



# ADVANCED SCALP THREADING CERTIFICATION COURSE LEVEL 1

## THE THEORY, THE BASICS AND BEGINNERS TECHNIQUES OF APPLICATION

### INTRODUCTION

Chapter 1: Understanding the patient

Chapter 2: Diagnosis and Trichoscopy in AGA

Chapter 3: Clinic and trichoscopic characteristics of AGA

Chapter 4: Challenges in AGA treatment

*NOTE:* Basic knowledge on clinical and diagnostic features of AGA, because the correct diagnosis and evaluation of the hair follicle is the first step to successful treatment. The challenges in AGA treatment and the benefits of the new treatment modalities. This course provides the information of scalp threading for AGA patient. Scalp threading for patients with different diagnosis will be available in the following courses.

### SCALP THREADING

Chapter 1: Definition

Chapter 2: Types of threads based on the material

Chapter 3: The disintegration process of PDO threads

Chapter 4: Types of threads based on structure

Chapter 5: Dimensions of threads

Chapter 6: Number of threads in one session

Chapter 7: Distribution of threads

Chapter 8: Techniques of application for beginners

*NOTE:* This chapter will give you all the information on threads you need to know and prepare you to plan your scalp threading treatments for your patients, including choosing the type, dimensions, number of threads as well as distribution and basic techniques of application. The information included in this chapter are for the beginners. Advanced techniques of application, combination of different thread materials, increasing the number of threads etc. will be presented in the Advanced course level 2. For beginners, I strongly recommend starting with this course.



## **TREATMENT PROTOCOL**

Chapter 1: Preparation

Chapter 2: Indications/Contraindication for the treatment

Chapter 3: Pretreatment instructions

Chapter 4: Materials for the treatment

*NOTE:* This chapter will help you prepare the patient, choose the patient and provide the materials you need for the treatment. Finishing with this chapter means you have learned the basic theory of scalp threading which means you are prepared for the first practical step. Now you can choose the right patient, choose the correct materials, plan the type and number of threads, and plan how to distribute the threads and which technique to use. However, remember that you still are not ready to apply the threads. The best doctor is not the one that knows only the theory, but the one who is the master in his skills.

## **FEMALE AGA PATIENT CASE**

Chapter 1: Medical history of the patient

Chapter 2: Planning the scalp threading treatment

Chapter 3: Video of the scalp threading procedure on the patient

*NOTE:* Learning through watching is always the best first step to practise. You will see Dr Elena performing the complete treatment for her patient, explaining the case and her scalp threading plan.

## **MALE AGA PATIENT CASE**

Chapter 1: Medical history of the patient

Chapter 2: Planning the scalp threading treatment

Chapter 3: Video of the scalp threading procedure on the patient

*NOTE:* Second case of Dr Elena demonstrating the treatment. Techniques of application are different on men and women considering the different clinical features of AGA accordingly.



## **AFTERCARE INSTRUCTIONS**

Chapter 1: Daily aftercare instructions

Chapter 2: When to expect the results

Chapter 3: What are expected results

*NOTE:* Aftercare is very important for every minimally invasive procedure including Scalp Threading. You will have all the information on what the patient should do after the treatment, when to start with the additional therapy and mostly when to expect the first results. If you have done a good diagnostic and planned the complete further treatment, you can also explain to the patient what are the expected hair regrowth results. Combining Scalp Threading with additional treatment is very important in order to achieve the optimal results. Minoxidil is a must. But how to combine Scalp Threading with other treatment options is intended for the Level 2 of the Advanced course.

## **BEFORE-AFTER PHOTOS**

*NOTE:* You can use my branded before-after photos so you can show the patient what results can be achieved using the Scalp Threading method.

## **HANDS-ON TRAINING (Zoom meeting/office)**

Chapter 1: Q&A with Dr Elena Arsova

Chapter 2: Live treatment on a patient (dr Elen performs the treatment on her patient)

Chapter 3: Hands-on training (you perform the treatment on your patient with dr Elena guidance)

*NOTE:* This practical part of the course will complete your basic training in Scalp Threading and will prepare you for performing the by yourself. I highly recommend starting with easy AGA patient cases, in the first grades of hair loss, with no medical history, and easy manageable. In a 6 months as your skills improve, and especially when you see the results of your first patients, you should start with the more challenging cases. That is also the time when you can proceed with the Level 2 Advanced course. Always remember the first rule: Primum non nocere.