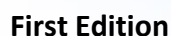


Guidelines for the Management of Complications in Aesthetic Practice





Guidelines for the Management of Complications in Aesthetic Practice

Visit our website: www.acegroup.online

Disclaimer

The ACE Group produces evidence based, peer reviewed guidelines for aesthetic practitioners. The guidelines are intended for use by medically qualified practitioners only and not intended to replace medical advice or clinical judgement.

Acknowledgments

The ACE Group would like to thank all its authors and colleagues on the consensus group for providing help and support in the production of these guidelines. Without their goodwill, knowledge and experience, production of these guidelines would not be possible.

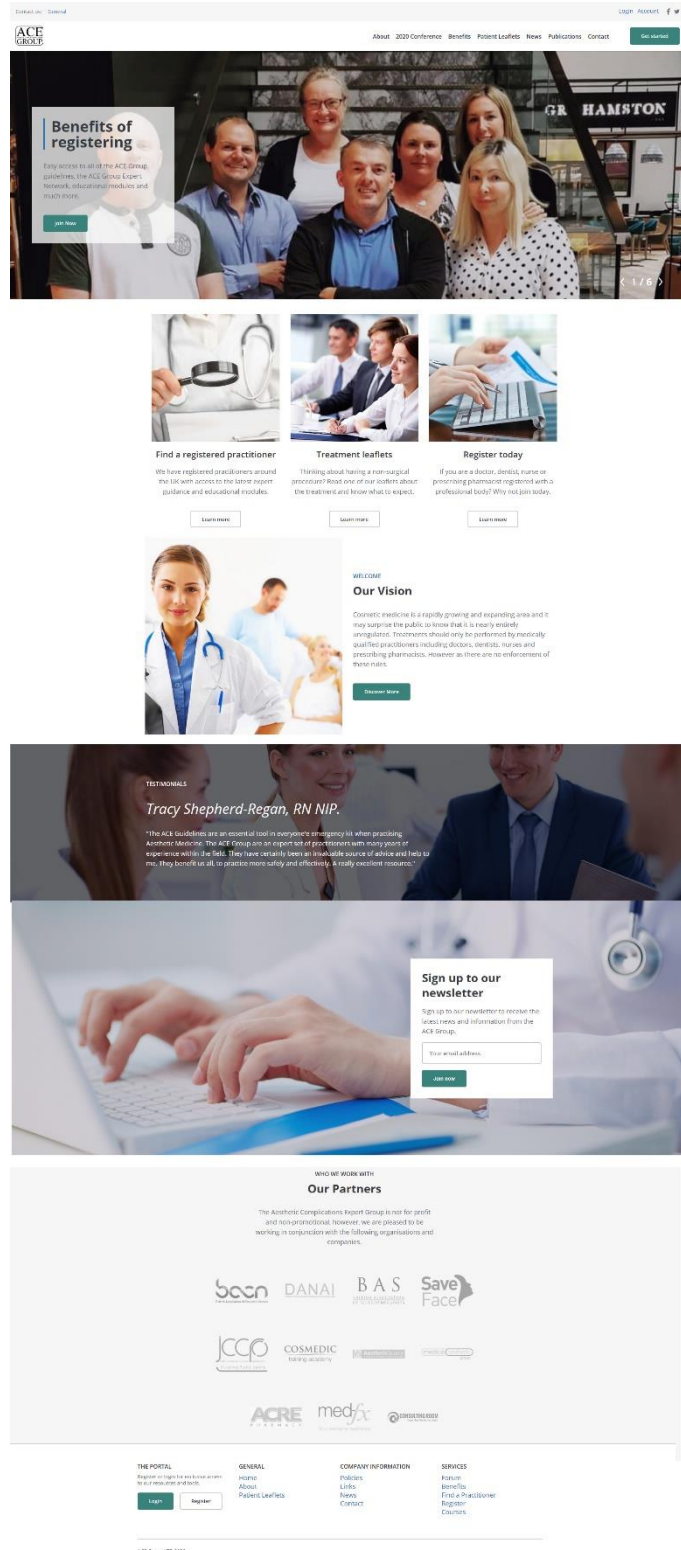
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Produced by Dr Martyn King and Sharon King RN NIP.



Foreword



Aesthetic medicine is a rapidly growing field with an ever-increasing number of practitioners offering an increasing number and range of treatments each year. Despite this, it is not recognised as a medical discipline in its own right and is largely unregulated. Although serious complications in aesthetic medicine are rare, it is important they are dealt with in a consistent and evidence-based manner.

The Aesthetic Complications Expert Group was established in September 2011. In the interests of public safety, the guidelines were designed to improve patient outcomes by providing evidence-based consensus guidelines to educate and support healthcare practitioners to mitigate risks, diagnose and manage complications effectively. These guidelines have been well received not only by practitioners, but also by manufacturers, insurers and educators, and have been adopted nationally.

The Aesthetic Complications Expert Group recognises that training providers too often neglect complications or teach this important aspect of care, inconsistently and without reference to an evidence base.

The Aesthetic Complications Expert Group is not for profit, working on behalf of all healthcare professionals practicing in this field, often autonomously and unsupported when adverse events arise. Once a guideline has been produced and reviewed by the ACE Group, it is then circulated to a wider Consensus Group of experts specialising in aesthetic practice for further critical appraisal. When a guideline has been approved it is freely available for practitioners. Guidelines are published in aesthetic journals and via the Aesthetic Complications Expert Group website. Practitioners can subscribe via the website to download guidelines, have access to expert advice and support, share experiences, opinions and learning with peers and to report complications.

Although voluntary, it is hoped that better reporting of complications will be welcomed within the industry to educate, promote best practice, provide help and support to practitioners and to improve data available on the incidence and nature of complications. The Aesthetic Complications Expert Group welcomes collaboration with stakeholders including pharmaceutical companies, insurers, professional associations, national bodies, regulators and patient groups.

The Aesthetic Complications Expert Group provides recommendations on emergency stock items that should be held in the event of a complication occurring. It is realised that not all practitioners will have easy access to certain drugs required in the management of complications and non-prescribing practitioners should work closely with a prescriber to ensure that help and medications may be available when needed.

It is hoped that producing nationally recognised guidelines in the management of complications will help raise standards of safe practice, ensuring better outcomes for patients who suffer complications.

The ACE Group were delighted to receive the prestigious Professional Initiative of the Year at the Aesthetic Awards, 2017.

Dr Martyn King

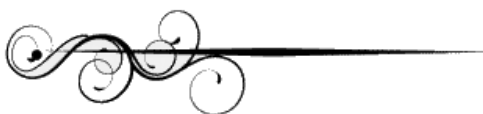
Founding Member and Chair of the Aesthetic Complications Expert Group

Contents



Introduction to the ACE Group.....	1
Introduction and Acknowledgments of the Consensus Group.....	4
The Aesthetic Complications Expert Group Emergency Kit.....	5
The Use of Hyaluronidase in Aesthetic Practice.....	10
Management of a Vascular Occlusion Associated with Cosmetic Injections.....	22
Visual Loss Secondary to Cosmetic Filler Injection.....	33
Management of Acute Skin Infections in Non-Surgical Aesthetic Practice.....	42
Prophylaxis and Treatment of Herpetic Infections in Aesthetic Practice.....	47
Prevention and Treatment of Ecchymosis in Non-Surgical Aesthetic Practice.....	53
Management of Oedema in Non-Surgical Aesthetic Practice.....	58
Management of Tyndall Effect.....	64
Management of Ptosis.....	68
Management of Sharps Injuries or Splash Incidents.....	73
Management of Vasovagal Syncope.....	77
Anaphylaxis.....	84
Microsclerotherapy Complications.....	89
Managing Expectations Associated with Cosmetic Interventions.....	99
Quick Reference Guides.....	104

Introduction to the ACE Group



Dr Martyn King (Founder Member) (Chair) MBChB MBCAM MSc PGDip PGCert

Dr Martyn King is a GMC registered doctor and is also registered with the Irish Medical Council. He is the Director of Cosmedic Skin Clinic, a highly successful, award winning private aesthetic clinic as well as Cosmedic Online, Cosmedic Pharmacy and the ACE Group. He is a recognised expert in the field of cosmetic medicine, national and international accredited trainer and he has published multiple articles in leading aesthetic journals. He is a respected conference speaker and demonstrator with experience at FACE, IMCAS, AMWC, CCR, ACE, Aesthetic Medicine Live, BCAM, BACN, JAN and BAS. He is the Chair of the Aesthetics Complications Expert Group, a member of the British College of Aesthetic Medicine, Board member for the British Association of

Sclerotherapists and Chair of Save Face Clinical Advisory Board. He is the Key Opinion Leader for several leading companies and undertakes training, workshops, seminars and studies on their behalf. He has completed a Master's Degree with Distinction in non-surgical aesthetic practice and achieved the Outstanding Achievement award at the Aesthetics Awards 2019. Dr Martyn King is passionate about raising standards within the industry, promoting best practice and treating all patients with honesty and integrity.

Emma Davies (Founder Member) (Vice Chair) RGN NIP

Emma Davies has specialised in Aesthetic Medicine since 1998. In addition to her clinical practice in Somerset, Emma has contributed to numerous publications and the work of a number of professional bodies and project groups relating to standards and education. She has been a Committee Member for the RCN Aesthetic Nurses Forum (2000-2010), Founder Member and Secretary of the British Association of Sclerotherapists (2003-2010), Founder Member and Chair of the British Association of Cosmetic Nurses (2010-2014) and Clinical Director for Save Face (2014-present). Emma also received an award for Services to the Industry (2013) and Cosmetic Nurse of the Year at the Aesthetic Awards.



Sharon King (Founder Member) RGN NIP MSc PGDip PGCert

Sharon King has over fifteen years of experience delivering education and training in the field of aesthetic practice. She has worked with many of the leading pharmaceutical companies as a clinical educator and nurse specialist. She serves as the current Vice Chair of the British Association of Cosmetic Nurses and is also a member of the Education committee of the BACN, a member of the board of the Aesthetic Complications Expert Group, member of The British Association of Sclerotherapists and a member of The Dermatology and Aesthetics Nurses Association, Ireland.

Sharon is known for her calm and patient teaching style, care and attention to detail. Credentials: NMC Registered Nurse • NMBI Registered Nurse • Independent & Supplementary • Prescriber • MSc Non-Surgical Aesthetic Practice • PG Dip Non-Surgical Aesthetic Practice • PG Cert Non-Surgical Aesthetic Practice • Recognised Teacher Status Cardiff University & University of Northumbria. Awards & Acknowledgements Nurse of the year award winner, British Journal of Nursing 2013 • Aesthetic Nurse

of the Year, Cosmetic Awards, 2013/2014 • Rising Star Award, Cosmetic Awards, 2012
• Professional Initiative of the Year (ACE Group) Aesthetic Awards, 2017.

Dr Cormac Convery MB ChB MSc MASLMS

Cormac is a GMC registered doctor and comes from a background in General Practice, where he specialised in minor surgery. Originally planning to study architecture, Cormac rejected his place at University and pursued medicine instead. While it did take some time, he believes that he has now found the best of both worlds. A relative newcomer to aesthetic practice, he opened The Bloomfield Clinic in Ayrshire in 2013 and Ever Clinic in Glasgow in 2017. Cormac quickly recognised that he had a hunger for knowledge and commenced an MSc in aesthetic medicine at Queen Mary University of London in 2014. Completing studies in 2016 with distinction, he was invited to join the faculty where he now holds an honorary lecturer position.



Travels to London for academic reasons ultimately led to part-time clinical commitments. This led to a focus and specialisation in laser practice and he is now one of a few doctors in the UK to offer fully ablative laser skin resurfacing in the treatment of rejuvenation and scarring. Cormac is a member of the American Society for Laser Medicine & Surgery and he is passionate about the inclusion of energy-based devices in his clinical practice, research and training interests.



Dr Lee Walker, Dental Surgeon | BCity Clinics

**Dr Lee Walker Facial Aesthetics Academy | BDS MFDS RCPSCG
MJDF RCS ENG PgA cert Clin Ed | United Kingdom**

Dr Lee Walker is director and clinical lead educator at the Lee Walker Facial Aesthetics Academy, Liverpool and has almost 2 decades worth of experience in the field of non-surgical medical aesthetics. Dr Lee Walker is an official Teoxane international key opinion leader who regularly shares his knowledge globally, having educated in over 30 countries and 5 continents. Dr Walker is the co-lead for medical education with the award-winning training faculty, Teoxane UK. He holds an advanced post graduate certificate in clinical education from the Royal College of

Physicians and Surgeons Glasgow. As part of his commitment to medical safety, Lee is a member of the expert panel for the Aesthetic Complications group (ACE) to provide guidance and advice on complications related to non-surgical treatments. He also sits on the expert advisory board of 'Save Face' a United Kingdom professional standard registered body responsible for setting industry safety recommendations. Dr Walker has published various expert opinions, scientific editorial and case studies to medical journals. Lee has proudly been awarded memberships to the prestigious Royal College of Surgeons in both Scotland and England.

Linda Mather RN NIP MSc PGCert PGDip

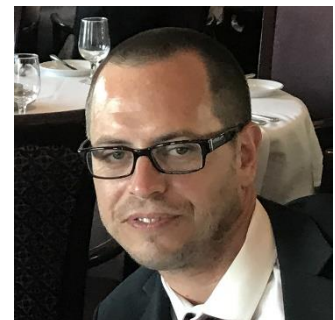
Linda Mather is a registered General Nurse and independent Nurse Prescriber with over 30 years' experience within the NHS where she worked as a band 7 ward sister. For the past twelve years she has ran her own businesses. Linda opened Chamonix clinic in 2008 and opened her second clinic in Sunderland a few years later. In 2012 Linda developed a nurse's forum called the Northern Cosmetic Nurses Forum, which then became the regional branch of the BACN. Linda is now a BACN board member and an ACE board member where her role is mainly dealing with the emergency calls. In 2015 Linda won the prestigious British Journal of Nursing Award for Aesthetic Nurse of the year and joined the editorial board for the Journal of Aesthetic Nursing, where she has published works about work force development and nurse prescribing. Linda is currently working alongside Northumbria University as a practice placement educator and has helped to develop and evolve the current Masters in Aesthetic Medicine. She holds an MSc in Aesthetic Medicine and a PG cert in Education and is an Independent Nurse Prescriber. 2017 saw her win student of the year for Northumbria University. Linda has frequently been a guest of BBC Radio Newcastle where she gives her opinion on topical cosmetic and general issues in the news. She has also appeared on TV programs such as BBCs Inside Out to change bad practice. Linda also runs her own Aesthetic training company and has worked as a regional trainer for Teoxane UK.

**Gillian Murray MPharm PG Dip Clin Pharm PG Dip Minor Illness NMP**

Gillian Murray has been working in aesthetics since 2015 and is a member of the Clinical Pharmacists Group UK. In addition to her aesthetic practice she holds a Principle Teaching Fellow position at Kings College London (KCL) University, where she is a senior lecturer and supports the delivery of the clinically enhanced prescribing programme (CEPIP). She also retains a part time clinical commitment working in a GP practice treating minor illness. Gillian has 15 years' experience of working in acute trusts within the NHS predominately in her area of speciality, Surgery. She has held the positions of directorate pharmacist to many surgical disciplines including plastics, burns, ICU, vascular and to medical disciplines such as acute medicine, dermatology and rheumatology. She completed her independent prescribing in complex infection and extended her scope to include insulin management and post-operative pain control. She has vast experience in critical appraisal of literature and guideline writing pertaining to areas of surgical and non-surgical medicine, and has consulted on education strategies at local, regional and national level within the pharmacy profession. Gillian is passionate about using medicines safely and understating co-morbidities to inform treatment decisions. She set up the group 'medicine in aesthetics' which supports aesthetic practitioners. She has an interest in HA gel rheology and behaviours and through her position at KCL she is embarking on research.

Stuart King (Administrator | Finance Officer)

Stuart King is the Administrator for the Aesthetic Complications Expert Group. He has a background in business and information technology and is responsible for ensuring that all members hold current registration with their professional bodies, are appropriately registered, added to the forum, receive their certificate and logos and all general correspondence. If you have any enquiries regarding payment, membership, website issues or anything else, Stuart is always happy to help and can be contacted by email during weekdays.

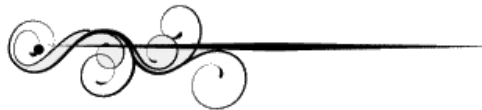


Introduction



The ACE Group have produced a series of evidence based and peer reviewed guidelines to help practitioners prevent and manage complications that can occur in aesthetic practice. These guidelines are not intended to replace clinical judgement and it is important the practitioner makes the correct diagnosis and works within their scope of competency. Some complications may require prescription medicines to help in their management and if the practitioner is not familiar with the medication, the patient should be appropriately referred. Informing the patient's General Practitioner is considered good medical practice and patient consent should be sought. It may be appropriate to involve the General Practitioner or other Specialist for shared care management when the treating practitioner is not able or lacks experience to manage the complication themselves. Practitioners have a duty of care and are accountable to their professional bodies and must act honestly, ethically and professionally.

Acknowledgment of the Consensus Group



The Aesthetic Complications Expert Group would like to thank all the following practitioners who have peer reviewed and contributed to the guidelines:

Dr Raj Acquilla • Dr Stephen Bassett • Sharon Bennett RN NIP • Helen Blanchard RGN NIP • Sharron Brown RN NIP • Constance Campion RN • Helena Collier RN NIP • Dr Ben Coyle • Marie Dolan RN NIP • Dr David Eccleston • Dr Andrew Greenwood • Michelle Irving RN NIP • Dr Ravi Jain • Dr Harryono Judodihardjo • Sandra Lindon-Davies • Dr Tracy Mountford • Andrew Rankin RN NIP • Dr Sam Robson • Mr Taimur Shoaib • Lou Sommereux RN NIP • Dr Askari Townshend • Dr Patrick Treacy • Frances Turner Traill RN NIP

The Aesthetic Complications Expert Group Emergency Kit



Title	The Aesthetic Complications Expert Group Emergency Kit
Author	Emma Davies RN NMP, Dr Martyn King
Date	November 2018
Version	V2.2



Definition:

Emergency: 'A serious, unexpected, and often dangerous situation requiring immediate action.'¹

Introduction:

It is a moral and professional obligation for practitioners to risk assess their practice and to take appropriate steps to mitigate those risks. In aesthetic practice, it is essential that practitioners are familiar with the possible risks and complications associated with the treatments they provide and the patients they treat. Although rare, some complications require immediate attention either because they are life threatening, can have catastrophic consequences or because immediate attention will protect the patient from avoidable harm. Managing these emergency events requires competency, a safe environment, familiar and reliable management protocols and easy access to necessary medicines and devices. Management may also include onward referral pathways where appropriate and a policy for follow up and reporting to the appropriate organisations such as the MHRA and the manufacturer's regulatory affairs department.

The Aesthetic Complications Expert Group have provided guidelines on how to manage some of the most common and more serious complications that may occur in aesthetic practice along with treatment algorithms that practitioners should be familiar with. In order to provide safe treatments and correctly manage adverse events, practitioners must have and be competent to use and administer essential medicines and devices.

Although the ACE Group Emergency Kit covers the most widely performed aesthetic treatments, it is not intended to be prescriptive. Practitioners who are carrying out treatments outside of this scope or more invasive procedures are likely to need additional prescription medications and equipment, such as AEDs or cardiac monitoring, to manage potential complications.

Background:

Whilst vital to have an emergency kit, it is equally important the practitioner is competent to use it appropriately. As complications in aesthetic practice are rare, regular CPD activities to maintain and demonstrate competency are essential. Basic Life Support and anaphylaxis training should be undertaken annually to refresh and update knowledge and skills in line with guidelines from statutory bodies. In any event where a patient's life or sight is threatened, emergency services should be called to attend immediately, and the patient transferred to hospital for further treatment or monitoring. Even if the patient appears to have recovered from an anaphylactoid event, the patient must go to hospital for observation and possible referral to immunology for diagnosis and counselling².

Quick reference guides and management algorithms are useful aide memoires when an adverse event occurs, and these should be kept with the emergency kit, and/or posted on walls or staff boards to become familiar reading.

Other members of the practice team should also be familiar with their supporting roles should an adverse event occur. Practice drills help ensure everyone knows where the emergency kit or equipment is, what it contains and what their roles should be.

Since the emergency kit contents are likely to be used infrequently (if ever), it is important that it is checked regularly, to ensure the medicines and devices are within expiry dates, not damaged, working

properly and all present and correct. A log is useful to record that checks have been made and this should be completed at least monthly as a matter of routine.

Page | 6

The Aesthetic Complications Expert Group® has produced the most comprehensive set of guidelines for the management of non-surgical aesthetic complications in the world, widely recognised and referenced and acknowledged by leading experts, industry bodies, educational institutes and regulators.

The Aesthetic Complications Expert Group® is the largest membership organisation for non-surgical aesthetic practitioners with over 3000 members.

Our guidelines are evidence-based, peer-reviewed and not for profit.

The Aesthetic Complications Expert Group® also operates an Emergency Helpline and e-mail support for its members.

Healthcare practitioners can subscribe at

www.acegroup.online

