

A close-up photograph of a person's lips, which are slightly parted and have a natural pinkish hue. A clear plastic syringe with a needle is positioned near the lower lip, as if about to administer a cosmetic procedure. The syringe has markings for volume, with '0.20' and '0.25' visible. The background is a soft, out-of-focus skin tone.

**COMPETENCY
STANDARD FOR THE
MEDICAL AESTHETICS
CERTIFICATE:**

UNDERSTANDING THE
SAFE USE OF DERMAL
FILLERS IN COSMETIC
PROCEDURES



QUALIFICATION COUNCIL FOR COSMETIC PROCEDURES

Medical Aesthetics Certificate: Understanding the Safe Use of Dermal Fillers in Cosmetic Procedures

Overview

The standard focuses on the specialist knowledge and competencies required to perform dermal filler treatments. Registrants, as qualified healthcare professionals, will have a foundation of knowledge and skills which can be applied to aesthetic practice and will comply with the standards required by their statutory bodies.

Dermal fillers may be temporary, semi-permanent or permanent, stimulatory or non-stimulatory (stimulating collagen and repair mechanisms). Dermal fillers are injected into the skin, fat or under the muscle on the face, to correct rhytids (wrinkles), restore volume, correct asymmetry or enhance facial features such as lips, nose, chin, cheeks, jawline or temples. Dermal fillers may also be used to treat neck, décolletage or hands and to improve skin health.

In safe and competent hands, treatment with dermal fillers can improve patient confidence and self-esteem.

Knowledge and Understanding

1. Anatomy

1.1 Can identify and describe facial anatomy as applied to patient assessment, treatment indications, managing risk, product selection and injection techniques.

- Skin
- Vessels
- Nerves
- Fat pads
- Muscle
- Ligaments

1.2 Can describe and explain features of facial ageing

- Bone resorption
- Deflation (skin, muscle, fat)
- Descent (ligaments, fat pads, muscle)
- Intrinsic and extrinsic aging of the skin

2. Characteristics of dermal fillers

2.1 Can describe and explain biochemistry of dermal fillers;

- Hyaluronic acid
- *Calcium Hydroxylapatite
- *Poly-L Lactic Acid

* products requiring experience and advanced skills not used by all, but basic knowledge all required.

2.2 Understands the mechanistic properties of hyaluronic acid (e.g. rheology)

2.3 Can identify and explain indications for treatment;

- Volume loss
- Rhytids
- Skin health
- Correction or enhancement of facial features;
- Lips
- Jawline
- Cheeks
- *Nose
- *Chin
- *Temples
- *Brow
- *Tear trough

*Advanced procedures not performed by all but knowledge and understanding required for competent assessment and treatment planning

3. Technical

3.1 Understands rationale for accurate depth of injection/product placement per anatomical site;

- Intradermal
- Subcutaneous
- Supra-periosteal

3.2 Understands and can compare the principals of Injection techniques;

- Linear threading
- Serial puncture
- Cross hatching
- Fanning
- Depot
- Meso/ aliquots

3.3 Understands the importance of appropriate volume placement at treatment sites.

3.4 Understands rationale for use of cannula and choice of gauge

4. Understanding history taking

4.1 Understands how to conduct a cosmetic patient assessment including medical and social history

4.2 Demonstrates an understanding of psychological risk factors and an ability to weigh up risks versus benefits for individuals

4.3 Understands the pathophysiological basis for medical cautions and contraindications

4.4 Understands the pathophysiological basis of surgical cautions and contraindications

- 4.5 Understands the pathophysiological basis for dental cautions and contraindications
- 4.6 Awareness of psychosocial factors that may impact on concordance with pre and post treatment advice and whether a patient is suitable for treatment.
- 4.7 An understanding of alternative treatments that may be more suitable to deal with a patient's particular concern
- 4.8 Demonstrates knowledge of adjunctive and or alternative treatments to maximise outcomes

5. Physical assessment

- 5.1 Demonstrates an understanding of features which may contraindicate treatment or negatively impact outcome.
- 5.2 Can identify appropriate indications for treatment
- 5.3 Can take photographs for the medical record which support patient understanding and document pre and post treatment state for comparison
- 5.4 Can devise an appropriate treatment plan
- 5.5 Can select or exclude patients based on assessment analysis

6. Obtains verbal and written informed consent

- 6.1 Understands and is able to explain, to the patient;
 - a) Product used
 - b) Procedure process
 - c) Common, uncommon and rare risks and side effects
 - d) Specific risks for off-label treatment indications
 - e) Alternative and adjunctive treatment options
 - f) Rationale for pre and post treatment care and advice
 - g) Follow up and maintenance
- 6.3 Demonstrates ability to identify and manage patient expectations
- 6.3 Able to identify and manage any social, psychological, financial or other barriers that may preclude treatment at that time
- 6.4 Demonstrates an ability to identify material information and address appropriately.

6.5 Understands the principals of consent established in case law and how these are applied to informed consent in practice

6.6 Understands the different kinds of consent and the importance of each

6.7 Understands how religion and culture may impact consent and treatment planning.

6.8 Has knowledge of The Mental Capacity Act 2015, specifically the five principles, and how they impact consent

7. Risks and Complications

7.1 Understands the rationale for pre and post-treatment care and advice

7.2 Understands the cautions; including social, psychological and medical

7.3 Understands the contraindications

7.4 Can explain the prevention, diagnosis and management of common side effects

7.5 Can identify and explain risks and complications

7.6 Understands and adheres to infection control measures including hand hygiene, preparation of injection site, measures to minimise contamination and safe disposal of sharps and clinical waste

7.7 Demonstrates an understanding and ability to diagnose and manage/treat:

- Acute infection
- Herpes simplex
- Allergy type 1 and type 4
- Oedema
- Delayed onset nodules
- Vascular occlusion
- Syncope

7.8 Understands the licensed and unlicensed use of hyaluronidase

7.9 Understands reconstitution of hyaluronidase

7.10 Understands assessment and diagnosis techniques for vascular occlusion

7.11 Understands the appropriate reporting pathways for adverse events

7.12 Understands the professional duty of candour

8. Legal, professional and ethical

- 8.1 Knowledge of the General Data Protection Regulations 2018 and how it impacts on data collection and record keeping
- 8.2 Understands the legal and professional obligations associated with information sharing
- 8.3 Understands the professional and legal obligations for good record keeping and legal time-frames for retention
- 8.4 Understands which regulators and authorities support and enforce standards; GMC, NMC, GDC, GpHC, HCPC, MHRA, HSE, CIEH, Trading Standards, ASA, the police.
- 8.5 Understands the functions and features of good complaints management.