

Bespoke Facial Anatomy Teaching

We find out about a new specialised approach to facial anatomy training for cosmetic non-surgical rejuvenation being pioneered by plastic surgeon **Mr Dalvi Humzah**

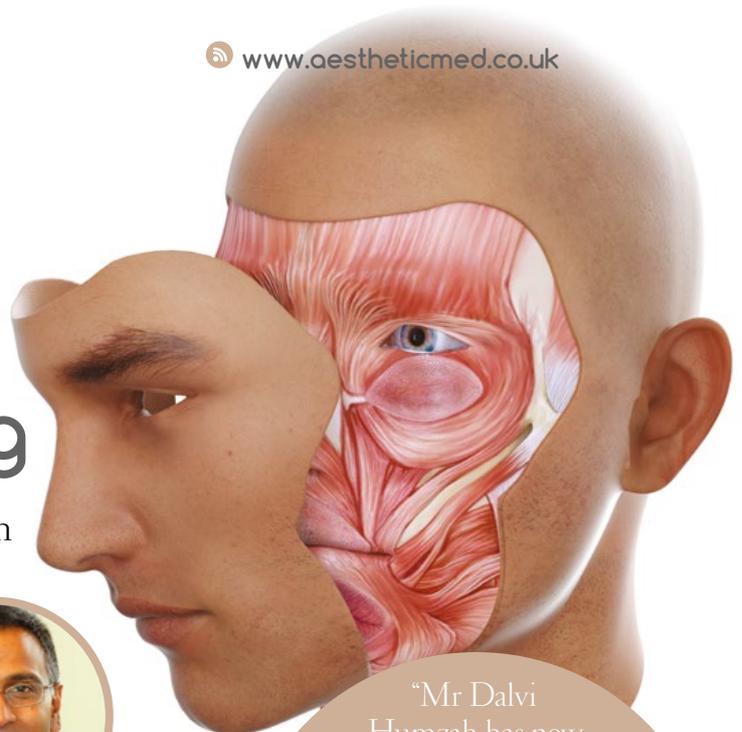


A current and in-depth anatomical awareness is imperative to those involved in providing cosmetic non-surgical rejuvenation treatments. In order to treat effectively and safely, it is key that practitioners have a robust and accurate understanding of the dynamic nature of anatomy, which underpins the ageing process and variations that may exist. This will enable appropriate planning of treatments and reduce potential complications.

Plastic surgeon Mr Dalvi Humzah believes that many training courses for medical professionals practising in this highly specialised sector may not sufficiently or accurately capture the anatomical component in their teaching programmes and that the majority of anatomical texts available are not current or specific in portraying the detailed knowledge required to deliver a safe and high standard of aesthetic treatments to cosmetic patients, or may be inconsistent in detail. He says, "There have been major advances in anatomical knowledge that have implications for how we plan and deliver optimal aesthetic treatments. Knowledge of the fat compartments, ageing of the facial skeleton and the dynamic changes of the tissues with ageing are all areas that are being published recently. It is important that those professionals providing treatments to their patients are up to date with this current knowledge."

Having studied Advanced Human Anatomy, Developmental Anatomy and Neuro-Anatomy as part of his BSc (Hons), Mr Humzah has developed an accredited facial anatomy teaching programme tailored to the aesthetic industry. These classes are entirely independent and delivered in a bespoke manner, in small groups, to allow delegates the time and attention to focus on particular anatomical areas that they may be interested in, under an expert tutor.

One of the key learning objectives which delegates take from the day is to visualise the face in a truly three dimensional manner and see the layers and transitional zones in the face. Mr Humzah uses the facilities at national teaching venues and demonstrates the use of blunt cannulae and needles in the different anatomical regions that are demonstrated live to delegates. This also allows them to appreciate the planes of injection to place toxin and filler, an experience unique in anatomical demonstrations. There is adequate opportunity within the classes for delegates to use the cannulae and needle to appreciate the "safe" planes for product placement first hand for themselves. **AM**



"Mr Dalvi Humzah has now connected the left and right sides of my brain in relation to my non-surgical practice, this teaching is highly specialised, providing an invaluable insight into the many anatomical concepts a cosmetic practitioner requires to treat effectively."

Dr Sabine Zenker, Munich, Germany



"Mr Humzah's anatomy teaching session is of a very high standard and conducted in a very learning friendly and relaxed atmosphere. In one four-hour session the anatomy of the face and neck is dissected and all relevant tissues demonstrated in detail. I found the revision of the anatomy of the face and neck extremely useful and most certainly very pertinent to my scope of cosmetic practice. It served as a very good reminder of the anatomical pitfalls associated with facial cosmetic treatments because Mr Humzah's teaching focuses on the applied anatomy associated with cosmetic treatments. The teaching session has certainly given my confidence a boost and I recommend it to all cosmetic practitioners, both for the inexperienced as well as the experienced. Money and time well spent!"

Dr Jacques Otto, Cosmedicate, London

