



Global Train The Trainer

Intensive Anatomy Training

with **Definisse™ Threads** and **Fillers**

APRIL 5-6th | 2024

📍 *ATTC (Anatomy Techniques & Training Center)*

35 Sorou St, 151 25 Maroussi

Athens

NOTEBOOK

 Academy

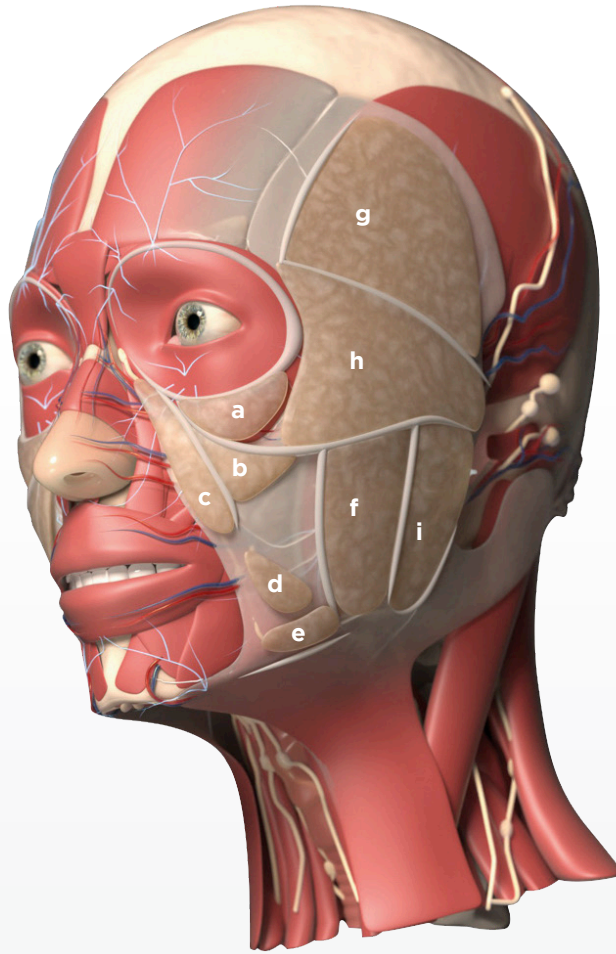
 ELIFE
MENARINI group





A N A T O M Y

SUPERFICIAL SUBCUTANEOUS FAT COMPARTMENTS

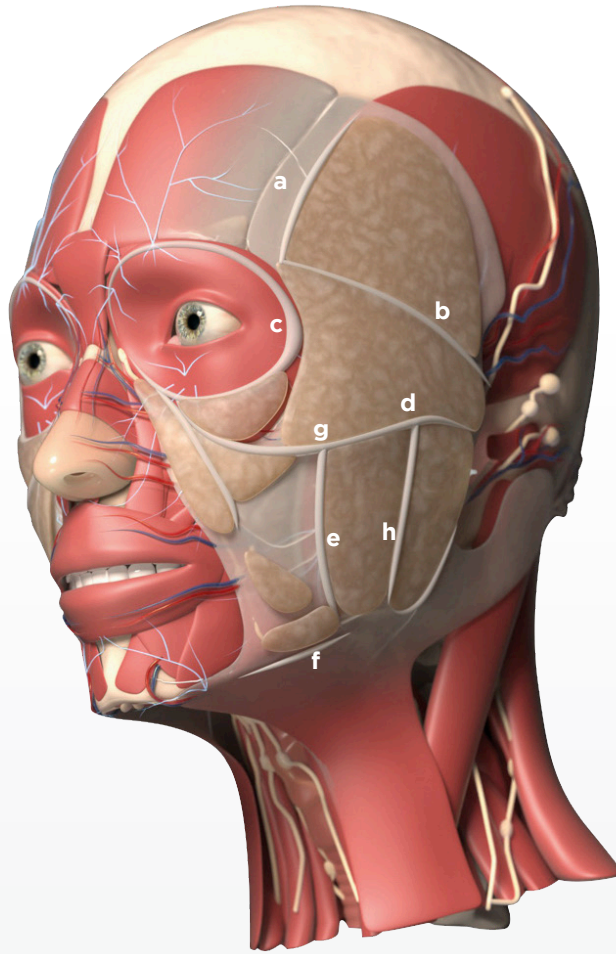


- a.** Infraorbital Compartment
- b.** Medial Cheek Compartment
- c.** Nasolabial Compartment
- d.** Superior Jowl Compartment
- e.** Inferior Jowl Compartment
- f.** Middle Cheek Compartment
- g.** Superficial Upper Temporal Compartment
- h.** Superficial Lower Temporal Compartment
- i.** Lateral Cheek Compartment

N O T E B O O K



A N A T O M Y
LIGAMENTS

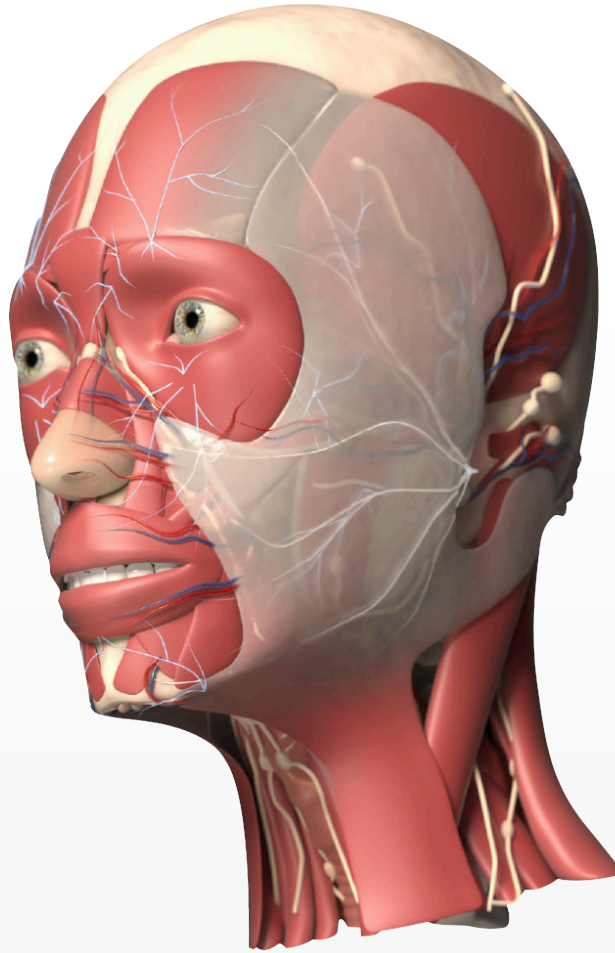


- a. Superior Temporal Septum
- b. Inferior Temporal Septum
- c. Orbicularis Retaining Ligament
- d. Zygomatic Cutaneous Ligament
- e. Masseteric Cutaneous Ligament
- f. Mandibular Cutaneous Ligament
- g. McGregor's Patch
- h. Lateral Cheek Septum

NOTEBOOK



SMAS



The **SMAS** is a central tendon for coordinated muscular contraction of the face and provides a functional role of movement for expression.

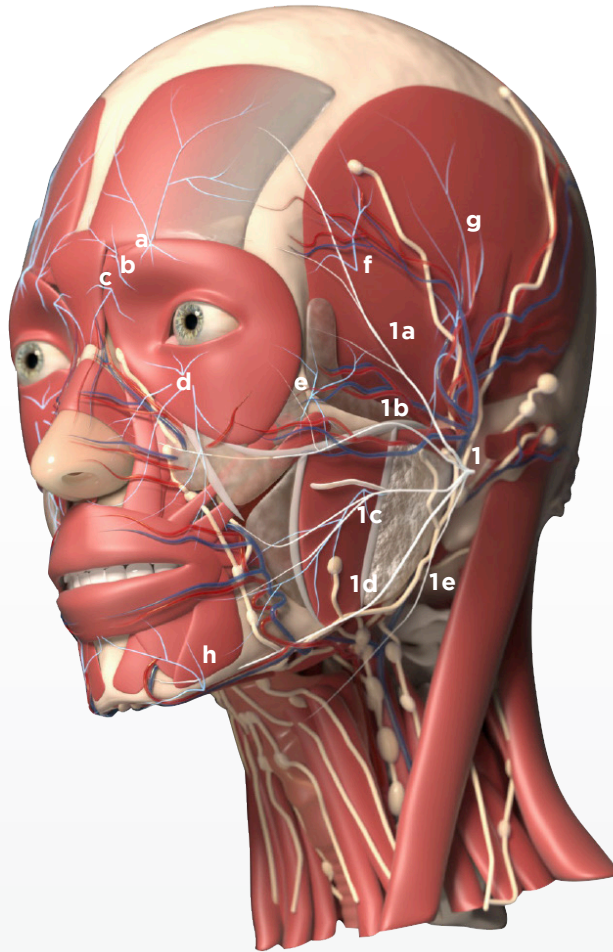
It is an organised fibrous network composed of the platysma muscle, parotid fascia, and fibromuscular layer covering the cheek, and divides the deep and superficial adipose tissue of the face.

NOTEBOOK



A N A T O M Y

NERVES



- Sensory Nerves:

- a.** Supraorbital Nerve
- b.** Supratrochlear Nerve
- c.** Infratrochlear Nerve
- d.** Infraorbital Nerve
- e.** Zygomaticofacial Nerve
- f.** Zygomaticotemporal Nerve
- g.** Auriculotemporal Nerve
- h.** Mental Nerve

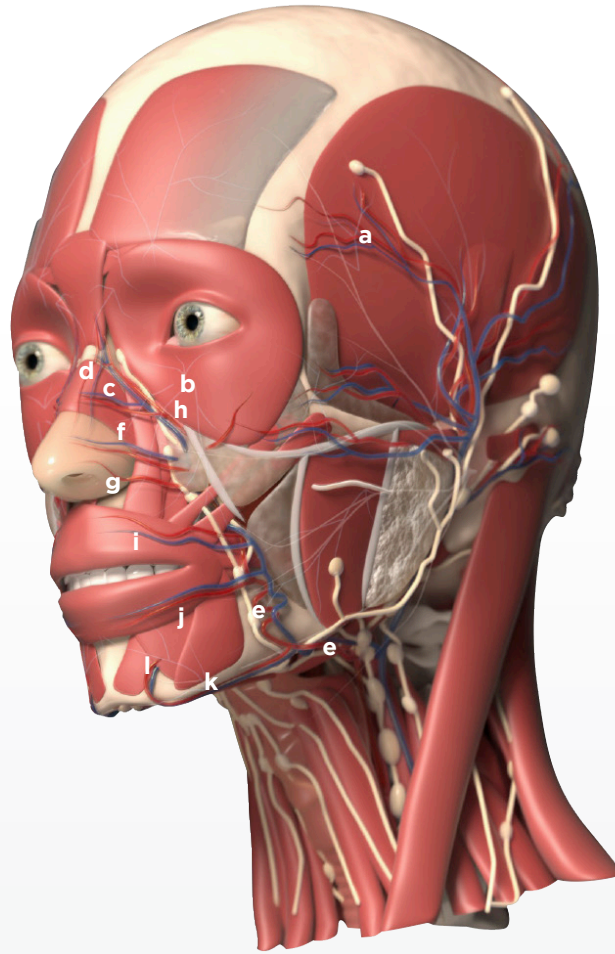
- Motor Nerves

- 1.** Facial Nerve, composed of:
 - 1a.** Temporal Branch
 - 1b.** Zygomatic Branch
 - 1c.** Buccal Branch
 - 1d.** Marginal Mandibular Branch
 - 1e.** Cervical Branch

NOTEBOOK



CIRCULATORY SYSTEM



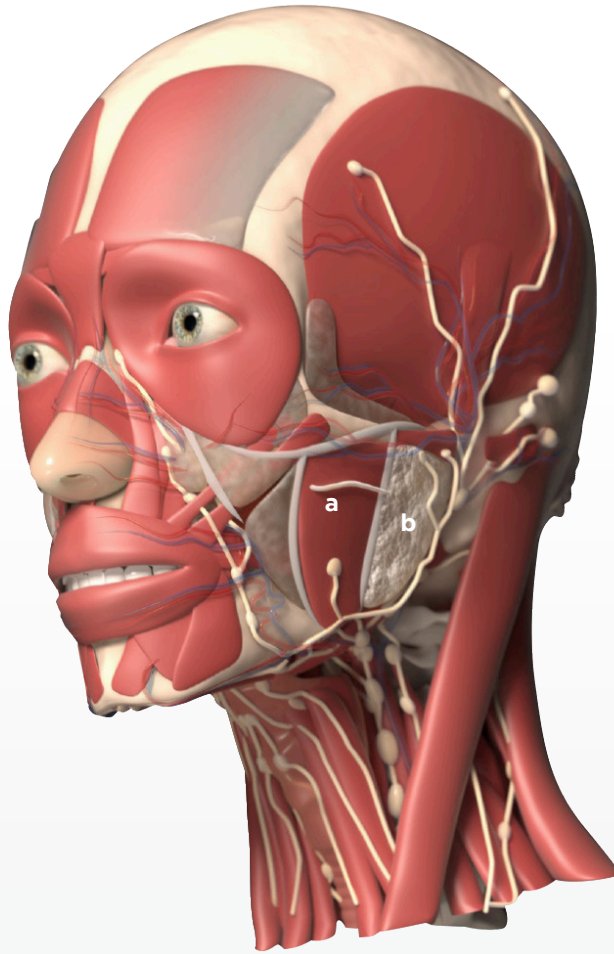
- a.** Superficial Temporal Artery
- b.** Infraorbital Artery
- c.** Lateral Nasal Artery
- d.** Dorsal Nasal Artery
- e.** Facial Artery
- f.** Superior Nostril Artery
- g.** Inferior Nostril Artery
- h.** Angular Artery
- i.** Superior Labial Artery
- j.** Inferior Labial Artery
- k.** Submental Artery
- l.** Vertical Labiomental Artery

NOTEBOOK



A N A T O M Y

GLANDS

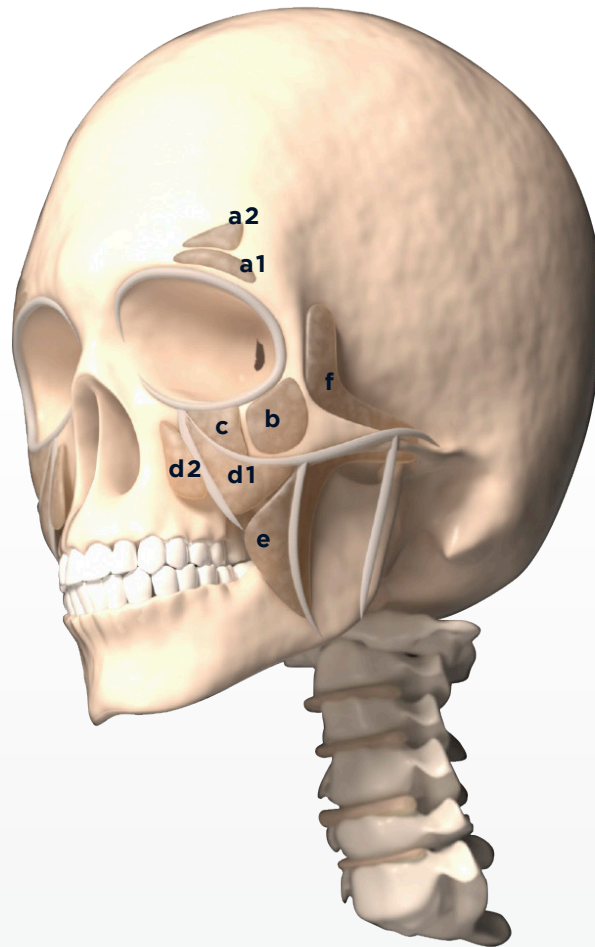


- a.** Stensen's Duct
- b.** Parotid Gland

NOTEBOOK



DEEP FAT COMPARTMENTS



- a1.** ROOF Retro Orbicularis Oculi Fat
- a2.** Galea Fat Pat
- b.** Lateral Sub Orbicularis Oculi Fat (L-SOOF)
- c.** Medial Sub Orbicularis Oculi Fat (M-SOOF)
- d1.** Deep Medial Cheek Fat (Lateral Part)
- d2.** Deep Medial Cheek Fat (Medial Part)
- e.** Buccal Fat
- f.** Temporal Extension of Buccal Fat

NOTEBOOK



NOTEBOOK



NOTEBOOK

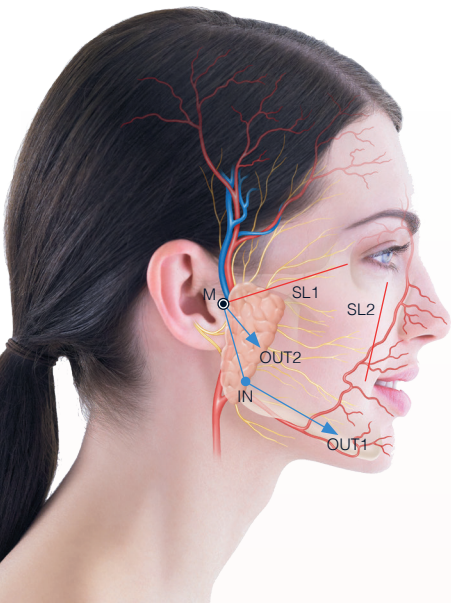


Lined writing area consisting of 20 horizontal lines spaced evenly down the page.

*Scan the QR code
and send your questions*

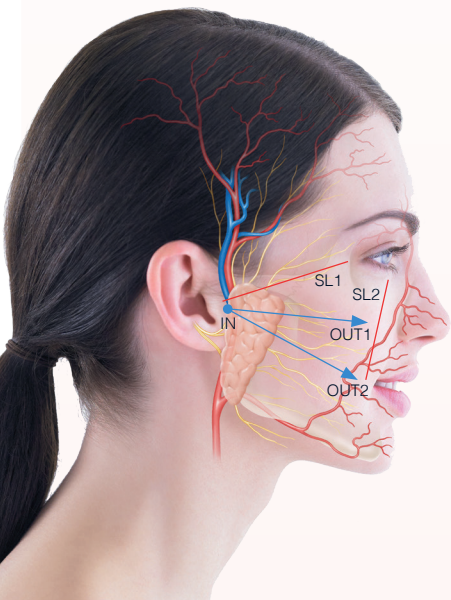


KEY DEFINISSE™ THREADS
TECHNIQUES



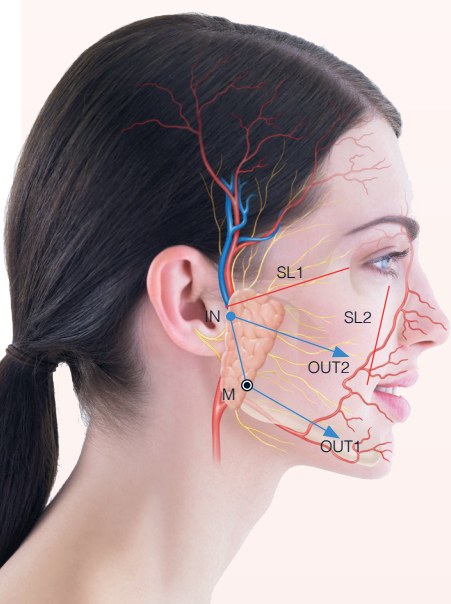
JR technique

- The Definisse™ 12 cm double needle threads, used with the **Jawline Reshaping (JR) Technique**, allow to reshape the frame of the jawline, providing a minimally invasive thread lifting of the lower face.



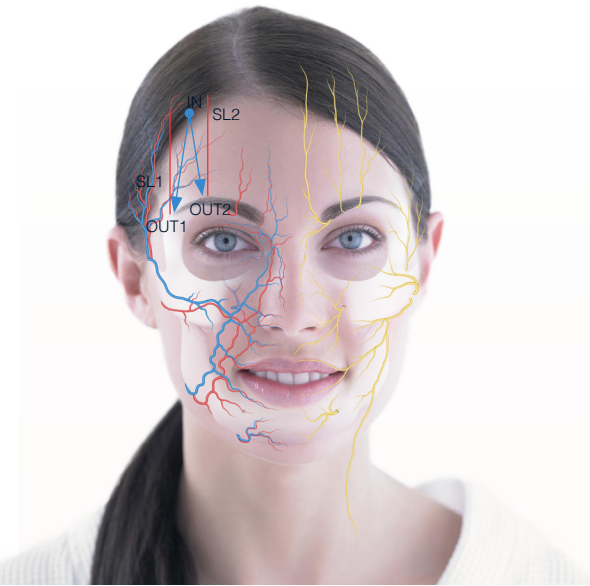
MR technique

- The Definisse™ 12 and 23 cm double needle threads, used with the **Malar Reshaping (MR) Technique**, allow to reshape the facial frame, lifting in an upper and more lateral position the superficial fat compartments of malar and cheekbone area.



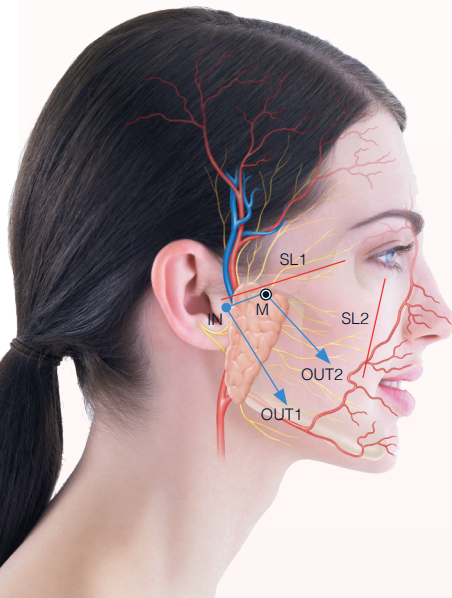
LR technique

- The Definisse™ 23 cm double needle threads, used with the **Lateral Reshaping (LR) Technique**, allow to reshape the facial frame, lifting in an upper and more lateral position the superficial fat compartment of the cheek.
- This technique is more indicated in Caucasian patients.



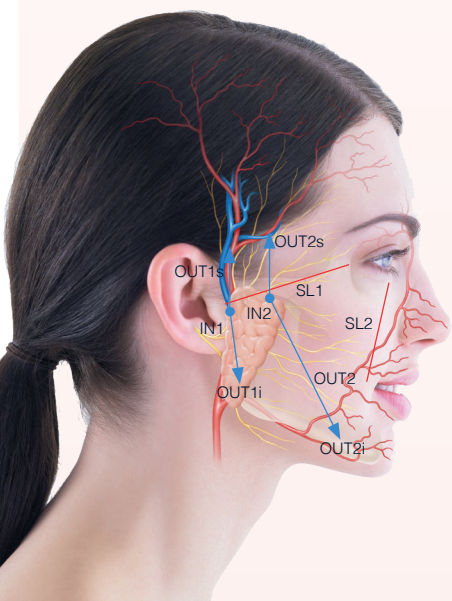
ERT technique

- The Definisse™ 12 cm double needle threads, used with the **Eye Brow Reshaping Technique (ERT)**, allows to widen the look, rising the eyebrow's tail.



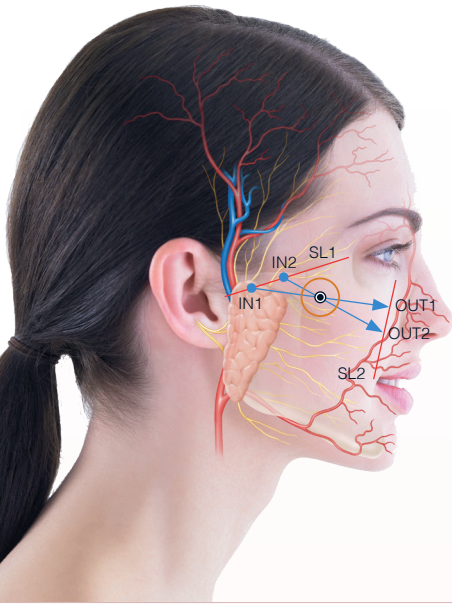
OR-V technique

- The Definisse™ 23 cm double needle threads, used with the **Oval Reshaping (OR-V) Technique**, allow to reshape the facial frame, making the face more oval and lifting the mid- and lower-face superficial cheek fat compartment.



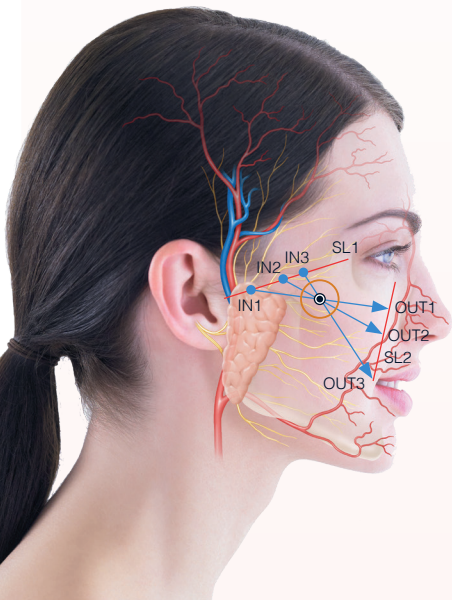
OR-H technique

- The Definisse™ 12 cm double needle threads, used with the **Oval Reshaping (OR-H) Technique**, allow to vertically reshape the frame of the face, providing a non invasive thread lifting.



STR-2 technique

- The Definisse™ 12 cm free floating threads, used with the **Soft Tissue Reshaping-2 (STR-2) Technique**, allow to reposition the tissues of the malar area in subjects affected by mild ptosis.



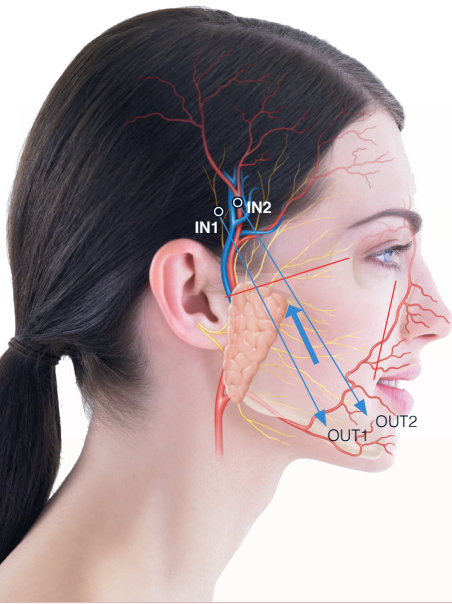
STR-3 technique

- The Definisse™ 12 cm free floating threads, used with the **Soft Tissue Reshaping-3 (STR-3) Technique**, allow to reposition the tissues of the malar area in subjects affected by moderate ptosis.



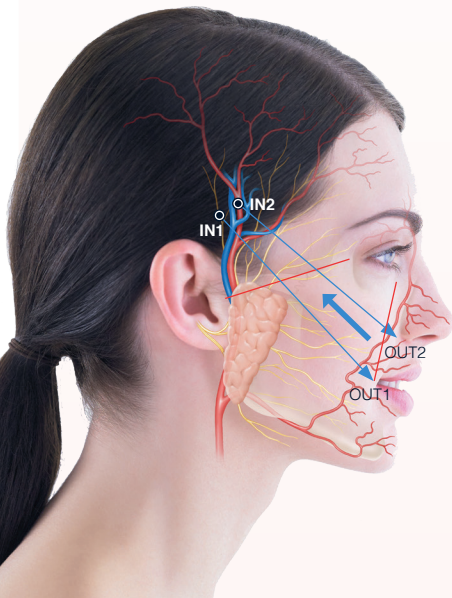
SLR technique

- The Definisse™ boca threads, used with the **Subversion Lip Reshaping (SLR) Technique**, allow to evertering lips.



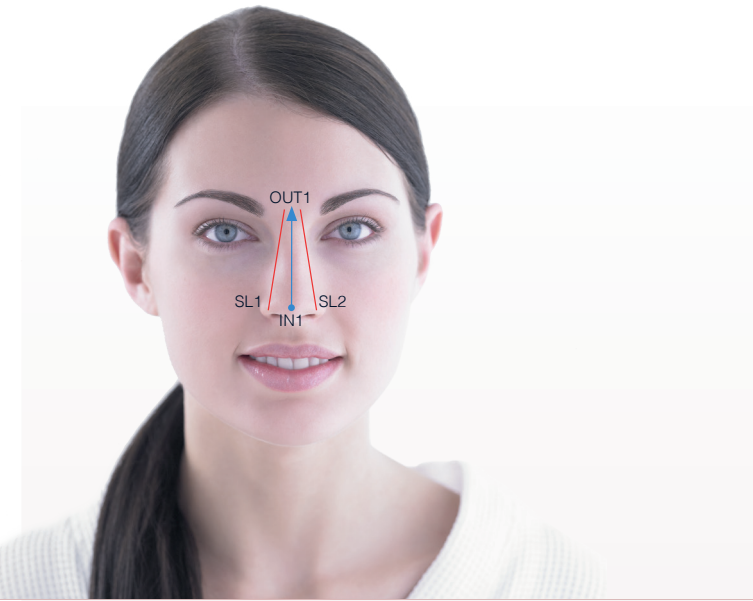
AGR-J technique

- The Definisse™ ancorage threads, used with the **Antigravity Jawline Reshaping (AGR-J) Technique**, allow to reshape the lower face unit, providing a minimally invasive thread lifting.
- This is an **Advanced** technique.



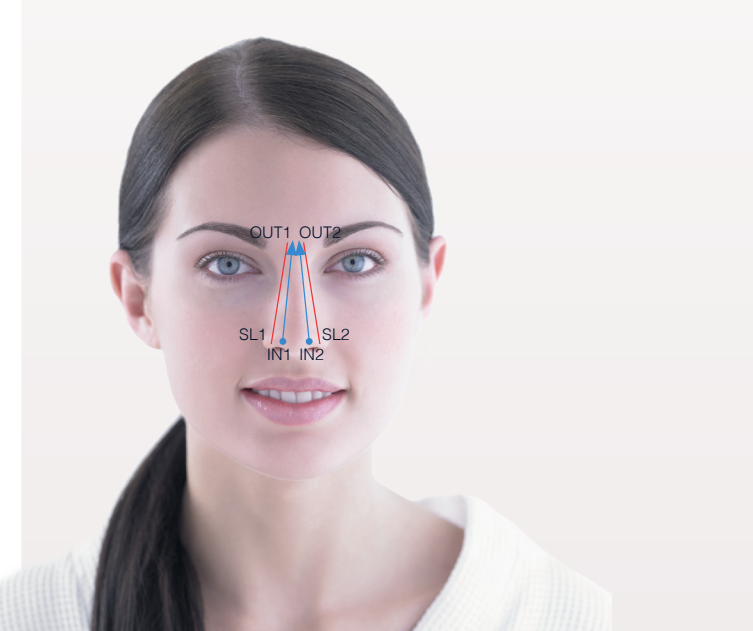
AGR-M technique

- The Definisse™ ancorage threads, used with the **Antigravity Malar Reshaping (AGR-M) Technique**, allow to reshape the all midface unit, providing a minimally invasive thread lifting.
- This is an **Advanced** technique.



NTR-1 technique

- The Definisse™ nose threads with the **Nose Tip Reshaping (NTR-1) Technique**, allow to elevate the nose tip projection in subjects affected by a mild ptosis.

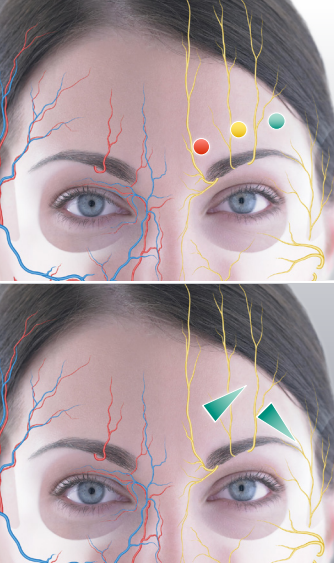
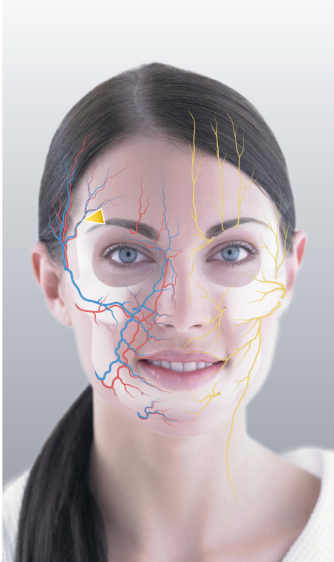
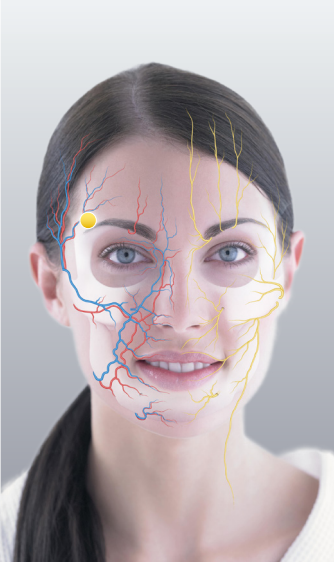


NTR-2 technique

- The Definisse™ nose threads with the **Nose Tip Reshaping (NTR-2) Technique**, allow to elevate the nose tip projection in subjects affected by a moderate ptosis.

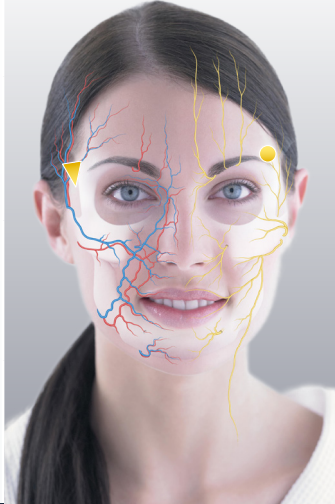
KEY DEFINISSE™ FILLERS
TECHNIQUES

UPPER THIRD

Indications	Guidelines	Product	Layers	Device	Volume
<p>FOREHEAD</p> <p>Devices</p> <ul style="list-style-type: none"> ● NEEDLE ▲ CANNULA <p><small>*The vertex of the triangle indicates the direction for the needle/cannula insertion</small></p> <ul style="list-style-type: none"> ● Safer ● Complex ● Risk 		<p>Definisse™ restore filler* + Lidocaine</p> <p>OR</p> <p>Definisse™ touch filler* + Lidocaine</p>	<p>Supra- periosteal</p>	<p>27/30G needle</p> <p>25/23G cannula</p>	<p>0.1-0.2 ml per point of injection</p> <p>0.1-0.3 ml per point of injection</p> <p>FULL TREATMENT: 0,5-1,5 ml</p>
<p>EYEBROW</p> <p>Devices</p> <ul style="list-style-type: none"> ● NEEDLE ▲ CANNULA <p><small>*The vertex of the triangle indicates the direction for the needle/cannula insertion</small></p> <ul style="list-style-type: none"> ● Safer ● Complex ● Risk 		<p>Definisse™ touch filler* + Lidocaine</p> <p>OR</p> <p>Definisse™ restore filler* + Lidocaine</p>	<p>Supra- periosteal</p>	<p>25G cannula</p>	<p>0.1-0.3 ml per area of injection</p>
<p>UPPER TEMPLE</p> <p>Devices</p> <ul style="list-style-type: none"> ● NEEDLE ▲ CANNULA <p><small>*The vertex of the triangle indicates the direction for the needle/cannula insertion</small></p> <ul style="list-style-type: none"> ● Safer ● Complex ● Risk 		<p>Definisse™ restore filler* + Lidocaine</p>	<p>Supra- periosteal</p>	<p>27G needle</p>	<p>0.3-0.5 ml per point of injection (bolus)</p>

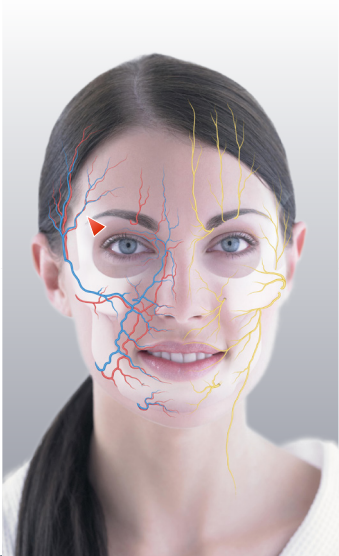
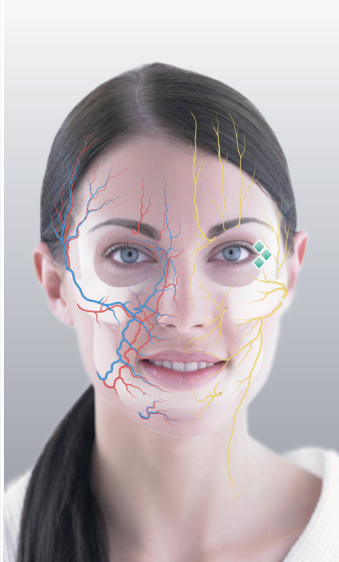
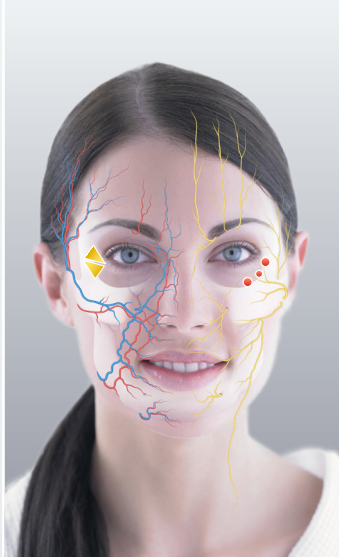
According to patients facial anatomy, product choice is up to the physicians

U P P E R T H I R D

Indications	Guidelines	Product	Layers	Device	Volume
<p>TEMPLE</p> <p>Devices</p> <p>● NEEDLE</p> <p>▲ CANNULA</p> <p>*The vertex of the triangle indicates the direction for the needle/cannula insertion</p> <p>● Safer</p> <p>● Complex</p> <p>● Risk</p>		<p>Definisse™ touch filler* + Lidocaine</p>	Sub-cutaneous	25G cannula	0.3-1 ml per side of injection
		<p>OR</p> <p>Definisse™ restore filler* + Lidocaine</p>	Supra-periosteal	27G needle	0.3-0.5 ml per point of injection (bolus)
		<p>OR</p> <p>Definisse™ core filler* + Lidocaine</p>	Suprafascial	25G cannula	0.3-1 ml per point of injection
		<p>OR</p> <p>Definisse™ core filler* + Lidocaine</p>	Supra-periosteal	25G needle	0.3-0.5 ml per point of injection (bolus)

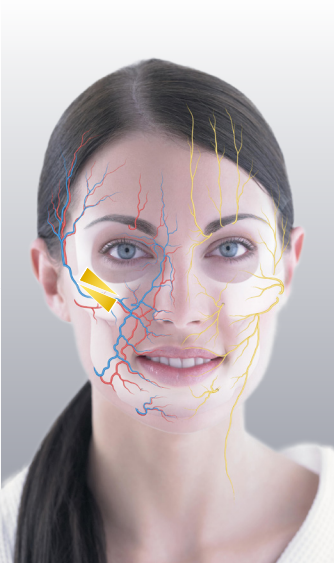
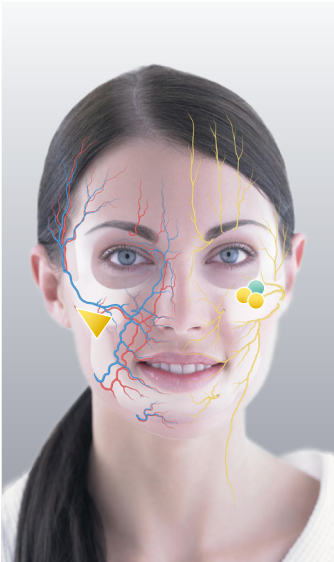
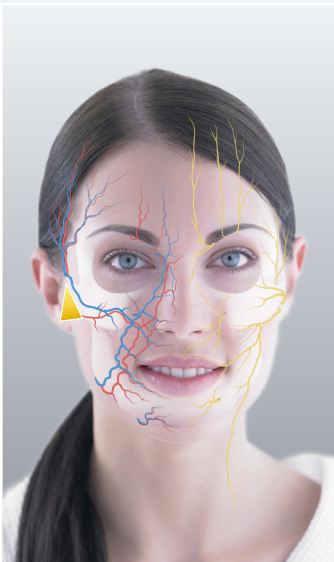
According to patients facial anatomy, product choice is up to the physicians

UPPER THIRD
PERIORBITAL

Indications	Guidelines	Product	Layers	Device	Volume
<p>UPPER ORBITAL RIM and EYELID</p> <p>Devices</p> <p>● NEEDLE</p> <p>▲ CANNULA</p> <p>*The vertex of the triangle indicates the direction for the needle/cannula insertion</p> <p>● Safer</p> <p>● Complex</p> <p>● Risk</p>		<p>Definisse™ restore filler* + Lidocaine</p> <p>OR</p> <p>Definisse™ touch filler* + Lidocaine</p>	Supra- periosteal (ROOF)	25G cannula	0.1-0.2 ml per side of injection
<p>CANTAL LINES</p> <p>Devices</p> <p>● NEEDLE</p> <p>▲ CANNULA</p> <p>*The vertex of the triangle indicates the direction for the needle/cannula insertion</p> <p>● Safer</p> <p>● Complex</p> <p>● Risk</p>		<p>Definisse™ touch filler* + Lidocaine</p>	Intradermal	30G needle	0.1-0.2 ml per side of injection (small papulas or linear threading)
<p>LATERAL ORBIT/ LID CHEEK GROOVE</p> <p>Devices</p> <p>● NEEDLE</p> <p>▲ CANNULA</p> <p>*The vertex of the triangle indicates the direction for the needle/cannula insertion</p> <p>● Safer</p> <p>● Complex</p> <p>● Risk</p>		<p>Definisse™ touch filler* + Lidocaine</p> <p>OR</p> <p>Definisse™ restore filler* + Lidocaine</p>	Supra- periosteal	25G cannula	0.2-0.3 ml per side of injection


According to patients facial anatomy, product choice is up to the physicians

M I D T H I R D

Indications	Guidelines	Product	Layers	Device	Volume
<p>ZYGOMATIC ARCH</p> <p>Devices</p> <ul style="list-style-type: none"> ● NEEDLE ▲ CANNULA <p>*The vertex of the triangle indicates the direction for the needle/cannula insertion</p> <ul style="list-style-type: none"> ● Safer ● Complex ● Risk 		<p>Definisse™ restore filler* + Lidocaine</p> <p>OR</p> <p>Definisse™ core filler* + Lidocaine</p>	<p>Supra- periosteal</p>	<p>27G needle</p> <p>25G cannula</p>	<p>0.1-0.2 ml per point of injection FULL TREATMENT: 0.5 ml per side</p> <p>0.5-0.6 ml per area of injection</p>
<p>MALAR AREA</p> <p>Devices</p> <ul style="list-style-type: none"> ● NEEDLE ▲ CANNULA <p>*The vertex of the triangle indicates the direction for the needle/cannula insertion</p> <ul style="list-style-type: none"> ● Safer ● Complex ● Risk 		<p>Definisse™ restore filler* + Lidocaine</p> <p>OR</p> <p>Definisse™ core filler* + Lidocaine</p>	<p>Supra- periosteal/ deep fat</p>	<p>30/29G needle</p> <p>27G needle</p> <p>25G cannula</p>	<p>0.1-0,2 ml per point of injection</p> <p>0.1-0,2 ml per point of injection</p> <p>0.3-1 ml per side of injection</p>
<p>PRE-AURICULAR AREA</p> <p>Devices</p> <ul style="list-style-type: none"> ● NEEDLE ▲ CANNULA <p>*The vertex of the triangle indicates the direction for the needle/cannula insertion</p> <ul style="list-style-type: none"> ● Safer ● Complex ● Risk 		<p>Definisse™ restore filler* + Lidocaine</p>	<p>Sub- cutaneous</p>	<p>25/23G cannula</p>	<p>0.3-1 ml per side of injection</p>

According to patients facial anatomy, product choice is up to the physicians

M I D T H I R D

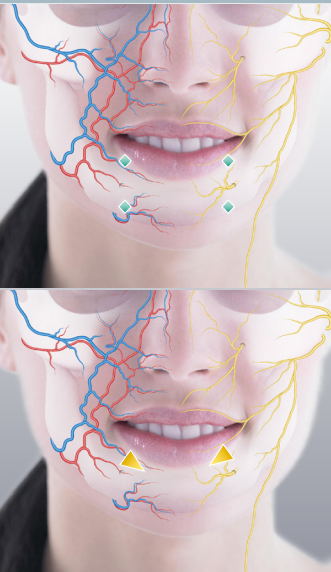
Indications	Guidelines	Product	Layers	Device	Volume
<p>PEGASUS TECHNIQUE</p> <p>Devices</p> <ul style="list-style-type: none"> ● NEEDLE ▲ CANNULA <p><small>*The vertex of the triangle indicates the direction for the needle/cannula insertion</small></p> <ul style="list-style-type: none"> ● Safer ● Complex ● Risk 		<p>Definisse™ core filler* + Lidocaine</p>	<p>Supra- periosteal</p>	<p>27G needle</p>	<p>0.1-0.2 ml per point of injection FULL TREATMENT: 1 ml per side</p>

LOWER THIRD
PERIORAL

Indications	Guidelines	Product	Layers	Device	Volume
<p>NASOLABIAL FOLDS</p> <p>Devices</p> <p>● NEEDLE</p> <p>▲ CANNULA</p> <p>*The vertex of the triangle indicates the direction for the needle/cannula insertion</p> <p>● Safer</p> <p>● Complex</p> <p>● Risk</p>		<p>Definisse™ touch filler* + Lidocaine</p> <p>Definisse™ restore filler* + Lidocaine</p>	<p>Intradermal/ Subdermal</p> <p>Subdermal</p>	<p>27/30G needle</p>	<p>0.4-0.5 ml per side of injection (linear threading/ fanning)</p>
<p>DEEP PYRIFORM SPACE (nasolabial angle)</p> <p>Devices</p> <p>● NEEDLE</p> <p>▲ CANNULA</p> <p>*The vertex of the triangle indicates the direction for the needle/cannula insertion</p> <p>● Safer</p> <p>● Complex</p> <p>● Risk</p>		<p>Definisse™ core filler* + Lidocaine</p> <p>Definisse™ restore filler* + Lidocaine</p> <p>OR</p> <p>Definisse™ core filler* + Lidocaine</p> <p>Definisse™ restore filler* + Lidocaine</p>	<p>Supra- periosteal</p> <p>Supra- periosteal</p>	<p>27G needle (perpendicular)</p> <p>25G cannula</p>	<p>0.2-0.3 ml per point of injection (bolus, single shot)</p> <p>0.2-0.3 ml per area of injection</p>
<p>RED LIPS</p> <p>Devices</p> <p>● NEEDLE</p> <p>▲ CANNULA</p> <p>*The vertex of the triangle indicates the direction for the needle/cannula insertion</p> <p>● Safer</p> <p>● Complex</p> <p>● Risk</p>		<p>Definisse™ touch filler* + Lidocaine</p>	<p>Submucosal/ Intramucosal</p> <p>Submucosal</p>	<p>27/30G needle</p> <p>25G cannula</p>	<p>FULL TREATMENT: 0.6-1 ml (0.3-0.5 ml per lip) (with linear threading technique)</p> <p>0.3-0.5 ml per lip</p>

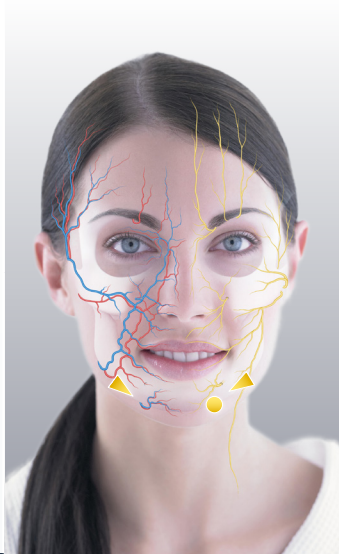
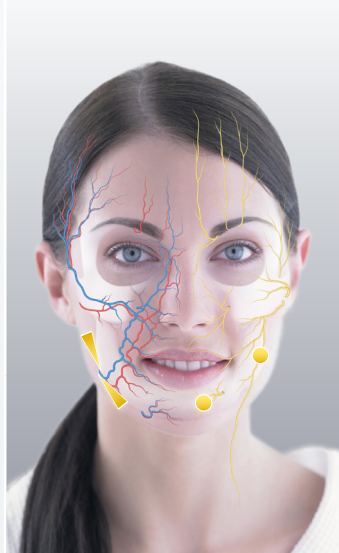
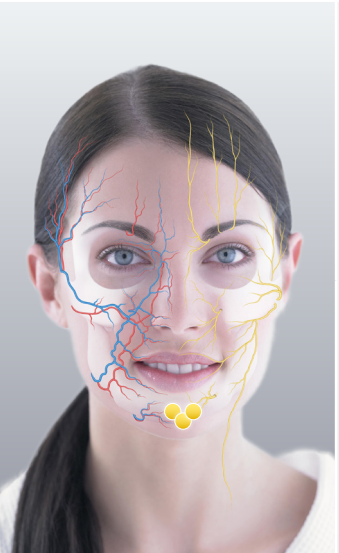
According to patients facial anatomy, product choice is up to the physicians

LOWER THIRD
P E R I O R A L

Indications	Guidelines	Product	Layers	Device	Volume
<p>MARIONETTE LINES</p> <p>Devices</p> <ul style="list-style-type: none"> ● NEEDLE ▲ CANNULA <p><small>*The vertex of the triangle indicates the direction for the needle/cannula insertion</small></p> <ul style="list-style-type: none"> ● Safer ● Complex ● Risk 		<p>Definisse™ restore filler* + Lidocaine</p>	<p>Sub-cutaneous</p>	<p>30/27G needle</p>	<p>0.1-0.5 ml per area of injection (linear threading/ fanning)</p>
<p>Sub-cutaneous</p>	<p>25G cannula 27G cannula</p>		<p>0.5 ml per side of injection (fanning)</p>		

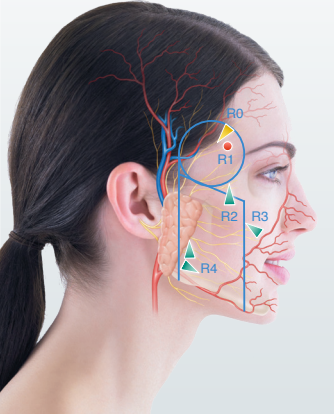
According to patients facial anatomy, product choice is up to the physicians

LOWER THIRD

Indications	Guidelines	Product	Layers	Device	Volume
<p>PREJAWL</p> <p>Devices</p> <p>● NEEDLE</p> <p>▲ CANNULA</p> <p>*The vertex of the triangle indicates the direction for the needle/cannula insertion</p> <p>● Safer</p> <p>● Complex</p> <p>● Risk</p>		<p>Definisse™ restore filler* + Lidocaine</p> <p>OR</p> <p>Definisse™ core filler* + Lidocaine</p>	<p>Supra-periosteal</p>	<p>25G cannula</p> <p>27G needle</p>	<p>0.5 ml per side of injection</p> <p>0.2-0.3 ml per point of injection (bolus)</p>
<p>JAWLINE</p> <p>Devices</p> <p>● NEEDLE</p> <p>▲ CANNULA</p> <p>*The vertex of the triangle indicates the direction for the needle/cannula insertion</p> <p>● Safer</p> <p>● Complex</p> <p>● Risk</p>		<p>Definisse™ core filler* + Lidocaine</p> <p>OR</p> <p>Definisse™ restore filler* + Lidocaine</p>	<p>Supra-periosteal (only prejawl and gonion)</p> <p>Sub-cutaneous</p> <p>Sub-cutaneous</p>	<p>25G needle</p> <p>25G cannula</p> <p>25G cannula</p>	<p>0.2-0.5 ml per point of injection (bolus)</p> <p>0.5-2 ml per side of injection</p> <p>0.5-2 ml per side of injection</p>
<p>CHIN</p> <p>Devices</p> <p>● NEEDLE</p> <p>▲ CANNULA</p> <p>*The vertex of the triangle indicates the direction for the needle/cannula insertion</p> <p>● Safer</p> <p>● Complex</p> <p>● Risk</p>		<p>Definisse™ core filler* + Lidocaine</p>	<p>Supra-periosteal</p>	<p>27G needle</p> <p>25G cannula</p>	<p>0.1-0.3 per point of injection: (1-4 points)</p> <p>0.5-1.0 ml per side of injection</p>

According to patients facial anatomy, product choice is up to the physicians

U P P E R , M I D a n d L O W E R T H I R D

Indications	Guidelines	Product	Layers	Device	Volume
R TECHNIQUE		<p>Definisse™ touch filler* + Lidocaine</p> <p>AND</p> <p>Definisse™ restore filler* + Lidocaine</p> <p>AND</p> <p>Definisse™ core filler* + Lidocaine</p>	<p>Interfascial/ subcutaneous</p> <p>Interfascial/ Supra- periosteal/ periosteal/ subcutaneous</p> <p>Supra- periosteal/ periosteal</p>	<p>27G needle 25G cannula</p> <p>27G needle 25G cannula</p> <p>27G needle 25G cannula</p>	<p>FULL TREATMENT: 2.8 - 4 ml per side</p>

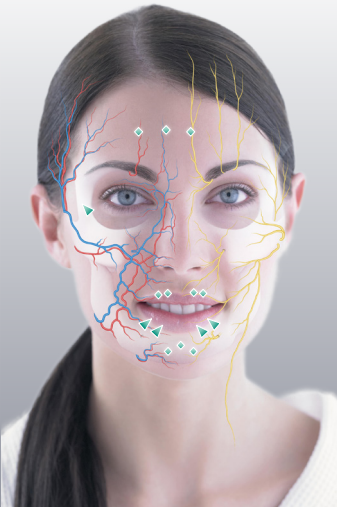
Devices

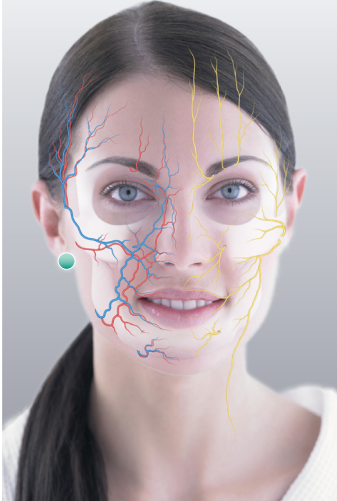
- NEEDLE
- ▲ CANNULA

*The vertex of the triangle indicates the direction for the needle/cannula insertion

- Safer
- Complex
- Risk

OTHER INDICATIONS

Indications	Guidelines	Product	Layers	Device	Volume
<p>FINE WRINKLES</p> <p>Devices</p> <ul style="list-style-type: none"> ● NEEDLE ▲ CANNULA <p>*The vertex of the triangle indicates the direction for the needle/cannula insertion</p> <ul style="list-style-type: none"> ● Safer ● Complex ● Risk 		<p>Definisse™ touch filler* + Lidocaine</p>	<p>Sub-cutaneous/ Intradermal</p>	<p>30G needle</p>	<p>0.01-0.04 ml per point of injection</p>

<p>EARLOBE</p> <p>Devices</p> <ul style="list-style-type: none"> ● NEEDLE ▲ CANNULA <p>*The vertex of the triangle indicates the direction for the needle/cannula insertion</p> <ul style="list-style-type: none"> ● Safer ● Complex ● Risk 		<p>Definisse™ touch filler* + Lidocaine</p>	<p>Sub-cutaneous</p>	<p>30G needle</p>	<p>0.1 ml per point of injection (bolus)</p>
--	--	--	----------------------	-------------------	--

According to patients facial anatomy, product choice is up to the physicians

*Scan the QR code
and send your questions*







**MY SKIN SAYS
HOW I FEEL.**