



CPD4dentalnurses

YOUR FUTURE IN YOUR HANDS

An Introduction to Facial Aesthetics

Aims: To provide an overview of foundation level insight of Botulinum toxin and dermal fillers to provide dental professionals with a basic understanding and to answer patient questions regarding cosmetic procedures and assistance during treatments.

Objectives: On completion of this verifiable CPD article, the participant will be able to demonstrate, through completion of a questionnaire, the ability to:

- Define Dermal Fillers
- Identify the different facial aesthetic treatments available
- Understand the side effects associated with each treatment
- Understand what dental professionals can do with appropriate training

Learning Outcomes: The learner understands:

- The role of professionals in cosmetic procedures
- The Importance of prescriptions
- The importance of record keeping
- The role of prescribers

Disclaimer

This content does not certify individuals to carry out any treatments, courses must be attended, and learners must only perform treatments if qualified, competent, and insured to do so.

Introduction to muscle relaxing injections and Dermal Fillers



photo credit, Histon Dental Surgery

There are two popular ways to create a youthful appearance through the form of an injectable. One is a muscle relaxant and the other is a dermal filler. They may solve similar issues, but they work very differently. The muscle relaxing injections also known as Botulinum toxin relax the muscles and the fillers fill the wrinkle.

Consultations

Prior to any treatments taking place, all clinicians must carry out a detailed consultation. This is essential as it allows both the client and the practitioner to ask some very important questions, gain consent and decide if the treatment is right for that client.

A typical consultation will entail:

- A full medical history
- Discussion about contraindications
- Consent form
- A discussion about why the clients wants the procedure
- Areas of concern
- Possible side effects of the treatment

- Aftercare advice
- Recovery / Lifestyle / Down time
- Photographs before and after the procedure- (consent will be needed)
- A discussion about the client's expectations
- Discussion about costings based on the amount of product they need, and the amount of areas being treated.

Following on from the consultation, the treatment should ideally be scheduled on a different day as this enables the patient to take away the information and make an informed decision based on their best interests. This is known as a cooling off period and they have the right to decline treatment at any point.

What is Botulinum toxin?

Botox is an abbreviation of Botulinum toxin which is an injectable drug. It is produced by the Bacterium Clostridium botulinum and is the same toxin that causes botulism, which is a life-threatening type of food poisoning. The effects vary hugely on the doses used. In the muscle relaxing procedure, a small amount is injected. This stops the release of neurotransmitters and therefore blocks signals from the nerves to the muscles and prevents the muscles from contracting (Curtis,A 2020). Thus helping ease certain muscular conditions (by preventing muscles from contracting), helping certain conditions, and improving and softening the appearance of fine lines and wrinkles.

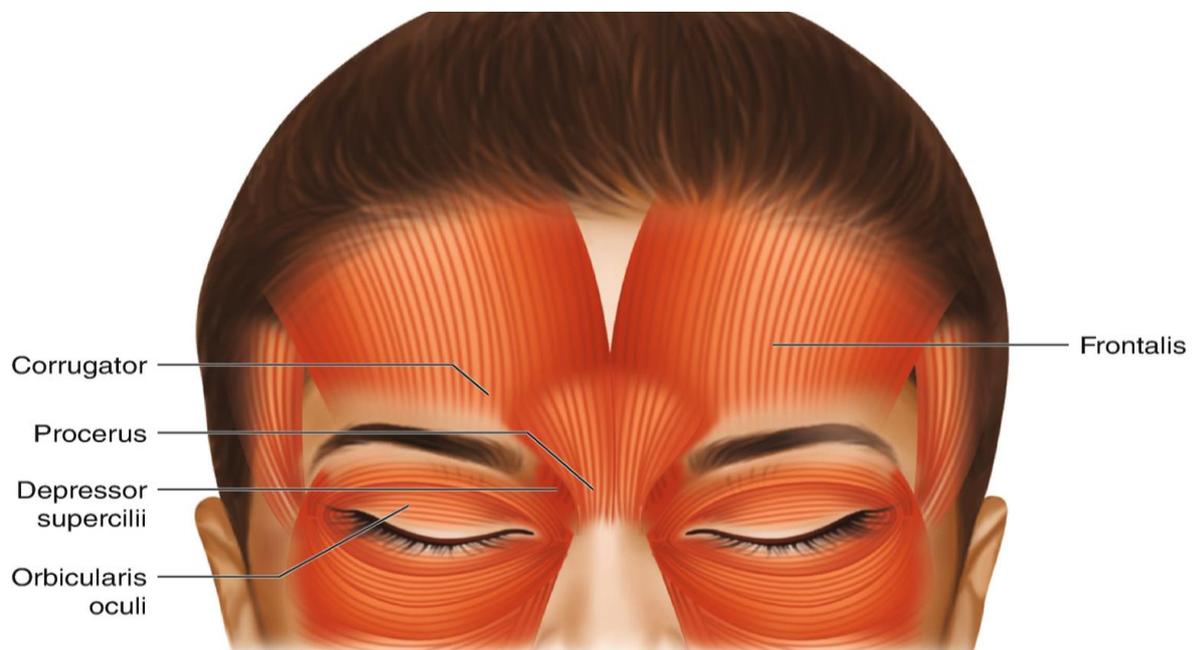
What can Botulinum toxin treat?

Botulinum toxin can be used to treat a number of areas subject to the product being used and the competency of the clinician as certain procedures require advanced training. Areas and conditions include but are not limited to:

- Glabellar lines
- Horizontal forehead lines
- Periorbital lines

- Blepharospasm (a localised movement disorder that causes twitching of the eye lids)
- Migraines
- Bruxism
- Cervical Dystonia
- Cerebral Palsy
- Hemifacial Spasm (a nervous system disorder causing the muscles on one side of the face to spasm)
- Hyperhidrosis (excessive sweating condition)

Actions of facial muscles



Facial Muscles photo credit, Lee et al. 2019

Muscle	Action	Expression Lines
Frontalis	Brow elevator	Horizontal forehead lines
Corrugators	Pull eyebrows medially	Frown lines (vertical lines)
Orbicularis Oculi	Brow depressors, particularly laterally	Crows feet
Procerus	Brow depressors	Frown lines and horizontal nasal lines

Record Keeping for Muscle relaxing injections

Record keeping is a crucial part of any treatment. As well as the consultation details, it is essential to log the following information on each clients file for muscle relaxing treatments:

- Patient's name
- Treatment dates
- Treatment area mapping with the number of sites injected and units used in each area
- Product batch numbers
- Expiry dates of products
- Brand of Botulinum toxin used
- Total units used

Marketing of Prescription Only Medical treatments

ASA (2014) State the Committee of Advertising Practice (CAP) makes it clear that prescription-only medicines (POM) or prescription-only medical treatments cannot be advertised to the public as defined in (**Rule 12.12**). Meaning the word Botox cannot be used to market any Botulinum toxin treatments as they are prescription only treatments, therefore referring to the treatment as 'muscle relaxing treatment or 'anti wrinkle treatment' would be acceptable and compliant. This same principle applies to advertising price lists. It would be ideal to offer initial consultations to discuss the options and provide a cost to the client in person, based on their needs.

Prescriptions

Doctors and dentists that have trained in administering botulinum toxin can write prescriptions to place orders for products. Midwives, nurses, and pharmacists are all able to gain prescribing rights by carrying out a V300 qualification a university level course. Typically, a prescriber's fee is around £40 however this can vary depending on the demographic. This will include a face to face review with your client and a prescription to go ahead with the treatment and also the ability to order any products relating to the treatment.

Contraindications for Botulinum Toxin

A contraindication is a specific situation in which a drug, procedure, or surgery should not be used because it may be harmful to the person (Medline 2019).

Every procedure will have contraindications in which all practitioners must follow, and different products will also vary so it is important to understand and know your product before administering it. Common contra indications for muscle relaxing injections include but are not limited to:

- Patients with infection at the injection site
- Pregnancy or breastfeeding mothers
- Hypersensitivity to any ingredients
- Disorders of muscle activity such as Myasthenia Gravis

If a patient has a condition that you are unsure of, request written permission from the specialist, especially if its neurological related.

Complications of Botulinum Toxin

As with all treatments there are risks and complications involved. The patient should be informed of all the possible side effects in writing before treatment commences to ensure they understand the risks involved. Potential complications include:

- Bruising
- Headaches
- Swelling
- Diplopia (Double Vision)
- Brow Ptosis
- Eyelid Ptosis
- Brow repositioning

After care of Botulinum Toxin

To reduce migration of the product it would be recommended to remain upright for 4 hours post treatment. Alongside avoiding the following activities for around 24 hours: rubbing the area, exercise, saunas, steam rooms, sunbeds and beauty treatments such as facials, waxing etc.

After care instructions are a crucial part of the treatment as they affect the results. The effects of anti wrinkle treatments are not noticeable immediately. It can take between 2 days and two weeks to see results and this varies from person to person.

What are Dermal Fillers?

Dermal fillers are soft, gel-like materials that are injected. They target a number of concerns including lifting cheek bones, reshaping a number of areas on the face, volumising and smoothing of the lips and nasolabial folds (Liu 2019).

Dermal fillers are composed of a variety of substances. One of the most common compounds is called hyaluronic acid which is naturally found in our skin and plays a vital role in keeping the skin hydrated with a plump volumised appearance. The product tends to last around 6-12 months before being naturally absorbed by the body.

What can be achieved with Dermal fillers

Dermal Fillers can be used on most areas of the face including:

- Nasal Labial folds
- Tear Trough
- Marionette lines
- Frown Lines & Forehead Lines
- Jaw line to sculpt and define
- Cheeks to lift and add volume
- Chin
- Nasal bridge an alternative to corrective plastic surgery
- Lip Fillers to define the vermilion border and add volume to the body of the lips creating size and shape

Record keeping for Dermal Fillers

All clinical procedures should be documented, and clinical notes should be as detailed as possible. The following information should be recorded for each dermal filler client in addition to the medical, consent and advice forms:

- Clients name
- The brand of the product used
- Lot / Batch number
- Expiry Date
- Type of filler used
- Filler volume injected
- Specify what was used e.g cannula
- Treatment date
- Expectations
- Record of any topical anaesthetic used
- Treatment notes

Contraindications for Dermal Fillers

There are multiple contra indications to keep in mind when administering fillers including:

- Pregnancy and breast feeding
- Skin Cancer
- Recent treatment with other products within the last 6 months
- Active Herpes Simplex – Clients can have dermal fillers if Herpes Simplex infections are infrequent and not present at the time. If a client suffers with cold sores more than three times per year it would be advised for them to take Acyclovir prior to treatment as fillers can lead to a Herpes Simplex outbreak.
- Known Allergies
- Keloid or Hypertrophic scars
- Aspirin / Warfarin / Steroids (Higher risk of bruising)
- Depression & Stress

Complications and side effects

Each type of dermal filler will have its own side effects and the most common are:

- Erythema
- Swelling
- Bruising
- Tenderness
- Itching
- Discolouration

In rare cases, more complex side effects may arise. This highlights why it is crucial for the practitioner to be trained in not only administration of the product but also competent to manage any complications that may arise. They must also have access to the emergency drugs required to attend to or reverse certain complications. Less common side effects include:

- Granulomas
- Skin necrosis
- Infections
- Abscess
- Hypersensitivity
- Skin nodules
- Cysts
- Blindness

What is Necrosis

Necrosis is a term used for tissue death; it is caused by accidental injection of the product into an artery. This in turn blocks the circulation and the skin starves of oxygen and starts to break down (Skin Integrity 2020).

If the problem is noticed early enough it can be treated with a product called hyalase, this will dissolve the filler and recreate a passage for circulation to restart.

Symptom to look out when checking for early signs of necrosis include:

- Persistent Pain
- Persistent white or red in the area of the injection site
- Persistent skin bruising or ulceration
- Small pimple around the injection site

Management of patient expectations

Communication is key in managing the expectations of clients. In a world where some people aspire to be like celebrities and edited images online its imperative to understand why clients want a treatment carried out and how they want the outcome to look.

First of all, its fundamental to understand the reasoning for the treatment, are they having it done because of pressure to look a certain way? If so the cooling off period is so important along with your expert opinion in this area. Is this something they have researched about and know enough about?

Many clients bring along photographs of desired outcomes. As clinicians, it is key to be honest about what they are expecting. Do not be scared to say I cannot promise that outcome as everyone has completely different anatomy to begin with.

Its always better to under promise and overachieve then to over promise and under achieve. Being honest may lose a couple of clients but overall, it will build rapport, create loyal customers who trust your professional opinion and reduce complaints.

What can Dental Professionals do with appropriate training?

All courses will cover the basic training, but they also vary in great detail. Ensure research is carried out before selecting a course and only train with a reputable company.

When responding to the question on dental professionals administering facial aesthetic treatments and its impact on indemnity, the General Dental Council told the Dental Nursing Journal, "Currently, no legal statute exists in the United Kingdom to restrict the right of any person to deliver treatments involving the injection of Botulinum toxins (Botox) and dermal fillers. However, if dental professionals are effectively trading on their title and registered status when offering these services, there may be regulatory implications and individuals need to exercise their professional judgement. Additionally, if dental professionals are relying on their existing professional indemnity when undertaking these services, they need to check with their indemnifier to ensure these activities are covered." Botox is a prescription only medication, so the dentist could prescribe facial aesthetic treatments to enable hygienists and therapists to carry out the treatments (Bissett, 2020). Dermal fillers are not prescription only medicines, so open access is possible, but practitioners must feel confident in the treatments they are delivering.

After the completion of a Foundation Botox and or Dermal Filler training course you should receive your certificate and then you can apply for your insurance. After the insurance is in place and you have everything you need and you feel competent to do so you can begin practicing.

There are a number of routes trained professionals can take to practice a career in facial aesthetics such as carrying out treatments in the following settings:

- Mobile (however please be aware this needs to adhere to clinical standards)
- Aesthetic clinic
- Dental practice

There are additional courses including intermediate, masterclass level and also additional skills that professionals can train for to treat other areas of the face and body.

Personal Development Plan and Reflective Learning

This CPD is linked to the following GDC Enhanced CPD Development Outcome:

B- Effective management of self and effective management of others or effective work with others in the dental team, in the interests of patients, providing constructive leadership where appropriate.

D- Maintenance of skills, behaviors and attitudes which maintain patient confidence in you and the dental profession and put patients' interests first. (GDC 2018)

Reflective learning is now a requirement of the GDC Enhanced Professional Development Scheme. As such, you will now need to answer some reflective learning questions, before your certificate is generated. These will be:

- 1) What did you learn (or confirm) from the activity that was helpful or relevant to your daily work and patients?
- 2) Comment on any changes/updates needed in your daily work
- 3) How has completion of this CPD article benefitted your work as a DCP?

Examples will be provided. Please remember that you will have the opportunity to fill this in on completion of the exam but you can also update this at any time from your CPD log. If you take a few moments to write your reflection on completion, you will have fulfilled the Enhanced CPD requirements.

Further reading

[Further reading for Dental Nurses on scope of practice for Facial Aesthetics](#)

[British Association of Cosmetic Dental Professionals](#) This provides FAQs for dental professionals considering training for facial aesthetics

References

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