nucleofill training at PICO London

BENEFITS



Expert trainers

- Our trainers are in-house international experts in aesthetic medicine
- All trainers have substantial post graduate training in advanced facial aesthetics
- 1 to 1 masterclasses will be taught by our clinical director and lead trainer, Dr Varna Kugan.

Evidence based techniques

- Learn how to treat the face with hyaluronic acid fillers using both cannula and needles
- Learn to treat advanced and high risk areas safely and effectively such as the nose, deep piriform fossa, temple, forehead and tear trough.
- You will be full equipped to treat these areas on your patients after the course.



CPD accredited courses

- All PICO Academy certificates will be issued with accreditation from the Continuing Professional Development (CPD) Certification Service
- All our courses have been vetted and assessed to industry standards by the CPD Certification Service

Clinical Observation Days

- We are the only training provider to offer additional clinical observation days on top of your course
- You will be able to fully immerse yourself in the day to day running of an aesthetic clinic and observe patient treatments
- You will receive further guidance, explanations and all questions answered.



Maximum of 3 delegates

- Our single courses have a maximum of 3 places to ensure you get the most out of your time
- Our signature masterclass is a bespoke and fully immersive 1 to 1 experience

Signature 1 to 1 Masterclass

- Experience a 5 day intensive and fully immersive masterclass on the use of advanced hyaluronic acid fillers and botulinum toxin for non surgical facial aesthetic indications from our clinical director and lead trainer
- This masterclass includes 3 extra clinical observation days and extended guidance at any of our PICO clinic branches.



Training in London

- Obtain experience with a wider range of advanced products and treatments in the UK's capital city.
- Enjoy a luxurious, state of the art training experience at our Central London training centre.
- Soak up the sights and all London has to offer after a hard days training!

BENEFITS



Lifetime access to online course material

- Our extensive online bank of live demonstration videos, recorded lectures and articles will be exclusively available to you before and after your course
- You will also receive all future online learning content

Opportunities to work at PICO Clinics

- For delegates that show significant potential, there will be opportunities to work as an aesthetic practitioner at PICO Clinics
- You will also have the opportunity to work from any of our international branches subject to availability



Private graduates support group

- After your course you will have lifetime access to our graduates support group where any questions will be answered by our expert trainers
- We make sure you have our full post-training support to ensure you successfully apply your learning in your own practice.

COURSE DETAILS

	Details	Course length	Clinical Observation	Numbers of delegates	Tuition Fee
Tear Trough	Theoretical and practical training in treating the tear trough, palpebral malar groove and nasojugal groove with hyaluronic acid fillers	1 day	1 day	3 max	£3400
Non-Surgical Rhinoplasty	Theoretical and practical training in treating the radix, dorsum, columella, anterior nasal spine and nose tip with hyaluronic acid fillers.	1 day	1 day	3 max	£3400
Lip & Perioral Augmentation	Theoretical and practical training in treating the vermilion border, upper lip tubercles, lower lip tubercles and perioral area with hyaluronic acid fillers.	1 day	1 day	3 max	£3400
Midface Augmentation	Theoretical and practical training in treating the medial cheek, subzygoma, piriform fossa and nasolabial folds with hyaluronic acid fillers.	1 day	1 day	3 max	£3400
Chin & Jawline Augmentation	Theoretical and practical training in treating the chin, jawline and marionette lines with hyaluronic acid fillers.	1 day	1 day	3 max	£3400
Temple & Forehead Augmentation	Theoretical and practical training in treating the temporal fossa, forehead, glabella and eyebrows with hyaluronic acid fillers.	1 day	1 day	3 max	£3400
Advanced Botulinum Toxin	Theoretical and practical training on treating the midface, lower face, trapezius and calves with neuromodulators.	1 day	1 day	3 max	£3400
1 to 1 Signature Masterclass	Bespoke 1 to 1 masterclass with our clinical director and lead trainer, Dr Kugan at our training HQ in London. Includes theoretical and practical training from all our hyaluronic acid filler courses and advanced botulinum toxin course. Training will be tailored to your specific needs.	5 days	3 days	1 to 1	£18,000

PICO Academy FAQ's

Where will my training take place?

Your training will take place at our modern, state of the art training centre in Central London. The centre is within our clinic and provides ample space with two large treatment rooms for practical training and a dedicated seminar room for theoretical teaching.

Who will be carrying out my training?

All training including 1 to 1 masterclasses will be provided by our clinical director, and lead trainer Dr Varna Kugan. Our other in-house doctors may provide additional training support.

What are the prerequisites for enrolling on a course?

You must be a doctor, dentist or nurse with a license to practice in your home country and have at least 1 year of experience with injectables

What are clinical observation days?

All our courses include additional days of clinical observation where you will get to immerse yourself in our clinic environment, shadow our doctors during consultation and treatment, ask any questions you have and receive further guidance. You can choose to undertake your clinical observation days at any of our clinic branches.

Do I need to supply models?

Yes, however we will endeavour to arrange additional models for you to practice on depending on the availability. Please let us know in advance if you are unable to bring your own models.

Do I need to supply products?

No, we will provide all necessary products to be able to train and inject on your live models. Rest assured that we only use reputable brands with proven track records.

What do I need to bring on the day?

Only your photo ID which is compulsory. You may be asked for your certificates of professional qualifications and or evidence of experience in injectables prior to enrolling in a course.

Are food and refreshments provided?

Yes, catering facilities are fully provided. Please let us know in advance if you have any special dietary requirements.

PICOCLINICS.COM/PICOACADEMY

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