



11TH INDERCOS

International Dermatology and Cosmetology Congress

Geriatric Dermatology and Cosmetology

16 - 19 April 2026



Radisson Blu Şişli Hotel
Türkiye

16 April 2026, Thursday Workshop Program



• Layered Mesotherapy Techniques

- Calcium Hydroxyapatite Applications in Aesthetic Dermatology
 - Full-Face Filler Treatment: Facial Analysis, Planning, and Injection Techniques
- PDLLA-Based Liquid Biostimulation Applications
 - Exosome-Based Regenerative Treatment Applications
 - Botulinum Toxin Applications in Aesthetic Dermatology
- Full-Face Filler Treatment: Assessment, Planning, and Injection Strategy

Instructors:

Mustafa Tümtürk

Nazlı Caf

Ozan Yıldırım

Defne Özkoca

Attendance in the course does not require congress registration.

- The details of the training will be determined based on the requests of participating physicians.
- The training sessions will take place at the Dermatocosmetology Center of Radisson Blu Şişli Hotel. Transfer service will be provided for participant attending the training.
- Training will be conducted by 6 different instructors.
- A maximum of 50 participant physicians will receive training simultaneously in each room.
- Registration for hands-on training is possible without registering for the congress.
- All dermatology assistants and dermatology specialists are welcome to participate.
- Dermatology assistants need to submit a document confirming their status as dermatology assistants from the departments where they work for participation.
- The fee for the Workshop Program (1 day) is 125 Euro + VAT (20%) for resident doctors and 150 Euro + VAT (20%) for specialist doctors.
- Participation in workshop training is limited by quotas.

📱 [indercos.congress](https://www.indercos.congress)

✉ indercos@figur.net

🌐 www.indercos.org



ORGANIZATION SECRETARIAT

FIGÜR CONGRESS & ORGANIZATION

19 Mayıs Mah. 19 Mayıs Cad. Nova Baran Center No: 4, 34360 Şişli / İstanbul - Turkey
Phone: +90 212 381 46 00 Fax: +90 212 258 60 78 E-mail: indercos@figur.net

Mesotherapy: Ozan Yıldırım

Time: 10.00-10.45

Learning Objectives

Explain the principles behind the procedure and how it works
Identify the indications and contraindications for mesotherapy
Discuss the benefits and limitations of mesotherapy compared to other treatments
Familiarize participants with common mesotherapy solutions (e.g., vitamins, amino acids, peptides, hyaluronic acid, and pharmaceutical agents).
Understand how to select appropriate ingredients based on patient needs.
Demonstrate the proper techniques for mesotherapy injection, including:
Depth and angle of injections.
Use of various devices (manual syringes, mesotherapy guns, micro-needling pens)

Calcium Hydroxyapatite: Nazlı Caf

Time: 10:45-11:30

Learning Objectives

Identify the right patient, address the appropriate indication, discuss the expectation from the procedure as well as provide the basic anatomical information necessary for the treatment.
Perfect the technique from the beginning (syringes and needles, points of injection, how to make the injection as painless as possible) until the end (after-treatment movements advice, beneficial effects, frequency of the injections). Recognize common pitfalls and how to avoid complications.

11:30-11:45 Coffee Break

Full-Face Filler Treatment: Facial Analysis, Planning, and Injection Techniques: Mustafa Tümtürk

Time: 11:45-12:30

Learning Objectives

This course will cover proper practices in filler injections that will highlight optimization of results and upholding safe injection techniques.
There will be an essential introductory discussion of clinical anatomy and danger zones, information is presented on the various available dermal fillers and injection techniques.
The use of dermal fillers for facial aesthetics and procedures in other parts of the body is then considered in detail.

PDLLA-Based Liquid Biostimulation Applications: Mustafa Tümtürk

Time: 12:30-13:15

Learning Objectives

Explain the mechanism of action of PDLLA. Identify indications and appropriate patient selection. Understand dilution and injection techniques. Recognize possible complications and their management.

13:15-13:30 Coffee Break

Exosome-Based Regenerative Treatment Applications:

Ozan Yıldırım

Time: 13:30-14:15

Learning Objectives

Understand the basic science and mechanism of exosomes, identify the main clinical indications in aesthetic dermatology, learn how to choose appropriate formulations, review common application methods, and recognize key safety considerations, expected outcomes, and appropriate treatment intervals.

Botulinum Toxin Applications in Aesthetic Dermatology:

Defne Özkoca

Time: 14:15-15:00

Learning Objectives

Identify the right patient, address the appropriate indication, discuss the expectation from the procedure as well as provide the basic anatomical information necessary for the treatment.
Perfect the technique from the beginning (syringes and needles, points of injection, how to make the injection as painless as possible) until the end (after-treatment movements advice, beneficial effects, frequency of the injections). Recognize common pitfalls and how to avoid complications

Full-Face Filler Treatment: Assessment, Planning, and Injection Strategy: Nazlı Caf

Time: 15:00-15:45

Learning Objectives

Understand the mechanism of action of CaHA. Identify appropriate patient selection and indications. Review safe injection techniques and facial anatomy. Recognize complications and prevention strategies.