

Simple techniques for managing acne scars. Revised version.

Online course



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With the support of:



ACADEMIA ESPAÑOLA
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Techniques for managing acne scars.

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Course Objectives

Atrophic scars are the most common sequelae of acne, the most frequent skin disorder.

Identifying the different types of scars and their **histopathological correlation** allows for a better therapeutic approach.

The **treatment** of atrophic acne scars involves numerous techniques, specific to each type of scar, including procedures such as chemical peels, fillers, subcision, lasers, and surgery.

The objective of this 100% online course is **to provide physicians with the tools** to identify the type of atrophic scars they are examining, determine the most appropriate therapeutic technique in each case, and enhance their skills to perform these procedures in an **outpatient setting**. A systematic **literature** review of the mentioned techniques will be conducted, and professionally edited hands-on videos with real patients will be offered so that students can see in detail how to carry out the therapeutic procedures.

Target Audience

The course requires knowledge of skin anatomy and histology, as well as basic surgical training; therefore, it is aimed at **dermatologists** interested in treating acne comprehensively from diagnosis to its sequelae. The course is supported by AEDV and accredited by the **University of Andorra**.

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Format

- This course is delivered 100% **online** and can be taken at any time: the platform allows students to pause and resume videos at their convenience, allowing each participant to adapt their training to their work schedule.
- It includes professional green-screen recordings of all **chapters**, guided by scientific publications to detail each therapeutic technique.
- It contains **professional videos of the procedures** covered in the course with voice-over or subtitles for all steps, so that students can understand and feel capable of performing them after completing the training.
- The syllabus is presented in a highly practical manner, with a simple perspective based on everyday dermatology practice, sharing the speaker's **experience** through **scientifically rigorous** advice and without conflicts of interest.
- **Duration:** 5 hours and 30 minutes of instruction (chapters + clinical cases).

Student Requirements

- Be a dermatologist and have high-speed internet access.
- The course can be completed at any time and has no deadline.
- Unlimited access and periodic updates with clinical case videos.

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Speaker: Dr. Didac Barco

1. Introduction: Why this course?

2. Types of Acne Scars

- 2.1. Macules
- 2.2. Atrophic: *rolling, boxcar, ice-pick*
- 2.3. Hypertrophic: papular, keloids, and bridges
- 2.4. Severity scales.

3. Peels

- 3.1. Basic concepts
- 3.2. Indications and contraindications
- 3.3. Very superficial peels
- 3.4. Superficial peels
- 3.5. Medium peels
 - CROSS technique with trichloroacetic acid
 - Painting technique with trichloroacetic acid
- 3.6. Pre-procedure preparation
- 3.7. Conclusions

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4. Energy-Based Devices

- 4.1. Indications and contraindications
- 4.2. Vascular light-based devices
- 4.3. Pigment-targeting light devices
- 4.4. Water-targeting light devices
- 4.5. Targeted ablative resurfacing
- 4.6. Fractional picosecond lasers
- 4.7. Radiofrequency
- 4.8. Post-op prophylaxis and care
- 4.9. Conclusions

5. Platelet-Rich Plasma

- 5.1. Is it useful as monotherapy?
- 5.2. Reviews on combinations
- 5.3. Indications and contraindications
- 5.4. Conclusions

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6. Fillers

- 6.1. General considerations
- 6.2. Hyaluronic acid
- 6.3. Injection techniques
- 6.4. Combination with other techniques
- 6.5. L-polylactic acid
- 6.6. Calcium hydroxyapatite
- 6.7. Polymethylmethacrylate
- 6.8. Conclusions

7. Subcision

- 7.1. Principles of action
- 7.2. Indications and contraindications
- 7.3. Precautionary areas
- 7.4. Combination with other techniques
- 7.5. Conclusions

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8. Punches and Fusiform Excision

- 8.1. General considerations
- 8.2. Indications and contraindications
- 8.3. Techniques
- 8.4. Conclusions

9. Evidence-Based Medicine in Acne Scars

- 9.1. Publications and reviews
- 9.2. Volume-related conclusions
- 9.3. Color-related conclusions
- 9.4. Laser-related conclusions
- 9.5. Review consistencies

10. Therapeutic Guide

- 10.1 Therapeutic algorithms
- 10.2. Winning combinations
- 10.3. Recommendations based on patient circumstances
- 10.4. Pre-treatment advice

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Enrollment

- Registration and course access via www.didacbarco.ad.
- Fee: **350€**. Alumni from the first edition of the acne course.
- Fee: **450€**. Alumni from the other two courses by Dr. Didac Barco: keloids and lasers.
- Fee: **550€**. Active members of Dermachat, Nos gusta el láser, AEDV, CILAD, SECPF, or dermatology residents (promo codes provided by each group)
- Fee: **650€**: Participants sponsored by the industry (promo codes not applicable).
- **Contact:** nbarea@didacbarco.ad

Enrollment Includes

- **Full** course access.
- Direct **email** communication with the course instructor.
- Optional **rotation** with the instructor (Barcelona, Spain).
- **Certificate** of completion (not affiliated with universities, organizations, or academic societies).

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