

Conference

Oktober 2019
08.00 - 16.00 WIB

Cendrawasih Hall 1, Jakarta Convention Center (JCC)

Kali ini, **Cosmobeauté Indonesia 2019** akan mengadakan event yang lebih besar dari tahun sebelumnya. Berbeda dari Cosmeaesthetic Seminar, tahun ini kami menyelenggarakan **Cosmeaesthetic Conference**. Conference ini mempromosikan konten dan pengetahuan tentang kecantikan yang bukan hanya sekedar jampi-jampi sebelumnya, tentunya dengan pembicara yang kredibel, berbeda dengan yang lainnya, dan ahli di bidangnya. Dengan mengangkat topik di industri kecantikan yang lebih ilmiah, anda bisa menemukan pengetahuan yang lebih dalam lagi tentang kebutuhan di industri ini.

Hari **1** Jumat, 18 Oktober 2019

Sesi 1 New Horizon in Acne Care



08.00 – 09.20
Improving Acne Treatment Outcomes
Dr. Syarif M. Westraatmadja, Sp.KKK, FMSD, FAADV



09.20 – 09.40
Ideal Sun block for acne prone skin
Dr. Rita Maria, Sp.KK



09.40 – 10.05
Dietary Influence on Acne Vulgaris
Dr. Elan Pratiwi, Sp.KK, FMSD, FAADV



10.00 – 10.20
Understanding of the Multiple Causes of Teenage Acne & Its Management
Dr. Fitri Agustina, Sp.KK, FMSD



10.20 – 10.45
Chemical Peels in the Treatment of Acne : Patient Selections & Perspective
Dr. Lili Nurawati, Sp.KK, FMSD, FAADV

Sesi 2 Current Trends in Cosmeceuticals



11.00 – 11.20
New Generation of Cosmeceuticals Agents
Dr. Lili Nurawati, Sp.KKK, FMSD, FAADV



11.20 – 11.40
New Revolution in Topical Sun Protection
Dr. Dewi Ayu Sapriyandini, W. Bkennel, Sp.KK



11.40 – 12.00
The Role of Topical Multi Peptide in Aging Skin
Dr. Diky Praxafitza, Sp.KK

Sesi 3 EBD for various indication



13.20 – 13.40
Combination Therapy for Acne Scarring : Personal Experience & Clinical Suggestion
Dr. dr. Anrahman, Sp.KK, FMSD, FAADV



13.40 – 14.00
Scar Wars with Liquid Jet Approach
Dr. Stanley Setiawan, Sp.KK



14.00 – 14.20
Periorbital Hyperpigmentation Treatment with EBD and Combination Chemical Peeling
Dr. Lili Nurawati, Sp.KK, FMSD, FAADV



14.20 – 14.40
Maximizing Efficacy of Energy Based Device for Atrophic Acne Scars
Dr. Anrahman Arifin, Sp.KK, FMSD, FAADV

Sesi 4 Thread face lift with mesh system (from Korea)

14.40 – 15.00
Essential Factor for Lifting

15.00 – 15.20
Thread generation function of Mesh

15.20 – 15.40
Tissue of Ingrowth technology

15.40 – 16.00
Mesh only vs. Mesh with Barb



SERTIFIKAT

Diberikan kepada :

Dr. dr. Ago Harlim, MARS, Sp.KK, FINSDV, FAADV

Sebagai

Pembicara

Pada Simposium

**Cosmoaesthetic Conference
Recent Advancements in Cosmetic Dermatology**

18 - 19 Oktober 2019

Balai Sidang Jakarta Convention Center

SKP IDI Wilayah DKI Jakarta No. 0417/IDIWILJKT/SKP/X/2019
Peserta 8 SKP, Pembicara 8 SKP, Moderator 2 SKP, Panitia 1 SKP

Dr. dr. Dian Andriani, SpKK, M.Biomed, MARS, FINSDV
Kadep. Kulit dan Kelamin RSAPD Gatot Subroto

dr. Abraham Arimuko, Sp.KK, MARS, FINSDV, FAADV
Ketua Panitia

cosmobeauté Indonesia 2019



Cosmoaesthetic Conference

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dr. Stacey Sellawan, Sp.KK



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Jakarta, 12 Agustus 2019

Nomor : 034/PI-ADM/CBI/VIII/2019
Perihal : Permohonan menjadi Pembicara
Lampiran : 1 (satu) berkas

Kepada Yth.

Dr. dr. Ago Harlim, MARS, Sp.KK
di tempat

Dengan hormat,

Sehubungan dengan akan diselenggarakannya Simposium oleh Departemen Kulit dan Kelamin bekerjasama dengan Cosmobeaute Indonesia dengan tema ***Cosmoaesthetic Conference*** pada hari Jumat, 18 Oktober 2019 di Conference Room – Cendrawasih Hall Jakarta Convention Center, bersama ini kami memohon kesediaan dokter untuk menjadi pembicara dalam acara tersebut dengan topik ***“Combination Therapy for Acne Scaring : Personal Experience & Clinical Suggestion”***.

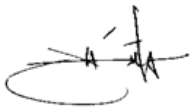
Bersama ini pula kami lampirkan jadwal acara dan surat pernyataan kesediaan menjadi pembicara. Makalah atau *power point* kami harapkan dapat dikirim ke panitia langsung atau melalui e-mail **manda.amandatiara@gmail.com / Kristi.Wulandari@pamerindo.com** paling lambat tanggal **23 September 2019**.

Surat pernyataan kesediaan menjadi pembicara kami harapkan dapat dikirim sebelum tanggal **18 Agustus 2019** untuk mempercepat pengurusan akreditasi.

Demikian surat ini dan atas kesediaan dan perhatian Dokter, kami ucapkan terima kasih.

Hormat kami,

Cosmobeaute Indonesia



Juanita Soerakoesoemah
Director

SURAT PERNYATAAN KESANGGUPAN MENJADI PEMBICARA

Yang bertanda tangan dibawah ini :

Nama : **Dr. dr. Ago Harlim, MARS, Sp.KK**

Alamat : Jalan Gajah Mada 193 A

Telepon / HP : 0816854083

Fax : -

E-mail : agoharlim@yahoo.com

menyatakan sanggup berpartisipasi dalam kegiatan Simposium **Cosmoaesthetic Conference** pada hari Jumat, 18 Oktober 2019 di Conference Room, Cendarwasih Room 1 - Balai Sidang Jakarta Convention Center, sebagai pembicara dengan topik ***“Combination Therapy for Acne Scaring : Personal Experience & Clinical Suggestion”***.

Jakarta, 13 Agustus 2019

Yang Menyatakan

Dr. dr. Ago Harlim, MARS, Sp.KK

SUSUNAN ACARA

Jumat , 18 Oktober 2019

Conference Room, Cendrawasih Hall 1 - Balai Sidang Jakarta Convention Center

Hari ke 1 – Jumat - 18 Oktober 2019

08.00 – 08.45	Registrasi
08.45 – 09.00	Kata Sambutan dan Pembukaan
09.00 – 12.00	Sesi I. New Horizon in Acne Care
09.00 – 09.20	Improving Acne Treatment Outcomes Sjarif M. Wasitaatmadja
09.20 – 09.40	Pediatric Acne Management Rita Maria
09.40 – 10.00	Dietary Influence on Acne Vulgaris Dian Pratiwi
10.00 – 10.20	Understanding of the Multiple Causes of Teenage Acne & Its Management
	Irma Bernadette
10.20 – 10.40	Chemical Peels in the Treatment of Acne : Patient Selections & Perspective
	Rudianto Sutarman
10.40 – 11.00	Diskusi
11.00 – 12.20	Sesi 2. Current Trends in Cosmetceuticals
11.00 – 11.20	New Generation Cosmeceuticals Agents Lili Legiawati
11.20 – 11.40	New Revolution in Topical Sun Protection I Dewa Ayu Supriyantini
11.40 – 12.00	New Innovation in Skin Care Product with Nanosome Technology Fredy Setyawan
12.00 – 12.20	Diskusi
12.20 - 13.20	ISHOMA
13.20 – 14.40	Sesi 3. The Scar Expert Forum
13.20 – 13.40	Combination Therapy for Acne Scaring : Personal Experience & Clinical Suggestion
	Ago Harlim
13.40 – 14.00	Scar Wars with Enerjet Stanley Setiawan
14.00 – 14.20	Maximizing Efficacy of Energy Based Device for Atrophic Acne Scars Abraham Arimuko
14.20 – 14.40	Diskusi
14.40 - 16.00	Sesi 4. Thread face lift with mesh system (dokter dari Korea)
14.40 - 15.00	Essential Factor for lifting
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15.20 – 15.40	Tissue of ingrowth technology
15.40 – 16.00	Mesh only vs. Mesh with Barb
16.00 – 16.20	Diskusi

Combination therapy for acne scar

Introduction: Laser bisa digunakan untuk mengobati akne scar, tetapi ibanyak jenis laser yang menimbulkan hiperpigmentasi post inflamasi terutama pada kulit asia atau Fitzpatrick tipe 4-6. Karena itu diperlukan pengetahuan tentang jenis laser apa saja yang baik digunakan pada kulit asia dalam terapi akne scar

Methods: beberapa kasus akne scar pada kulit asia, kami coba terapi dengan berbagai macam laser ablative dan non ablative. Kemudian kita bandingkan hasil dan efek sampingnya (laser fraxional CO2 laser, Erbium yag laser, Neddele RF)

Result: Laser non ablative lebih cocok pada kulit asia utk terapi akne scar, tetapi hasil lebih minimal. Laser ablative lebih memberikan hasil terapi yang lebih baik tetapi efek samping hiperpigmentasi lebih tinggi

Conclusions: Kombinasi laser ablative superfial dan non ablative stimulasi kolagen adalah yang terbaik untuk kulit asia dalam terapi akne scar.

Introduction : Laser is used for acne scar therapy, but there is many kind of laser that cause hyperpigmentation post inflammation, particularly in as Asian skin or Fitzpatrick type 4-6. Indeed need basic knowledge about many kind of laser that good for Asian skin for acne scar therapy.

Methods : In fewer acne scar cases of Asian skin, we tried to therapy with many kind of ablative laser and non ablative laser. And then, we compared the result and the adverse effect (fraxional CO2 laser, erbium yag laser, Neddle RF)

Results : Non ablative laser more compatible with Asian skin for acne scar therapy, but the result is minimum. Ablative laser giving the best result although the hyperpigmentation effect is higher.

Conclusions : Ablative superfial laser combination and non ablative collagen stimulation is the best for acne scar therapy in Asian skin.

Scar formation is the normal and natural response of tissue to wound healing following an injury that is significant enough to elicit this host tissue response. The incidence of acne scarring may be increased above the background injury with manipulation or “picking” by the patient. These scars may be aesthetically unappealing, and if hypertrophic, they may be painful as well.³

Even relatively minor scarring can have a profoundly adverse psychological impact on the patient. Some patients with acne scarring may become despondent, and the emotional impact can last a lifetime.

Acne scarring, which occurs in 95 percent of all people with acne vulgaris,¹ can be challenging to treat.² Severely inflamed lesions may leave permanent scars, which can be associated with psychological pain, low self-esteem, and reduced quality of life.² Moreover, the clinical severity of acne scars is not necessarily

an accurate measure of the patient's distress (i.e., mild scarring may result in significant distress), just as the clinical severity of the acne vulgaris may not be correlated to the incidence or severity of scarring. General dermatologists are frequently presented with acne scarring and asked to counsel patients with regard to their treatment options. As acne scars often worsen over time, many of these patients are beyond the "acne age" of late teens into the early

Classification of Acne Scars

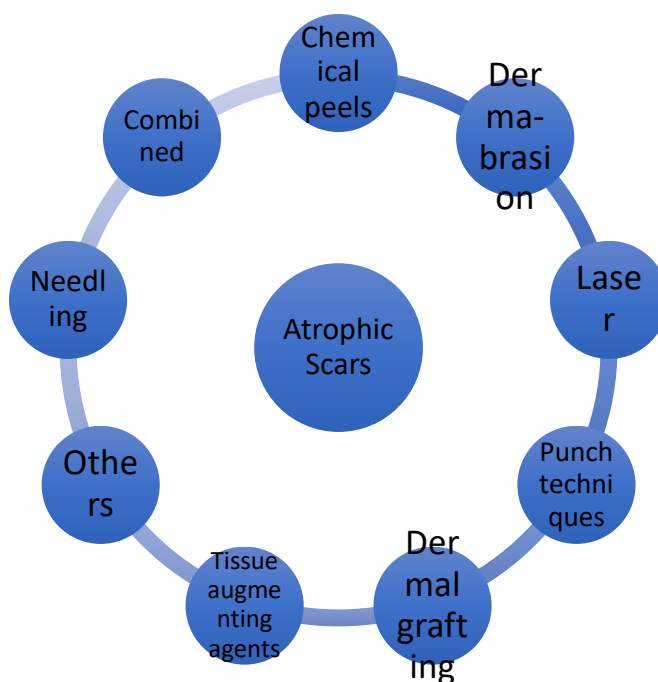


So the problem in acne scar is atrophy and hypertrophy such as keloid

Common scar removal treatments include: dermabrasion, microdermabrasion, chemical peel, retinoic acid, laser, punch excision, filler, skin graft

- **Demabrasion** This very effective scar removal treatment uses a high-speed brush or other instrument to resurface your skin and remove or reduce the depth of scars. You will typically need several days to heal afterward.
- **Micro-dermabrasion.** For this less intensive type of dermabrasion, a dermatologist or aesthetician uses a spray of very small crystals instead of a high-speed brush to remove surface skin. More than one treatment may be required, and there is no downtime.
- **Trichloroacetic acid (TCA) Chemical peels.** Chemical peels can reduce the appearance of shallow acne scars and post-inflammatory hyper-pigmentation around a healed acne lesion. A chemical peel may be administered by a doctor, nurse, nurse practitioner, or spa aesthetician and involves applying a chemical to your skin to remove its outer layer, giving it a smoother, more even appearance. Depending on the strength of the acid used, you may experience redness and peeling for a few days afterward.

- Retinoic acid. Certain tissue scars should not be treated with traditional acne scar removal treatments. Instead, retinoic acid cream applied directly to the scar can help reduce its appearance, especially in the case of keloid scars.
- Lasers. Your dermatologist can use a laser to remove the outer layer of your skin, contour areas of acne scars, or lighten redness around healed acne lesions. Various types of lasers are used, depending on whether the acne scar is raised or flat. More than one laser treatment may be required and, depending on the laser used, you may need to several days to heal.
- Fillers. A substance such as collagen, hyaluronic acid, or fat can be used to "fill out" certain types of acne scars, especially those that have resulted in a depressed appearance of the skin. Since fillers are eventually absorbed into your skin, you will have to repeat filler injections, usually every few months, depending on the type of product used. There is no downtime for recovery from this treatment.
- Punch excisions. This type of skin surgery removes acne scars by individually excising, or cutting out, the scar. The hole left by the incision can be repaired with stitches or a skin graft. This technique is most often used to treat pitted acne scars.
- Skin grafting. With skin grafting, your doctor will use a small piece of normal skin to fill in an area of scarred skin. Skin grafts are usually taken from skin behind your ear. This technique may also be used when an acne scar removal treatment, such as dermabrasion, leaves a large tunnel in your skin.
- For hypertrophic scar we can use triamconon injection, silicone gel, cryo therapi, long pulse NdYag laser, Pulse day laser



Significant advances in laser technology have occurred in the past 2 decades, making laser therapy a valuable and highly versatile treatment for a number of skin conditions. We will

review how and why lasers work, and what lasers can be used for the treatment of various skin condition.

Nd:YAG, or neodymium-doped yttrium aluminum garnet, is one of the more advanced types of laser technology now commonly used for the treatment of a wide range of skin and eye disorders. It is marketed under different brand names, including Cutera, RevLite Q-Switched, and Fotona, among others. Each machine is uniquely designed to treat specific problems.

TCA Cross Method (chemical peel)

The TCA CROSS procedure involves depositing small amounts of **TCA** at high concentration (70–100%) onto the surface of the atrophic scar. The aim is to improve the appearance of the scar by increasing collagen reflectance and reducing shadows cast over scar depressions.

TCA CROSS is useful in the following types of atrophic scar: boxcar acne scars, rolling acne scars, Ice-pick acne scars. , TCA cross is the best for Ice-pick acne scars





LASER

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Some important thing , we have to know

Light Photon's Energy chromophore is Absorption of light photon's energy is absorbed by transferred to a chromophore.

A chromophore is an atom or molecule that gives color to a substance and can absorb light at a certain wavelength. Two major chromophore in the skin are melanin and oxyhemoglobin. Our body have a lot of water. Water absorb light in the near infrared portion of the electromagnetic spectrum.

Thermal relaxation time = time it tikes for a target substance to cool to half the tempeature to which it was heated without in creasing the temperature of surrounding tissues. The fluence is high enough to heat the target to and pulse duration shorter than the target's TRT

The principle acne scar laser therapy

Laser works to remove the top layer of your skin where a scar has formed. As this top layer of your scar peels off, your skin appears smoother, and the appearance of the scar is less noticeable or you can use ablative laser such as Erb Yag, CO2 laser fractional

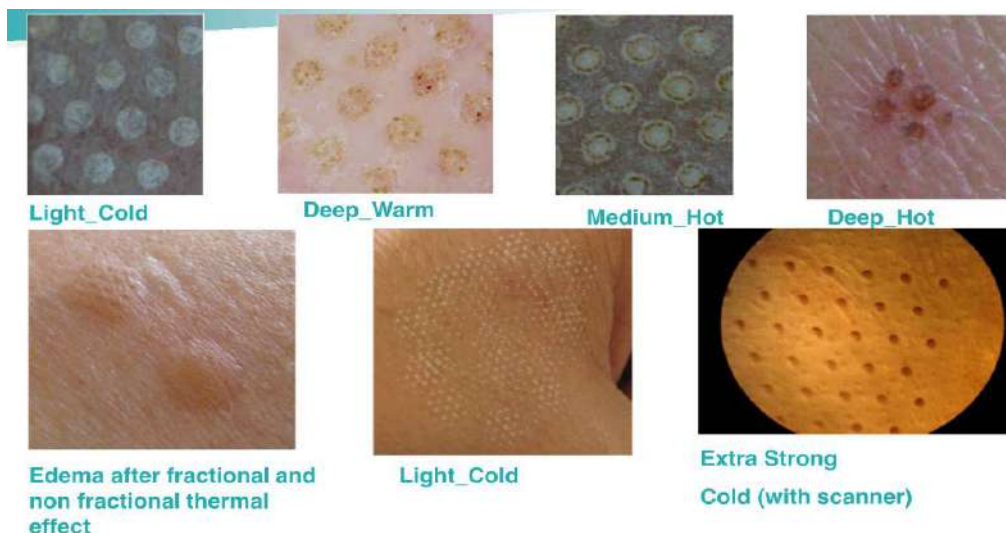
As the scar tissue breaks apart, heat and light from the laser also encourage new, healthy skin cells to grow. Blood flow is drawn to the area by the heat of the laser, and inflammation is reduced as blood vessels in the scar are targeted.

All of this combines to make scars look less raised and red, giving them a smaller appearance. It also promotes the healing of your skin.

Best Combination akne scar treatment, first we have to removed the top laser, we can use ablative laser, demabrasion, subcision, neddling and second, collagen stimulation for deep layer uses such as heat, growth factor, low power laser or Non ablative laser such as IPL, fraxional erbium Yag laser, long pulse Nd yag laser.

Some laser already have 2 kind of this combination. Remove the top uses Erbium yag laser with short duration pulse with but when we leghtening the pulse with, it can make heat to stimulate the collagen. In 42 C , we can stimulate the tissue for collagen stimulation.

Examples of skin effects with different ablative Er: YAG fractional settings



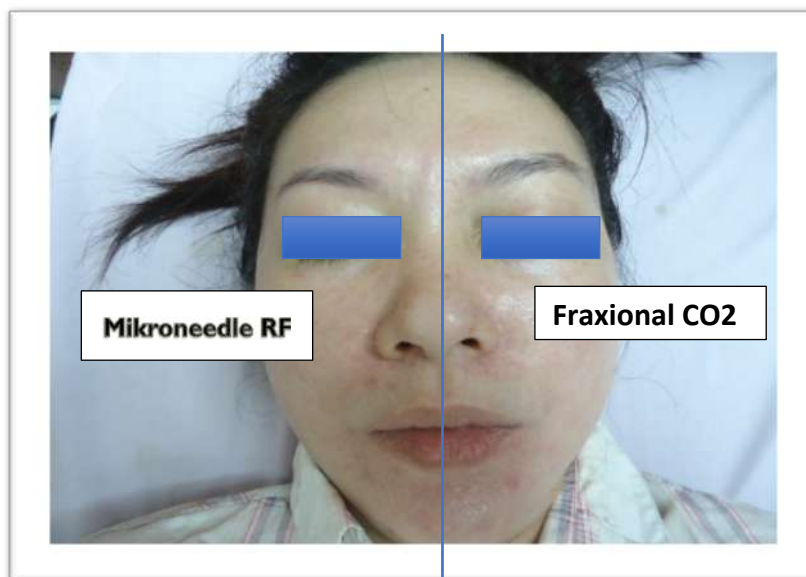
Pre-treatment Ablative Laser procedures

- ❖ Antiviral prophylaxis against cutaneous HSV
- ❖ A typical 6-week preparation regimen before laser resurfacing is as follows (controversial):
- ❖ Retinoic acid cream (0.05-0.1%): Apply 0.5-1g in the evening to avoid hyperpigmentation
- ❖ Hydroquinone cream (2-4%): Apply 0.5-1g twice daily to avoid hyperpigmentation
- ❖ Alpha-hydroxy acid cream (2-4%): Apply 0.5-1g in the morning



I pass: E 800 mJ, PW 600, spot 4mm, Fr 10 Hz
II pass: E 700 mJ, PW 1500, spot 4mm, Fr 10 Hz, 3 treatments

Before



Day 1



Day 2

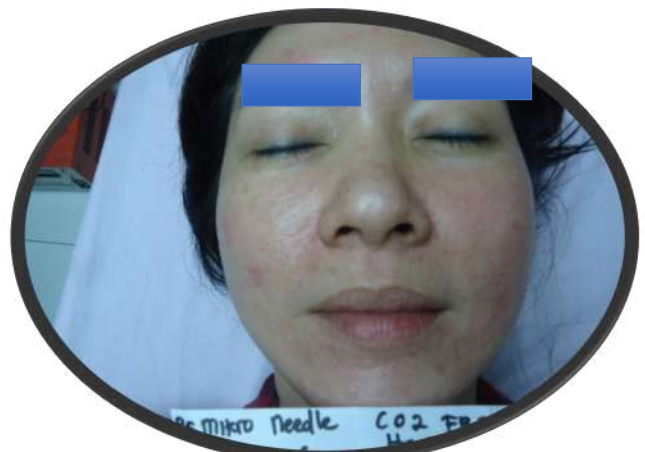


Pipi kanan	Pipi kiri
Rf Needle	Fraxional CO2
+ GF	+ GF
70 2,5	pin 3 18



Day 3

Day 4



Day 5

Day 6



Day 7



Before



Day 8

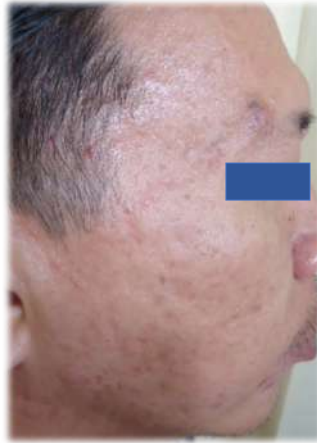
After

Fraxional RF

Before (14/04/2012)



After (14/09/2012)



Fraxional RF

Before (14/04/2012)



After (14/09/2012)



Erbium Yag



BEFORE



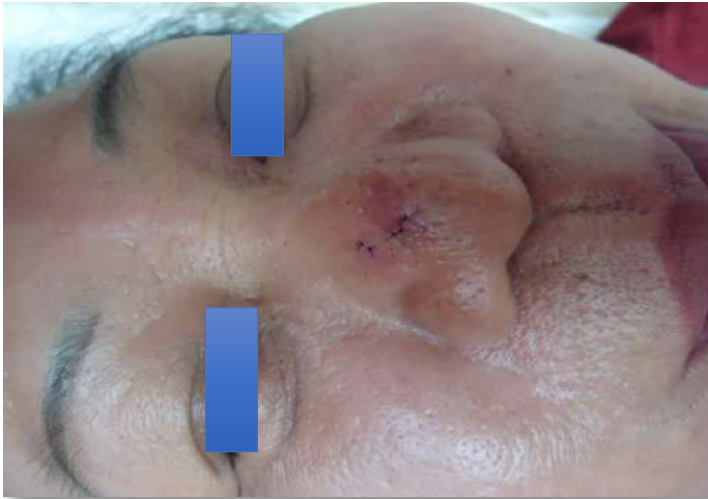
Immediately after laser



1 week



#PRXCL
(30-3-2012)
(22-10-1951)



Terapi : Punch surgery

Conclusion

Best treatment for rolling, boxcar acne scar is combination therapy between superficial ablative laser and non ablative/collagen stimulation laser. TCA cross is best for ice pick scar.

Reference

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