

The First International Congress 'Current State in Corrective Dermatology: Lasers and Fillers' Zagreb, October 1-2, 2010

The First International Congress 'Current State in Corrective Dermatology: Lasers and Fillers', organized by Asst. Prof. Zrinka Bukvić-Mokos, MD, PhD, and Prof. Jasna Lipozenčić, MD, PhD, under the auspices of the Academy of Medical Sciences of Croatia, was successfully held on October 1-2, 2010, in Lecture Halls of the University Department of Dermatology and Venereology, and of Audiology Center, University Department of ENT, Head and Neck Surgery, Zagreb University Hospital Center and School of Medicine, University of Zagreb. Congress participants were first addressed by the two organizers, with a note that meetings on laser treatment had been held at University Dermatology and Venereology, Zagreb University Hospital Center, for already five years.

The First International Congress 'Current State in Corrective Dermatology: Lasers and Fillers' took place in the year marking the 50th anniversary of the use of lasers in medicine, dermatology in particular. We embarked upon Congress organization after four years of having organized continuous education courses on lasers at our Department, i.e. at the Center for Lasers in Corrective Dermatology (Cosmetology) (CLD).

Corrective procedures by use of lasers (diode and Nd:YV 04/532 nm laser; Q-switched ruby 694 nm laser; CO₂ laser, 10600 nm; Er:YAG laser, 2940 nm; and diode Q 810 nm laser) have been performed at CLD since 2002; since 2006, CLD has three lasers.

This Congress was focused on the performance of ablative lasers, nonablative lasers, fraction resurfacing lasers, CO₂ laser and laser for lipolysis; indications for use of 532 nm laser in dermatology; treatment of vascular changes in childhood; use of laser for pigment changes pros and cons; laser epilation; current treatment of acne scars, burn scars

and keloid scars; and laser treatment of leg veins. The role of botulinum toxin in the management of hyperhidrosis instead of intense pulsed light (IPL) and IPL-activated boswellia nanoparticles, and the novel contribution in corneotherapy as well as the methods of rejuvenation were emphasized.

Mesotherapy has found application in medicine as well as in removing the signs of aging in people up to age 60. Four workshops were held in the frame of the Congress. The workshop entitled Rejuvenation with Fraction Burane XL Laser proved very successful and Congress participants had an opportunity to acquire direct experience on a model. Second workshop was dedicated to the use of chemical peeling with Glytone products (Asst. Prof. Z. Bukvić-Mokos). Third workshop dealt with mesotherapy by use of Filorga filler (Dr. Philippe Petit, France), while the fourth workshop was so conceived as to teach the participants how to use hyaluronic acid as a skin filler (Sanja Gregurić, MD).

This Congress gathered at one place dermatovenerologists, plastic surgeons, ENT specialists, biochemists, and manufacturers of nanoparticles used in Dermaviduals products.

The lectures presented in both Lecture Halls were followed by rich discussion on the critical approach in the use of corrective methods in general, and for attenuating the process of skin aging in particular. It was concluded that client inclusion in laser treatment according to indications should be taken into account, with due consideration of contraindications in case of failure of other methods of treatment available. The choice of corrective treatment should be based on individualized approach, professional opinion, and physician's experience in assessing the client or patient wishes and expectations, especially if unrealistic.

