

# Postgraduate Diploma

New Products in the Aesthetic  
and Functional Health of the  
Female Genitalia





## Postgraduate Diploma

### New Products in the Aesthetic and Functional Health of the Female Genitalia

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-new-products-aesthetic-functional-health-female-genitalia](http://www.techtute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-new-products-aesthetic-functional-health-female-genitalia)

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# 01

# Introduction

Aesthetic Medicine is facing a paradigm shift from offering facial and body treatments to focusing on other specific regions of the body. For this reason, Gynecoaesthetics has gained great importance in recent years, driven by the application of new products of great effectiveness such as thread tightening for vaginal rejuvenation. This 100% online TECH program has taken into account this situation and offers the professional a complete update in the discipline. Thus, it will delve, from the most cutting-edge multimedia resources, into the latest advances in the approach to the Menopausal Urogenital Syndrome with hyaluronic acid and the use of botulinum toxin in patients with Vaginismus, among many other issues.



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*TECH has designed this Postgraduate Diploma with the aim of bringing you up to date with the latest advances in the application of New Products in the Aesthetic and Functional Health of the Female Genitalia"*

The growing social concern for the aesthetic health of the female genital apparatus has led to the appearance of a wave of new techniques and products that respond to this situation. Thus, in recent years there have been numerous advances in gynecoaesthetics, driven by the application in the vaginal and vulvar area of treatments previously reserved for the face and skin.

Thus, products such as hyaluronic acid or tensor threads have recently positioned themselves as indispensable tools in the gynecological-aesthetic practice. For this reason, TECH has designed this Postgraduate Diploma that gathers all these new products and provides them to the specialist. Throughout this program, therefore, the doctor will be able to deepen in aspects such as the use of botulinum toxin in painful episiotomy, vulvodynia, vaginal hyperhidrosis or urinary incontinence.

In addition, you will have access to the latest advances in the application of tensor threads for vaginal and vulvar rejuvenation, as well as to treat postpartum sequelae. The program is completed with the most recent innovations in the use of hyaluronic acid for the treatment of lichen and the discomfort caused by excessive labia minora and labia majora atrophy.

The program is developed in a 100% online format that will allow the specialists to combine their studies with the rest of his daily activities. Likewise, they will have at their disposal the most advanced didactic resources in the educational market, guaranteeing an optimal learning experience.

This **Postgraduate Diploma in New Products in the Aesthetic and Functional Health of the Female Genitalia** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of practical cases presented by experts in Gynecoaesthetics
- ♦ Graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*Gynecological aesthetics has been transformed in recent years, requiring the professional to be constantly updated. TECH responds to this need, providing you with a complete update in the discipline"*

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*The teaching staff of this program is composed of renowned specialists in the field of Gynecoesthetics, and they will guide you throughout the learning process to ensure an optimal experience"*

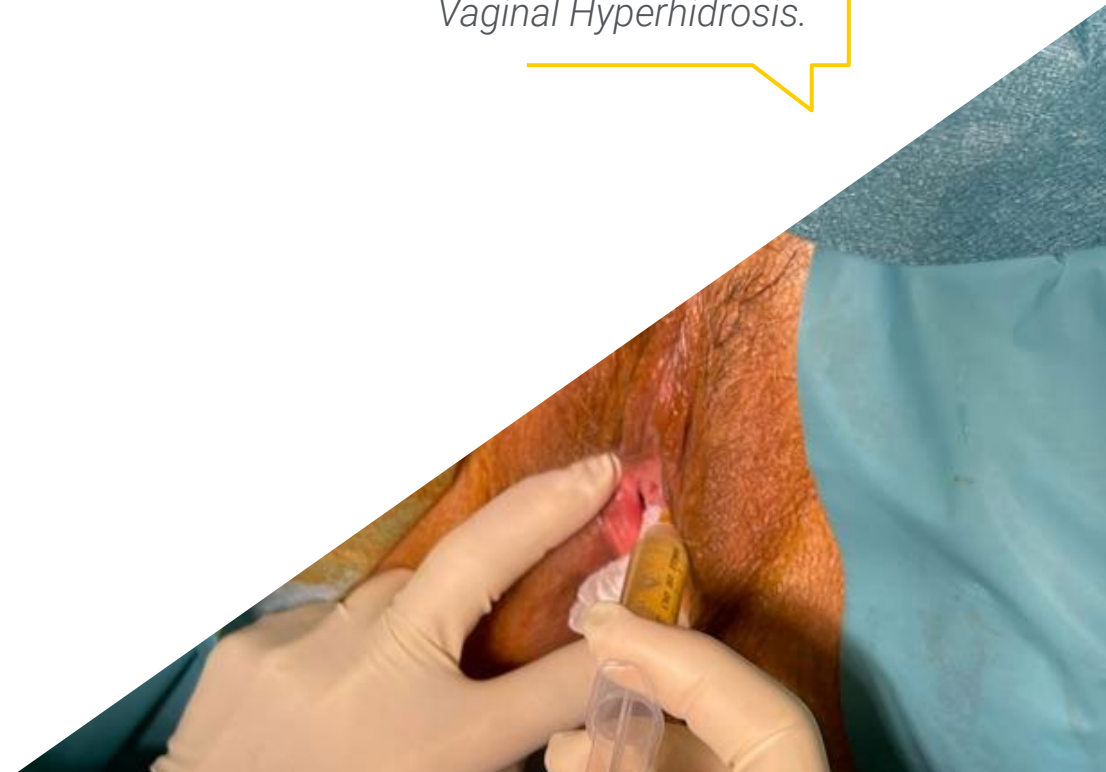
The program's teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

Its multimedia content, developed with the latest educational technology, will provide the professionals with situated and contextual learning, i.e., a simulated environment that will provide an immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby students must try to solve the different professional practice situations that arise throughout the program. For this purpose, students will be assisted by an innovative, interactive video system created by renowned and experienced experts.

*This Postgraduate Diploma contains the latest developments in the use of thread tightening in vaginal rejuvenation.*

*Through this program you will learn about the latest advances in the use of botulinum toxin to treat Vulvodynia and Vaginal Hyperhidrosis.*



# 02 Objectives

This Postgraduate Diploma is aimed at those specialists who wish to be updated on the latest developments in the use of products in Aesthetic Health of the Female Genital Tract. For that reason, all its contents and approach are aimed at achieving that goal. To this end, it has assembled a highly reputable teaching team, which has developed the contents and resources of the program taking into account the most recent reality of this clinical area.





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*All the didactic resources of this Postgraduate Diploma are aimed at making it easier for you to update your knowledge in the use of new products in Gynecological Aesthetics"*



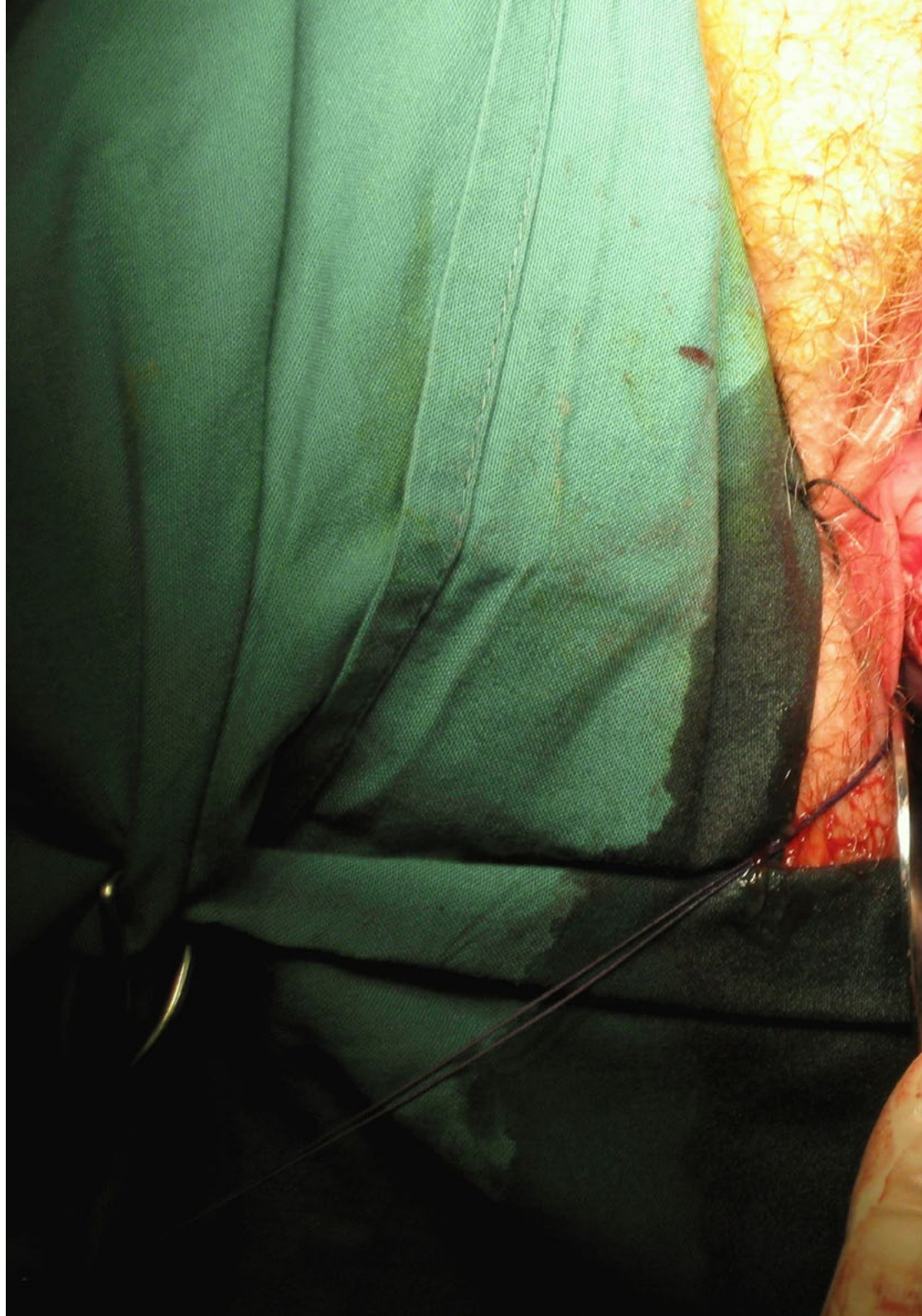
## General Objectives

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- Be updated in the newest areas of the current Gynecoesthetic Medicine, knowing the best and most effective treatments
- Learn about New Products in Aesthetic and Functional Health of the Female Genitalia
- Learn not only theoretical concepts, but also the most urgent practice in Gynecological Aesthetics through audiovisual and practical material



*Thousands of patients demand the application of the latest and most effective gyneco-aesthetic products. This program will bring you closer to the latest scientific evidence about them"*





## Specific Objectives

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### Module 1. Vaginal and Vulvar Rejuvenation with Thread Tighteners

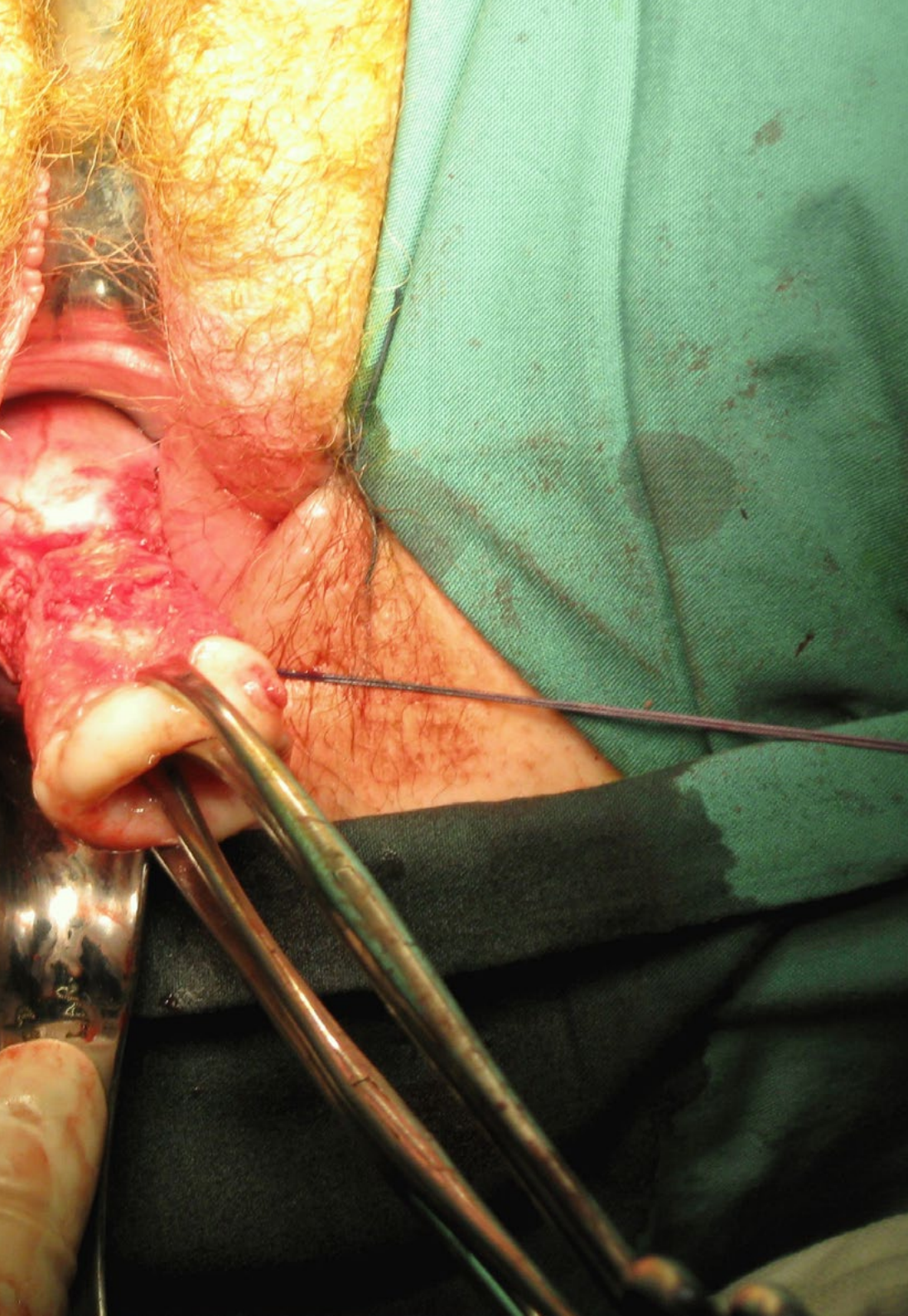
- ♦ Distinguish the different types of threads used in Vaginal Rejuvenation procedures
- ♦ Understand their role in different cases such as vaginal and vulvar rejuvenation, threads for urinary incontinence, threads to treat discomfort during sexual intercourse and threads for dryness and vascular atrophy, among other uses
- ♦ Study Dr. Ozgur Leylek's surgical approaches and minimally invasive techniques

### Module 2. Hyaluronic Acid in Gynecoesthetics

- ♦ Examine everything related to hyaluronic acid in gynecoesthetics, from the types of acids and indications to its properties and benefits
- ♦ Delve in the indications of hyaluronic acid in vaginal atrophy and vaginal dryness, in recurrent urinary tract infections and menopausal urogenital syndrome and in scar pain
- ♦ Extend its use to other parts of the female body, such as the buttocks and breasts

### Module 3. Use of Botulinum Toxin in Genital Area

- ♦ Analyze the different types of toxins, how to reconstitute and preserve it
- ♦ Understand the main indications of Botox, especially in cases of vaginismus, painful episotomy, vulvodynia, urinary incontinence and vaginal hyperhidrosis
- ♦ Understand in depth the complications of the toxin, the post-treatment recommendations and the durability of the toxin



03

# Course Management

TECH has assembled a teaching staff of great prestige in the area of Gynecoesthetics to transfer to the student the latest innovations in the application of new products in the female genital apparatus. Thus, a highly effective learning experience is guaranteed, by being able to obtain, directly and immediately, all the most updated procedures and methods from the hands of renowned specialists on the international scene.

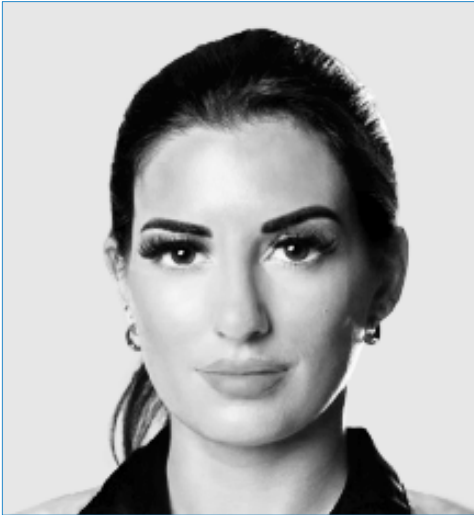




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*Learn about the most advanced gynecologic-aesthetic procedures using tensor threads and hyaluronic acid from a prestigious international teaching staff"*

## Management



### Dr. Ruiz Allende, Alba María

- ♦ Medical Director of Aesthetic Medicine at London Clinic Group
- ♦ Director of the Department of Aesthetic Medicine at Clinic IMEMA
- ♦ Trainer of Aesthetic Medicine workshops
- ♦ University Professor at the CEU and UCAM
- ♦ Professor of MIR preparation at CTO
- ♦ Clinical Researcher and Editor of the Emergency Live Magazine
- ♦ Residency in the Specialty of Family, Community and Emergency Medicine at the San Carlos Clinic Hospital
- ♦ Master in Aesthetic Medicine and Nutrition at the Catholic University San Antonio of Murcia
- ♦ Master in Business Management by the Catholic University San Antonio of Murcia
- ♦ Master's Degree in Clinical Bioethics by the UIMP

## Professors

### Dr. Santos González, Marina

- ♦ Physician in Medical Prevention Clinic
- ♦ Gynecology and Obstetrics Resident Internist at Fuenlabrada University Hospital
- ♦ Master's Degree in Basic Fundamentals of Gynecology and Obstetrics by the Editorial Médica Panamericana
- ♦ Member of the Spanish Society of Gynecology and Obstetrics

### Dr. Pereiro, Pilar

- ♦ Resident in Gynecology and Obstetrics at Segovia General Hospital
- ♦ Hospital internship at HM Hospitals
- ♦ Associate Researcher in Clinical Trial at HM Hospitals
- ♦ Poster presentation awarded congress annual meeting Gynecology and Obstetrics of Castilla y León



**Dr. Ortega, Marta**

- ◆ Specialist Associate Physician in Obstetrics and Gynaecology, Villalba University Hospital
- ◆ University professor from the Alfonso X el Sabio University (UAX)
- ◆ Sub-investigator in the international multicenter clinical trial OASIS 3
- ◆ Master's Degree in Human Reproduction at Complutense University of Madrid (UCM)
- ◆ Residence in the Obstetrics and Gynaecology Specialities, 12 de Octubre University Hospital, Madrid

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*A unique, key, and decisive educational experience to boost your professional development”*

# 04

## Structure and Content

The contents of this program are presented in 3 specific modules, which the students will be able to take during 450 hours. Thus, in just 6 months they will be able to learn all the keys to apply vaginal and vulvar rejuvenation procedures with tensor threads and use hyaluronic acid in vaginal atrophy and vaginal dryness, among many other issues.







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*The most complete educational program in the market on Aesthetic and Functional Health and new gyneco-aesthetic products is here. Don't miss this opportunity and enroll”*

## Module 1. Vaginal and Vulvar Rejuvenation with Thread Tighteners

- 1.1. Tightening Threads in Gynecological Aesthetic Medicine
  - 1.1.1. What are the tensor threads used in Gynecoesthetic Medicine?
  - 1.1.2. How They Work
  - 1.1.3. Results Achieved
- 1.2. Types of Vaginal Tightening Threads
  - 1.2.1. PDO Threads (Polydioxanone)
  - 1.2.2. Poly Lactic Acid Threads (PLL)
  - 1.2.3. Monofilament Yarns
  - 1.2.4. Tornado (Screw) Yarns
  - 1.2.5. Spiculated Tensile Threads
  - 1.2.6. APTOS Threads
- 1.3. Vaginal and Vulvar Rejuvenation with Thread Tighteners
  - 1.3.1. Technique
  - 1.3.2. Benefits
  - 1.3.3. Results and Possible Side Effects
- 1.4. Urinary Incontinence Threads
  - 1.4.1. Technique
  - 1.4.2. Benefits
  - 1.4.3. Results and Possible Side Effects
- 1.5. Threads for Postpartum Sequelae
  - 1.5.1. Technique
  - 1.5.2. Benefits
  - 1.5.3. Results and Possible Side Effects
- 1.6. Management of the Genitourinary Syndrome of Menopause
  - 1.6.1. Technique
  - 1.6.2. Benefits
  - 1.6.3. Results and Possible Side Effects
- 1.7. Threads for Discomfort during Sexual Intercourse
  - 1.7.1. Technique
  - 1.7.2. Benefits
  - 1.7.3. Results and Possible Side Effects





- 1.8. Threads for Vaginal Dryness and Vaginal Atrophy
  - 1.8.1. Technique
  - 1.8.2. Benefits
  - 1.8.3. Results and Possible Side Effects
- 1.9. Dr. Ozgur Leylek's Minimally Invasive Techniques
  - 1.9.1. PUTL (Peri Urethral Thread Lifting) TM
  - 1.9.2. VTT-L (Vaginal Thread Tightening Longitudinal) TM
  - 1.9.3. VTT-C (Vaginal Thread Tightening Circular) TM
- 1.10. Other Uses of Thread Tightening in Female Body Aesthetics
  - 1.10.1. Brachioplasty with Threads
  - 1.10.2. Thread Tightening to Rejuvenate the Legs and Thighs
  - 1.10.3. Thread Tightening in Neck and Jowls

## Module 2. Hyaluronic Acid in Gynecoesthetics

- 2.1. What is Hyaluronic Acid?
  - 2.1.1. What is Hyaluronic Acid?
  - 2.1.2. Types of Hyaluronic Acid
  - 2.1.3. Main Indications at Aesthetics
  - 2.1.4. Properties and Benefits
- 2.2. Hyaluronic Acid in Vaginal Atrophy and Vaginal Dryness (associated with vaginal atrophy or not) and Vaginal and Vulvar Itching
  - 2.2.1. Technique
  - 2.2.2. Benefits
  - 2.2.3. Results and Possible Side Effects
- 2.3. Hyaluronic Acid in Recurrent Urinary Tract Infections and Urogenital Syndrome of Menopause
  - 2.3.1. Technique
  - 2.3.2. Benefits
  - 2.3.3. Results and Possible Side Effects
- 2.4. Hyaluronic Acid in Scar Pain (Episiotomy)
  - 2.4.1. Technique
  - 2.4.2. Benefits
  - 2.4.3. Results and Possible Side Effects

- 2.5. Hyaluronic Acid in the Discomfort Caused by Excessive Size of the Labia Minora and Atrophy of the Labia Majora. Aesthetic Desire for Greater Volume in Labia Majora
  - 2.5.1. Technique
  - 2.5.2. Benefits
  - 2.5.3. Results and Possible Side Effects
- 2.6. Hyaluronic Acid in the Aesthetic Desire to Elevate Giving Volume to Invaginated Scars, Painful or Not
  - 2.6.1. Technique
  - 2.6.2. Benefits
  - 2.6.3. Results and Possible Side Effects
- 2.7. Hyaluronic Acid in the Desire to Improve Vaginal Sensations during Sexual Intercourse
  - 2.7.1. Projection of the Controversial G-spot
  - 2.7.2. Increase in the Volume of the Vaginal Walls
  - 2.7.3. Results and Possible Side Effects
- 2.8. Hyaluronic Acid for Treatment of Lichen and other Dermatoses
  - 2.8.1. Technique
  - 2.8.2. Benefits
  - 2.8.3. Results and Possible Side Effects
- 2.9. Hyaluronic Acid in Other Parts of the Female Body: Buttocks and Breasts
  - 2.9.1. Technique
  - 2.9.2. Benefits
  - 2.9.3. Results and Possible Side Effects
- 2.10. Post-treatment Care
  - 2.10.1. Number of Sessions
  - 2.10.2. Limitations and Contraindications
  - 2.10.3. Durability
  - 2.10.4. Can Sensitivity be Lost?



**Module 3. Use of Botulinum Toxin in Genital Area**

- 3.1. What is Botulinum Toxin?
  - 3.1.1. What is Botulinum Toxin?
  - 3.1.2. What are the Existing Toxin Types
  - 3.1.3. What is their Mechanism of Action?
  - 3.1.4. What Brands are Used in Gynecoesthetics?
- 3.2. Reconstitution (preparation) of the Toxin and its Conservation
  - 3.2.1. Do All Toxins Require Refrigeration?
  - 3.2.2. Do All Toxins Need to be Reconstituted?
  - 3.2.3. Dilution of the Toxin According to the Treatment to be Performed
- 3.3. Vaginismus and Botulinum Toxin
  - 3.3.1. Technique
  - 3.3.2. Benefits
  - 3.3.3. Results and Possible Side Effects
- 3.4. Painful Episiotomy and Botulinum Toxin
  - 3.4.1. Technique
  - 3.4.2. Benefits
  - 3.4.3. Results and Possible Side Effects
- 3.5. Vulvodynia and Botulinum Toxin
  - 3.5.1. Technique
  - 3.5.2. Benefits
  - 3.5.3. Results and Possible Side Effects
- 3.6. Urinary Incontinence and Botulinum Toxin
  - 3.6.1. Technique
  - 3.6.2. Benefits
  - 3.6.3. Results and Possible Side Effects
- 3.7. Vaginal Hyperhidrosis and Botulinum Toxin
  - 3.7.1. Technique
  - 3.7.2. Benefits
  - 3.7.3. Results and Possible Side Effects
- 3.8. Complications from Botulinum Toxin Application
  - 3.8.1. What are the most frequent undesired effects of botulinum toxin?
  - 3.8.2. What solutions are available to reverse the unwanted effect earlier (electrostimulation)?
  - 3.8.3. How to try to prevent these unwanted effects
- 3.9. Post-treatment recommendations
  - 3.9.1. General recommendations to our patients after treatment with botulinum toxin
  - 3.9.2. Botulinum Toxin and Heat
  - 3.9.3. Botulinum Toxin and Physical Exercise
- 3.10. Durability of Botulinum Toxin
  - 3.10.1. Do all toxins (brands) have the same effect and duration?
  - 3.10.2. Factors influencing the duration of the botulinum toxin
  - 3.10.3. Patients resistant to toxin treatment. Antibody theory



*This TECH program combines a flexible teaching methodology with comprehensive content and up-to-date information on the latest developments in this area of Health"*

05

# Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.



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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gervas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the physician's professional practice.



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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

*Professionals will learn through real cases and by resolving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



#### Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





**Expert-Led Case Studies and Case Analysis**

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



**Testing & Retesting**

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



**Classes**

There is scientific evidence on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



**Quick Action Guides**

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



06

# Certificate

The Postgraduate Certificate in New Products in the Aesthetic and Functional Health of the Female Genitalia guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.





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*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*

This **Postgraduate Diploma in New Products in the Aesthetic and Functional Health of the Female Genitalia** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Diploma** issued by **TECH Technological University** via tracked delivery\*.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Diploma ,and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Diploma in New Products in the Aesthetic and Functional Health of the Female Genitalia**

Official N° of Hours: **450 h.**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.





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- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

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