

The International APTOS Excellence & Advanced Training Course



Warsaw, Poland



May 18-19, 2024

DESCRIPTION OF THE COURSE

This International Advanced APTOS Training Course is designed to study combined methods in Aesthetic Medicine – combination of APTOS Methods and Ultimate Regenerative Medicine as a holistic approach to the human body.

In accordance with the agreement with the Scientific and Training Departments of the APTOS company, APTOS Excellence & Advanced Training Course (APTOS for the Body) which will be held during two days, will also include Professor Titovets new scientific research and practical achievements over the past five years, and one of them: Minimally invasive Reshaping and Lifting of mid- and lower face – a different approaches depending of facial morphotype and age-related changes.

This method was first presented in 2023 at the Congress AMWC 2023 – Monte-Carlo, Monaco. After that it became in demand at many International Congresses such as:

- KOLKHIDA 2023 – Tbilisi, Georgia
- MEIDAM 2023 – Dubai, UAE
- PARCS 2023 – Dubai, UAE
- IAAM 2024 – Dubai, UAE

For Hands-on procedures on the 1st day the latest APTOS Threads will be used: the innovative 4th generation threads enhanced with hyaluronic acid, using the advanced NAMICA technology.

The 2nd day, dedicated to the APTOS Advanced Training Course (for the Body) will include corporate APTOS information as well as the Author's Course of Professor Titovets. This method was first presented in 2023 at the Congress ICOPLAST 2023– Dubai, UAE. After that it became in demand at many International Congresses such as:





- MEIDAM 2023 – Dubai, UAE
- PARCS 2023 – Dubai, UAE
- AVER 2023 – Dubai, UAE
- IAAM 2024 – Dubai, UAE
- AMWC 2024 – Monte-Carlo, Monaco

**Taking part in this innovative APTOS Training Course will be useful for all Aesthetic Medicine specialists:
both for Beginners and for Experienced doctors.**

1st DAY 18 May 2024 09:30 CET (UTC+01:00)

09:00–09:30 – Registration, Welcome Coffee Cup

09:30–11:00 – APTOS Excellence Training Course by Professor George Titovets.
Authors Course: Minimally invasive Reshaping and Lifting of mid- and lower face – a different approaches depending of facial morphotype and age-related changes

Features of thread installation into face depending on:  facial morphotype
 age-related changes  skin condition  amount of subcutaneous fat

11:00–11:15 – Coffee Break

11:15–11:30 – Benefits of the 4th generation of threads APTOS – NAMICA

11:30–12:00 – Peptidergic acceleration of rehabilitation after minimally invasive procedures in Aesthetic Medicine

12:00–13:00 – Lunch

13:00–13:30 – 9 rules of the correct medical photo documentation

13:30–14:00 – 11 conditions for the successful anesthesia

14:00–18:00 – Hands-on Procedures

18:00–18:15 – Q&A, Discussions







19:30 – Special Unique Event – **The Long Night of Museums 2024 in Warsaw**
312 institutions  The Start in front of the Youth Palace,
336 special attractions Świątokryska Str., Warsaw

2nd DAY 19 May 2024 09:30 CET (UTC+01:00)

09:30–10:00 – Registration, Welcome Coffee Cup

10:00–12:00 – APTOS Advanced Training Course (APTOS Body) by Professor George Titovets

Minimally Invasive Body Reshaping using Threads – the Author's Method:

 Applied Anatomy  Patient Selection  Threads Selection
 7 Basic Marking Rules  Protocols of the procedure  Rehabilitation

Minimally Invasive Body Reshaping using Threads – the Author's Method:

- right selection of fixation points
- choosing the direction of the lifting vector
- choosing the length of the threads
- additional methods of enhance the best result

12:00–13:00 – Lunch

13:00–17:00 – Hands-on APTOS Procedures

17:00–17:15 – Coffee Break

17:15–17:30 – Q&A, Discussions, Conclusions, Certificates and Closing Ceremony