

Hands-On Surgical Training

Procedure-Specific Day Schedules (with daily timings)

All surgical trainings run from **09:00 to 18:00**. Each procedure is taught as a **standalone program** (one procedure per course). Completion of the designated online theoretical preparation is mandatory prior to participation.

Earlobe Surgery (Repair & Reduction) — 1-Day Training

09:00 – 09:30 | Arrival, Setup & Case Discussion
09:30 – 10:15 | Planning, Marking & Safety Principles
10:15 – 12:30 | Patient 1 — Observation & Assistance (Trainer Operates)
12:30 – 13:15 | Lunch Break
13:15 – 15:15 | Patient 2 — Participant Performs One Side
Trainer performs contralateral side
15:15 – 15:30 | Break
15:30 – 16:45 | Patient 3 — Participant Performs Full Procedure (Supervised)
16:45 – 17:30 | Postoperative Care, Scar Strategy & Revision Principles
17:30 – 18:00 | Evaluation, Q&A; & Certification

Upper Eyelid Surgery (Blepharoplasty) — 4-Day Training

Day 1 — Observation & Assisted Surgery

09:00 – 09:30 | Arrival, OR Setup & Case Briefing

09:30 – 10:30 | Instrumentation & OR Workflow
Sterile setup · Instrument handling · Step overview

10:30 – 12:30 | Live Surgery — Trainer Operates (Participant Assists)

12:30 – 13:15 | Lunch Break

13:15 – 16:30 | Live Surgery — Continued
Assistance only · Surgical flow · Closure principles

16:30 – 17:30 | Postoperative Protocols & Complication Prevention

17:30 – 18:00 | Debrief, Q&A; & Assignments for Day 2

Day 2 — Planning, Marking & Basic Surgical Skills

09:00 – 09:30 | Arrival & Case Briefing

09:30 – 10:30 | Preoperative Planning & Measurements

10:30 – 11:00 | Marking / Incision Design (Supervised)

11:00 – 11:15 | Coffee Break

11:15 – 12:30 | Basic Skills Block
Incision technique · Tissue handling · Hemostasis fundamentals

12:30 – 13:15 | Lunch Break

13:15 – 16:00 | Hands-On Surgery — Basic Steps Under Supervision
Marking verification · Controlled excision · Suturing

16:00 – 16:15 | Break

16:15 – 17:30 | Technique Refinement & Error Prevention

17:30 – 18:00 | Debrief & Individual Feedback

Day 3 — Partial Independent Surgery (One Side)

09:00 – 09:30 | Arrival & Case Planning

09:30 – 10:15 | Marking & Surgical Plan (Participant-Led)

10:15 – 12:30 | Live Surgery — Participant Performs One Side
Trainer performs contralateral side

12:30 – 13:15 | Lunch Break

13:15 – 16:15 | Live Surgery — Continued
Symmetry checks · Hemostasis · Closure

16:15 – 16:30 | Break

16:30 – 17:30 | Case Review & Clinical Decision-Making

17:30 – 18:00 | Debrief & Next-Day Targets

Day 4 — Fully Supervised Independent Surgery

09:00 – 09:30 | Arrival & Independent Case Planning

09:30 – 10:15 | Marking & Final Plan Approval

10:15 – 12:30 | Live Surgery — Participant Performs Full Procedure
Trainer supervises; intervenes only if needed

12:30 – 13:15 | Lunch Break

13:15 – 16:15 | Live Surgery — Continued & Closure

16:15 – 16:30 | Break

16:30 – 17:30 | Readiness Assessment & Personal Improvement Plan

17:30 – 18:00 | Closing, Certification & Practice Guidelines

Lip Lift Surgery — 4-Day Training

Day 1 — Observation & Assisted Surgery

09:00 – 09:30 | Arrival, OR Setup & Case Briefing

09:30 – 10:30 | Instrumentation & OR Workflow
Sterile setup · Instrument handling · Step overview

10:30 – 12:30 | Live Surgery — Trainer Operates (Participant Assists)

12:30 – 13:15 | Lunch Break

13:15 – 16:30 | Live Surgery — Continued
Assistance only · Surgical flow · Closure principles

16:30 – 17:30 | Postoperative Protocols & Complication Prevention

17:30 – 18:00 | Debrief, Q&A; & Assignments for Day 2

Day 2 — Planning, Marking & Basic Surgical Skills

09:00 – 09:30 | Arrival & Case Briefing

09:30 – 10:30 | Preoperative Planning & Measurements & Aesthetic Analysis

10:30 – 11:00 | Marking & Philtral Design / Incision Design (Supervised)

11:00 – 11:15 | Coffee Break

11:15 – 12:30 | Basic Skills Block
Controlled excision · Tissue handling · Hemostasis · Suturing technique

12:30 – 13:15 | Lunch Break

13:15 – 16:00 | Hands-On Surgery — Basic Steps Under Supervision
Marking & Philtral Design verification · Controlled excision · Suturing

16:00 – 16:15 | Break

16:15 – 17:30 | Technique Refinement & Error Prevention

17:30 – 18:00 | Debrief & Individual Feedback

Day 3 — Partial Independent Surgery (One Side)

09:00 – 09:30 | Arrival & Case Planning

09:30 – 10:15 | Marking & Philtral Design & Surgical Plan (Participant-Led)

10:15 – 12:30 | Live Surgery — Participant Performs One Side
Trainer performs contralateral side

12:30 – 13:15 | Lunch Break

13:15 – 16:15 | Live Surgery — Continued
Symmetry checks · Hemostasis · Closure

16:15 – 16:30 | Break

16:30 – 17:30 | Case Review & Clinical Decision-Making

17:30 – 18:00 | Debrief & Next-Day Targets

Day 4 — Fully Supervised Independent Surgery

09:00 – 09:30 | Arrival & Independent Case Planning

09:30 – 10:15 | Marking & Philtral Design & Final Plan Approval

10:15 – 12:30 | Live Surgery — Participant Performs Full Procedure
Trainer supervises; intervenes only if needed

12:30 – 13:15 | Lunch Break

13:15 – 16:15 | Live Surgery — Continued & Closure

16:15 – 16:30 | Break

16:30 – 17:30 | Readiness Assessment & Personal Improvement Plan

17:30 – 18:00 | Closing, Certification & Practice Guidelines

Completion of each surgical training program qualifies participants to start practicing the trained procedure within a clearly defined scope of practice. Full surgical mastery requires continued supervised clinical experience.