

Beyond the Textbook: Interactive Expert Demonstrations Help Residents Grow Their Knowledge of Energy-Based Devices

30 residents visited Main Line Center for Laser Surgery in Ardmore, Pennsylvania, on Saturday, Sept. 13 for the ASDS Resident Workshop: Energy-Based Devices. This workshop offered residents a unique opportunity to deepen their understanding of multiple energy-based treatment modalities and pre and post care for the devices through live, interactive chairside patient demonstrations.

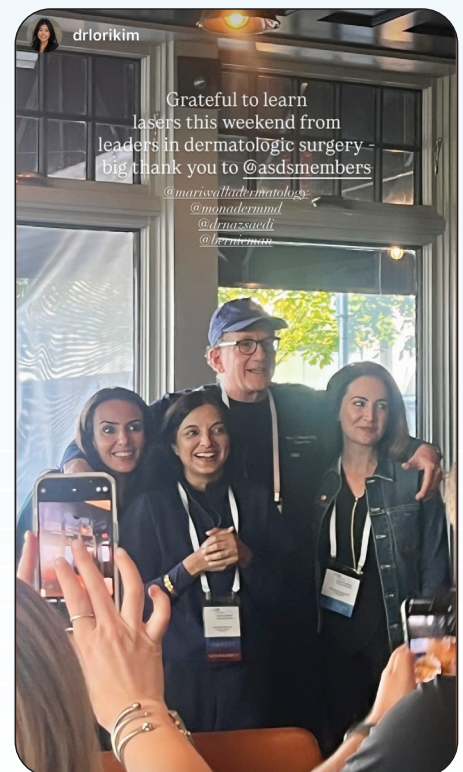
Course Faculty

- Co-Director – Eric Bernstein, MD, MSE
- Chelsey Eason Hoffman, MD, MSCR
- Kachiu Lee, MD, MPH
- Co-Director – Nazanin Saedi, MD
- Kavita Mariwalla, MD
- Mona Sadeghpour, MD

Following a brief welcome and course overview, attendees broke into small groups and rotated through four patient rooms for chairside demonstrations and guided discussions. This highly interactive format fostered an open, “ask-anything” environment, encouraging real-time questions and meaningful dialogue.

The Lunch and Learn session brought valuable insights as Alastin by Galderma presented, “Optimizing Outcomes with Post-Treatment Products with Alastin.” Following the presentation, attendees also enjoyed a collaborative conversation with both faculty and industry leaders, discovering how powerful partnerships and industry collaboration can fuel research, spark innovation and elevate patient care.

The afternoon session featured four additional rotations at Main Line Center



for Laser Surgery, showcasing a total of eight cutting-edge devices. Throughout the day, attendees had the opportunity to engage with faculty and peers, observing expert techniques and gaining hands-on experience with practical clinical skills, techniques and approaches.

- **Vascular and pigmented lesion treatment with Cynosure Lutronic DermaV™** by Eric Bernstein, MD, MSE
- **Resurfacing for pigment and acne scars with Solta Fraxel®** by Mona Sadeghpour, MD
- **Ultrasound for submental and neck lifting and wrinkles with Sofwave™** by Kachiu Lee, MD, MPH
- **Cryolipolysis permanent fat reduction with Allergan Aesthetics Coolsculpting®** by Kavita Mariwalla, MD
- **Cold fiber laser for acne scarring and photoaging with Acclaro UltraClear®** by Chelsea Eason Hoffman, MD, MSCR
- **Vascular and pigmented lesion treatment with Candela VBeam® Pro** by Eric Bernstein, MD, MSE
- **Rejuvenation for freckles, acne scars + tattoo removal with Cynosure Lutronic PicoSure®** by Nazanin Saedi, MD
- **Permanent hair reduction with Candela GentleMax Pro Plus®** by Mona Sadeghpour, MD

100% of the course evaluation responses rated the course as excellent or good. All responses also indicated that their participation improved their competence, performance and patient outcomes.

"It was an incredible opportunity to engage with a variety of cutting-edge technologies that are often not available at training programs."

"The in-depth exploration of the nuances of each energy-based device provided an exceptional learning experience and deepened my understanding of their clinical applications. Having the opportunity to observe live patient treatments was an especially impactful component, as it allowed for real-time translation of theory into practice. It was an honor to learn directly from such inspiring leaders and role models in the field. The location itself was also excellent — well chosen and highly convenient." ●

ASDS is grateful for the generous support of the following industry partners:

