

PROGRAM: FIVE DAYS
Masters Course in Cosmetic Gynaecology
Course Director & Faculty: Dr Navneet Magon, India

DAY 1 : NON-SURGICAL COSGYN	
➤ 0900 HRS ONWARDS	REGISTRATION & SCRUB SUITS DISTRIBUTION
➤ 1000-1030HRS	INTAKE ASSESSMENT (PRE- COURSE)
➤ 1030-1200HRS	INTRODUCTION TO COSMETIC GYNAECOLOGY (HISTORY, NEED & EVOLUTION)
➤ 1200-1215HRS	WHAT TO EXPECT FROM THIS COURSE?
➤ 1215-1230HRS	PATIENT SELECTION FOR COSMETIC GYNAECOLOGY PROCEDURES
➤ 1230-1330HRS	MARKETING, WEBSITE & SOCIAL MEDIA
➤ 1330-1400HRS	WORKING LUNCH & OPEN HOUSE WITH PROFESSOR NAVNEET MAGON
➤ 1400-1430HRS	SETTING UP A BASIC COSMETIC GYNAECOLOGY PRACTICE
➤ 1430-1500HRS	LASER PHYSICS & LASER – TISSUE INTERACTION, CHROMOPHORES & THEIR ROLE
➤ 1500-1515HRS	PLASMA PHYSICS & PLASMA – TISSUE INTERACTION
➤ 1515-1530HRS	PRINCIPLES OF RADIOFREQUENCY, EMS & ELECTROMAGNETICS
➤ 1530-1545HRS	LASERS – VARIOUS TYPES OF ABLATIVE & NON-ABLATIVE LASERS: WHICH, WHEN & HOW AND WHICH LASERS ARE POTENTIALLY HARMFUL FOR VAGINA?
➤ 1545-1600HRS	RADIOFREQUENCY – MONOPOLAR / BI-POLAR / MULTI-POLAR / TTRCF: WHICH, WHEN AND HOW?
➤ 1600-1610HRS	VULVO-VAGINAL RADIOFREQUENCY MICRO-NEEDLING: HOW & WHEN?

➤ 1610-1620HRS	PLASMA TECHNOLOGY: HOW & WHEN?
➤ 1620-1630HRS	CERVICAL REJUVENATION: THE GAME CHANGER IN GYNAECOLOGY TREATMENTS
➤ 1630-1645HRS	COFFEE BREAK & OPEN HOUSE DISCUSSIONS
➤ 1645-1800HRS	POST-PARTUM PELVIC FLOOR REHABILITATION
➤ 1800-1815HRS	MAGNETOTHERAPY: HIFEM & FMS: CHAIRS OR STOOLS & BACK OR BUMS: WHICH, WHEN AND HOW?
➤ 1800-1815HRS	VAGINAL EMS: WHICH, WHEN AND HOW?
➤ 1815-1845HRS	COMPARATIVE EFFICACY, ROI, PORTABILITY, ACCESSIBILITY & SUSTAINABILITY OF VARIOUS EBDs
➤ 1845-1900HRS	NON-SURGICAL LABIAL AUGMENTATION & MONS AUGMENTATION
➤ 1900-1930HRS	DOUBTS CLEARANCE SESSION WITH PROFESSOR NAVNEET MAGON
DAY 2 NON-SURGICAL COSGYN + UROGYN + REGENERATIVE GYN	
➤ 0900-0930HRS	NON-SURGICAL MANAGEMENT OF SUI – EBD, HIFEM & OTHER MODALITIES – PATIENT SELECTION & TREATMENT
➤ 0930-0945HRS	VULVOVAGINAL REJUVENATION: COMBINATION OF TREATMENTS
➤ 0945-1015HRS	REGENERATIVE GYNAECOLOGY - PRP: TYPES OF PRP, PREPARATION OF PRP, ROLE OF PRP
➤ 1015-1030HRS	THE SHOTS (O-SHOT, V-SHOT, F-SHOT, G-SHOT)
➤ 1030-1040HRS	SIGNATURE KAMASUTRA SHOT

➤ 1040-1100HRS	VULVO-VAGINAL LICHEN SCLEROSIS, VVF & RVF: ICCG MANAGEMENT PROTOCOLS
➤ 1100-1115HRS	EXOSOMES: HUMAN, ANIMAL & PLANT DERIVED: WHICH ARE INJECTABLE & WHICH ARE NOT AND THEIR CURRENT ROLE IN GYNAECOLOGY
➤ 1115-1130HRS	COFFEE BREAK
➤ 1130-1200HRS	LASER MACHINES: LIVE DEMONSTRATION & HANDS-ON
➤ 1200-1210HRS	RADIOFREQUENCY & RF MICRO-NEEDLING MACHINES: LIVE DEMONSTRATION & HANDS-ON
➤ 1210-1230 HRS	MAGNETO-THERAPY CHAIRS - EMS, HIFEM, FMS: LIVE DEMONSTRATION & HANDS-ON
➤ 1230-1245 HRS	PLASMA MACHINES: LIVE DEMONSTRATION & HANDS-ON
➤ 1245-1300 HRS	OPEN HOUSE DISCUSSIONS ON HOW NOT TO GET INFLUENCED BY INDUSTRY IN DECIDING YOUR EQUIPMENT & DRIVEN ONLY BY GOOD SCIENCE
➤ 1300-1330HRS	WORKING LUNCH & OPEN HOUSE WITH PROFESSOR NAVNEET MAGON
➤ 1330-1400HRS	LIVE DEMONSTRATIONS
➤ 1400-1500HRS	SUPERVISED HANDS ON
➤ 1500-1600HRS	SUPERVISED HANDS ON
➤ 1600-1700HRS	SUPERVISED HANDS ON
➤ 1700-1730HRS	COFFEE BREAK
➤ 1730-1800HRS	SUPERVISED HANDS ON

➤ 1800-1830HRS	SUPERVISED HANDS ON
➤ 1830-1930HRS	OPEN HOUSE DISCUSSIONS ON HANDS-ON PROCEDURES PERFORMED & DISCUSSIONS WITH PROFESSOR MAGON ON HOW TO DECIDE ON “MUST-HAVE” AND “GOOD-TO-HAVE” AND PRIORITISING YOUR REQUIREMENTS
DAY 3: SURGICAL COSGYN	
➤ 0900-0930HRS	IMPORTANCE OF INFORMED CONSENT
➤ 0930-1000HRS	PATIENT SELECTION FOR SURGICAL COSMETIC GYNAECOLOGY PROCEDURES: GENERAL GUIDELINES
➤ 1000-1100HRS	PRINCIPLES OF COSMETIC GYNAECOLOGICAL SURGERY
	• SUTURES
	• INCISIONS
	• INSTRUMENTS
	• PRE & POSTOPERATIVE CARE
➤ 1100-1115HRS	COFFEE BREAK
➤ 1115-1130HRS	SURGICAL ANATOMY AS IT RELATES TO COSMETIC GYNAECOLOGY
➤ 1130-1145HRS	PATIENT SELECTION FOR SURGICAL PROCEDURES OUTSIDE VAGINA
➤ 1145-1230HRS	LABIA MINORAPLASTY- DIFFERENT TECHNIQUES INCLUDING LABIAL RECONSTRUCTION
➤ 1230-1300HRS	LABIA MAJORAPLASTY & MONSPLASTY
➤ 1300-1315HRS	COMBINED SURGICAL PROCEDURES OUTSIDE VAGINA
➤ 1315-1430HRS	WORKING LUNCH

➤ 1430-1600HRS	LIVE OT PROCEDURES & SUPERVISED HANDS-ON
➤ 1600-1730HRS	LIVE OT PROCEDURES & SUPERVISED HANDS-ON
➤ 1730-1800HRS	COFFEE BREAK
➤ 1800-1830HRS	DISCUSSION ON SURGICAL PROCEDURES DEMONSTRATED
➤ 1830-1930HRS	SURGICAL PROCEDURES ON CLITORAL HOOD, CLITORAL PREPUCE AND CLITORAL FRENULUM
DAY 4 SURGICAL COSGYN	
➤ 0900-0930HRS	PATIENT SELECTION FOR SURGICAL PROCEDURES INSIDE VAGINA
➤ 0930-1030HRS	SIGNATURE SURGICAL VAGINAL REJUVENATION
➤ 1030-1130HRS	LIVE OT PROCEDURES & SUPERVISED HANDS-ON
➤ 1130-1300HRS	LIVE OT PROCEDURES & SUPERVISED HANDS-ON
➤ 1300-1400HRS	LUNCH
➤ 1400-1500HRS	PERINEAL BODY RECONSTRUCTION
➤ 1500-1545HRS	CLITORAL SURGERIES
➤ 1545-1630HRS	G SPOTPLASTY
➤ 1630-1730HRS	HYMENOPLASTY
➤ 1730-1800HRS	DISCUSSION ON SURGICAL PROCEDURES PERFORMED IN DAY
➤ 2000 HRS ONWARDS	GRADUATION DINNER
DAY 5 SURGICAL COSGYN + UROGYNAECOLOGY + AESTHETICS	

➤ 0900-0915HRS	IMPORTANCE & IMPACT OF FEMALE URINARY INCONTINENCE & ITS DIAGNOSIS
➤ 0915-1000HRS	SUI: CHOOSING THE CORRECT SURGICAL PROCEDURE
➤ 1000-1015HRS	TVT VS TOT & FULL LENGTH SLING VS MINI SLING
➤ 1015-1030HRS	MESH IN SUI: WHICH, WHY & HOW WITH POST-OP CARE AND HOW NOT TO LET THE MESH MAKE A MESS?
➤ 10:30-12:00HRS	LIVE OT PROCEDURES & SUPERVISED HANDS-ON
➤ 1200-1230HRS	VAGINAL & LABIAL THREADS: DO THEY HAVE A PLACE IN CURRENT SCENARIO?
➤ 1230-1245HRS	HA & OTHER VULVO-VAGINAL FILLERS & INJECTIONS: CURRENT ROLE IN CosGYN
➤ 1245-1300HRS	AUTOLOGOUS FAT IN VULVO-VAGINAL REJUVENATION: CURRENT ROLE IN CosGYN
➤ 1300-1330HRS	INTIMATE AREA LIGHTENING, BRIGHTENING & WHITENING: CURRENT STATUS
➤ 1330-1400HRS	STRETCH MARKS: WHAT WORKS AND WHAT NOT?
➤ 1400-1445HRS	LUNCH
➤ 1445-1500HRS	POST COURSE ASSESSMENT
➤ 1500-1530HRS	ESTABLISHING THE COSMETIC GYNAECOLOGY PRACTICE: OPEN HOUSE WITH PROFESSOR (DR) NAVNEET MAGON WITH SECRETS OF SETTING UP A SUCCESSFUL COSMETIC GYNAECOLOGY CENTRE

➤ 1530-1600HRS	HOW TO INTEGRATE COSMETIC GYNAECOLOGY PRACTICE INTO YOUR EXISTING PRACTICE IN THE MOST COST EFFICIENT MANNER
➤ 1600-1630 HRS	COFFEE BREAK & FELLOWSHIP
➤ 1630-1730HRS	GRADUATION CEREMONY & DISTRIBUTION OF CERTIFICATES FOR ALL CANDIDATES
➤ 1730HRS ONWARDS	DEPARTURE
➤ 1730-1830HRS	INTERESTED CANDIDATES CAN HAVE ONE-ON-ONE DISCUSSIONS WITH PROFESSOR NAVNEET MAGON