



L7 BULLETIN

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CLINICAL

How to choose your perfect dermal filler case study

ACADEMIC JOURNAL CLUB

"New High Dose Pulsed Hyaluronidase Protocol for Hyaluronic Acid Filler Vascular Adverse Events"

COURSEWORK

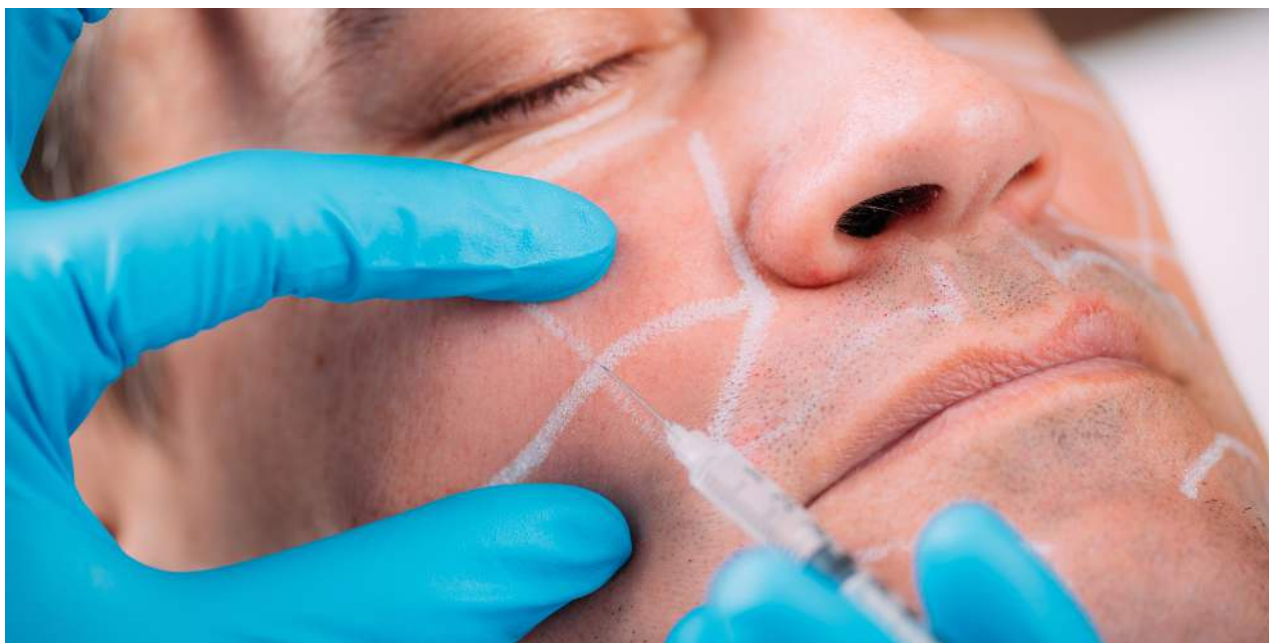
Filling in your logbook guide

EVENTS

Upcoming Events from Level 7

BI-ANNUAL SURVEY

Drive positive change within your academy



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CLINICAL

HOW TO CHOOSE YOUR PERFECT DERMAL FILLER CASE STUDY.

Overview

During your level 7 coursework you are required to assess and treat a patient for dermal filler and toxin treatment. Choosing the right patient for this can be a little daunting as you want to ensure they demonstrate your excellent techniques and treatment results. This article will help you pick the best patient and plan for the best treatment and reflection.

Marketing

The first challenge of any treatment planning is attracting the proper patient to your clinic. We are often inundated with interested parties keen on a discount. However, please be sure to approach these patients with caution. Usually, they are 'discount shoppers' who lack loyalty and are not the most suitable for treatments. I would recommend setting up a portfolio-building clinic with transparent terms and conditions; the patient is willing to have photography for sharing in both educational and social media outlets, write a review on Google or Facebook, and also be happy to have a two-week review appointment. This sets your boundaries and ensures you can treat and manage your patients with the assurance that they are committed to you and your practice.

Communication

It is imperative that you communicate to the patient your expectations as a practitioner and their expectations for treatment. Establish this before any consultation in a portfolio building clinic to ensure everyone is comfortable and on the same page when it comes to treatment planning.

Discussing with the patient their best method of communication, whether email, phone or whatsapp to ensure you are able to discuss treatment with them if needed.



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Treatment Planning

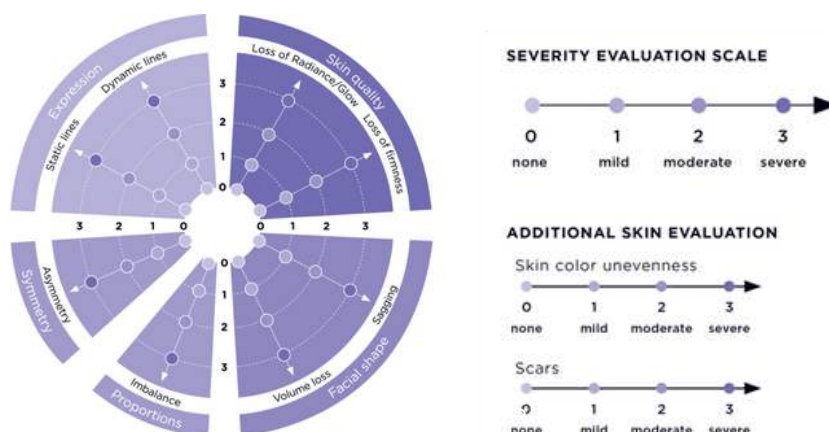
Assess your patient in person, talk about their feelings and emotions about their appearance, and repeat to them what they told you. Once you have asserted the problem list, you can start working towards a plan for their management. When it comes to dermal filler, sometimes a staged approach is favourable; take your patient on a journey into youth rejuvenation or profile balancing. Tapping into how their appearance makes them feel can be very powerful in developing a sense of trust and understanding from practitioner to patient.

An ideal treatment plan for the case study could showcase your:

- Understanding of the physiology of ageing
- Understanding of the correction of asymmetry, proportion, and volume loss.

Focus on the 'why' of a treatment rather than the 'what'. Instead of just treating lips with 1ml of dermal filler, focus on the reasoning behind it, whether it's for hydration, volume, proportion or another planned reason.

Deliver the plan verbally and in written format, e.g. email; this will provide a reference point for the patient and also complement your clinical notes.



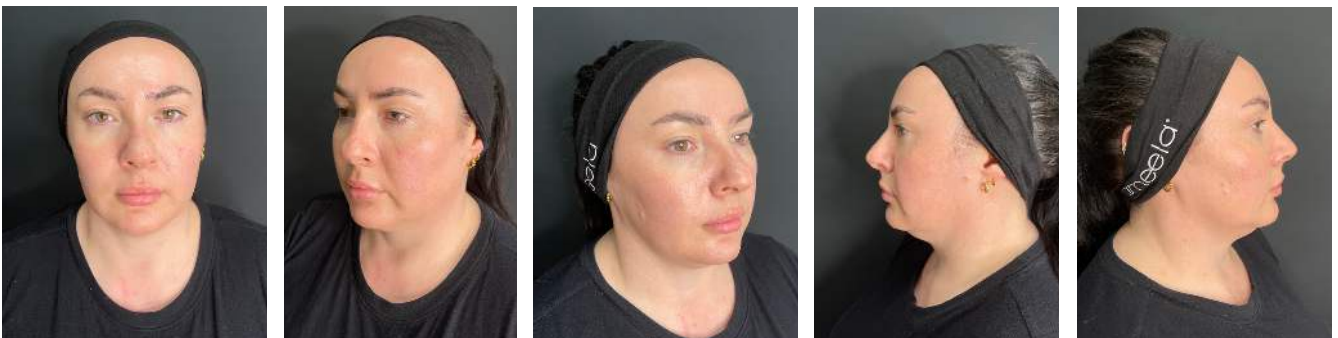
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HOW TO CHOOSE YOUR PERFECT DERMAL FILLER CASE STUDY.

Treatment Checklist

On the day of treatment, please follow the following checklist to ensure you and your patient get the best out of the session.

- Patient Medical History
- Removal of make-up
- Confirmation of treatment plan
- Consent, including photography consent
- Place topical anaesthetic
- Photography: Full face, 3/4 view, Profile view (right and left) on a plain background.
- Skin cleanse
- Treatment with dermal filler
- Massage if necessary
- Post op instructions
- Photography (replicated from above)



Reflect

Make notes about the particular challenges or interesting points relating to the patient and how you overcame them, whether this is medical history or their treatment wishes.

I'd like you to reflect on how you navigated these with the patient; this will form your case study narrative for your Level 7 Coursework.

Special Topic

New High Dose Pulsed Hyaluronidase Protocol for Hyaluronic Acid Filler Vascular Adverse Events

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Summary

The article presents a new High Dose Pulsed Hyaluronidase (HDPH) protocol for managing acute vascular adverse events caused by hyaluronic acid (HA) fillers. The HDPH protocol simplifies previous approaches by exclusively using repeated high doses of hyaluronidase (HYAL) and has shown to be very effective in clinical use over two years.

It involves diagnosing the ischemic event and administering HYAL into the affected tissue hourly until resolution. The treatment has been successful in avoiding partial or complete skin loss if



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implemented within two days of the onset of symptoms. This protocol offers a significant improvement in managing filler-related vascular complications, emphasising the importance of rapid and effective treatment to prevent severe outcomes.

Background

Vascular occlusion occurs when HA filler is inadvertently injected into an artery, causing blockage and subsequent ischemia. Traditional treatment methods have varied in dosing and timing of hyaluronidase administration, without a standardised approach. The HDPH protocol was developed to address this gap, emphasising early, aggressive, and repeated doses of hyaluronidase to dissolve the occluding HA.



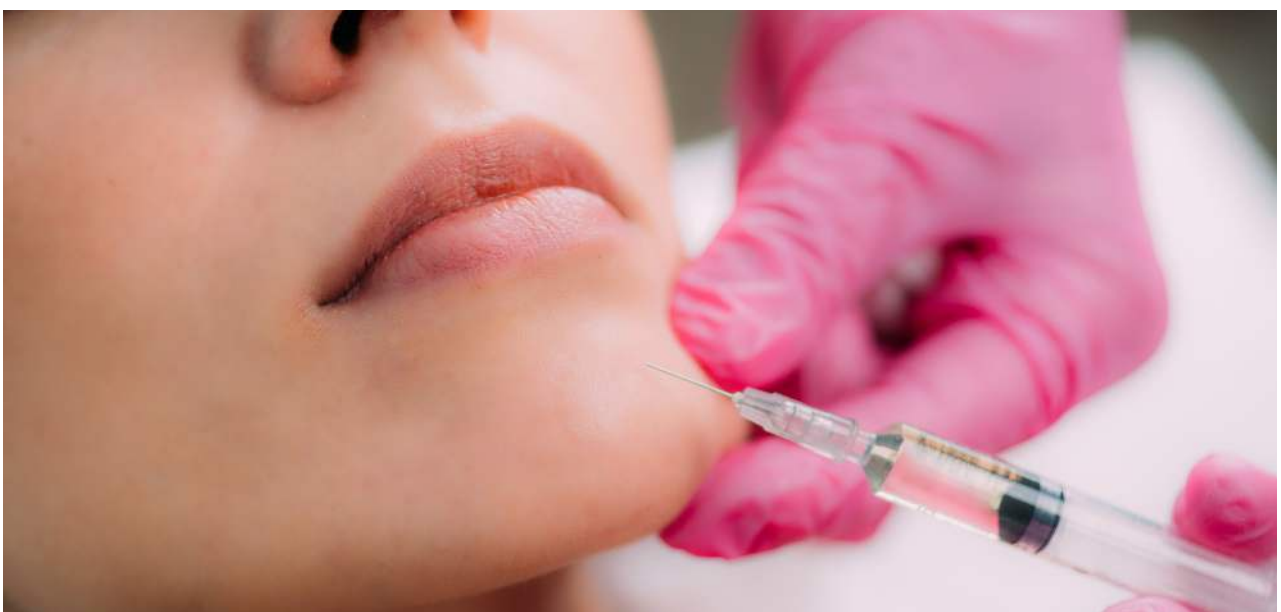
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Methodology

The protocol suggests a stepwise approach, starting with the immediate cessation of filler injection upon suspicion of a vascular event. The affected area is then assessed for signs of occlusion, such as blanching, pain, and mottling. Once vascular occlusion is diagnosed, the HDPH protocol recommends:

1. **Immediate Administration:** An initial high dose of hyaluronidase (at least 200 IU) is injected into the affected area. This dose is significantly higher than traditional protocols, reflecting the urgency of dissolving the occluding HA filler.
2. **Pulsed Dosing:** Additional doses of hyaluronidase are administered hourly, focusing on the areas of greatest ischemic risk. This approach continues until there is a visible improvement in skin colouration and symptoms.
3. **Monitoring and Support:** Patients are closely monitored for signs of improvement or complications. Adjunctive treatments, such as aspirin, nitroglycerin paste, and warm compresses, may be used to enhance blood flow and facilitate HA dissolution.



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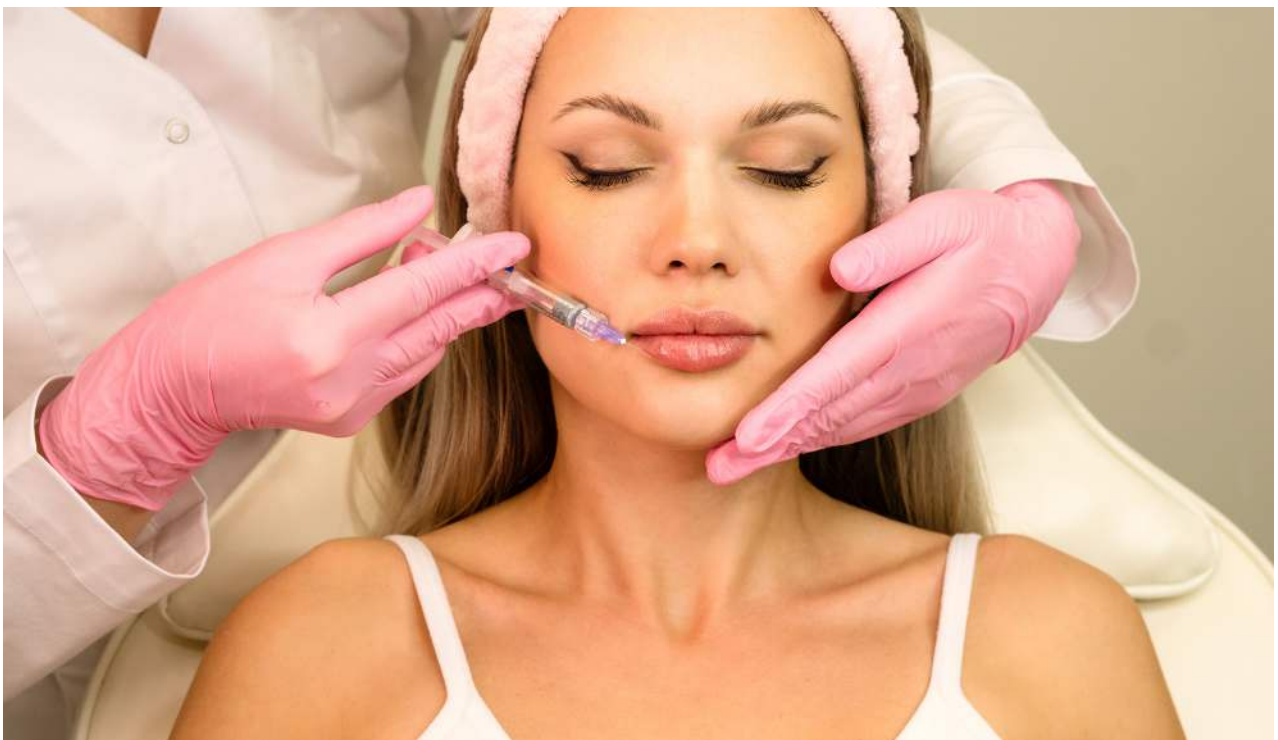
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Clinical Efficacy

The paper reports on the application of the HDPH protocol in a series of cases over a two-year period, noting a high success rate in the rapid resolution of symptoms and prevention of tissue necrosis. Cases included various facial regions, highlighting the protocol's versatility. The authors emphasise that early intervention, within the first 24-48 hours of symptom onset, is crucial for optimal outcomes.

Discussion

The HDPH protocol represents a significant advancement in the treatment of HA filler-induced vascular occlusions. Its development is based on the pharmacokinetics of hyaluronidase and the clinical urgency of restoring blood flow to ischemic tissues. The protocol's emphasis on high, repeated doses contrasts with more conservative approaches, reflecting a shift towards more aggressive treatment strategies in the face of potentially severe complications.



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The success of the HDPH protocol also underscores the importance of education and preparedness among practitioners using HA fillers. Knowledge of facial anatomy, proper injection techniques, and immediate access to hyaluronidase are identified as key factors in preventing and managing vascular occlusions. Furthermore, the paper calls for standardised reporting and management protocols to enhance patient safety and outcomes in aesthetic medicine.

Conclusion

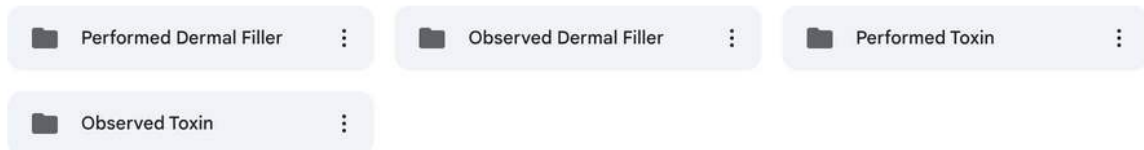
The High Dose Pulsed Hyaluronidase protocol offers a new standard for the rapid and effective treatment of acute vascular occlusions due to hyaluronic acid fillers. Its success in clinical application highlights the importance of aggressive, timely intervention and the need for ongoing education among practitioners. As the use of HA fillers continues to grow, protocols like HDPH play a critical role in enhancing patient safety and outcomes in the field of aesthetic medicine.

COURSEWORK

A step-by-step guide on filling in your logbook on your training days.

If you're brand new to your Level 7 diploma, the logbook might seem like an overwhelming task. This segment will help you navigate the logbook to be the most efficient on the training session, so you can gain the most from the teaching and experience.

1. Download the timestamp app: You'll need an app downloaded on your device to take pictures which show the time and date of your pictures.
2. Download or print your logbook pages: we would recommend downloading these as they will be easy to duplicate and keep all in one place.
3. Dedicate a storage method: Make sure you can organise your files. Some of our graduates use Google Drive to organise their files. Within each of the folders are 10 template files which you can access and fill out as you complete your records.



1. Create a template with your details: Using the functionality of Google Docs, you can follow the following method: right click on file > open with Google Documents > Fill in your name, and signature.
- To create your signature, either you can import an image from your phone which you have signed or you can use Google: place cursor in the box you wish to enter a signature into > insert > drawing > select the line tool > change to 'scribble' > sign the drawing pad > signature is entered into selected box.

1. Duplicate this template into a folder dedicated to the training day.
2. On the training day fill out the date of the training day and get your trainer to repeat the same signature method for signing the template for the day.
3. This file can now be duplicated and filled out per patient on the day.

COURSEWORK

8. **Per patient: Take a photo of the wristband they are wearing?** This will show the patient's Initials and DOB.

9. **Take pre-treatment photos: You only need to take two photos of the patient, one full face (or armpit for hyperhidrosis) and one in a 3/4 view.**

10. **Treat your patient:** remember you can record the following per patient:

- One observed toxin
- One performed toxin
- One observed dermal filler
- One performed dermal filler

Please remember that the observations and performed need to be on different areas of the patient.

eg, Upper face toxin: Observed glabella, performed frontalis
observed lip dermal filler and performed cheek dermal filler.

11. **Take a photo of the expiry and batch number of the product:** Do this at the end of the treatment

12: **Take post-op pictures:** One full face, one at 3/4 view. Or, if it's hyperhidrosis, a photo of the armpit post-treatment showing injection sites.

13. **In the evening after your training day, fill out the rest of the forms** related to the patient. This must be completed as soon as possible as you will forget otherwise.

14. **Inserting images in the photography box:** place the cursor in the appropriate box > insert> image> select an image from your device on Google.

15. File your treatment document into observed/ performed/ toxin or dermal filler.

[Find a helpful link to the video to demonstrate how to use google to help.](#)

UPCOMING EVENTS

Upcoming courses in March/ April

- Saturday 9th March 2024 - Lip - London -
- Saturday 6th April 2024 - Foundation - London
- Saturday 6th April 2024 - Foundation - Newcastle
- Sunday 7th April 2024 - Advanced - London
- Sunday 7th April 2024 - Lip - Newcastle
- Saturday 20th April 2024 - Foundation - London
- Saturday 20th April 2024 - Foundation - Manchester
- Sunday 21st April 2024 - Advanced - Manchester
- Saturday 27th April - Foundation - Glasgow
- Sunday 28th April - Advanced - Glasgow

Book via your Level 7 Dashboard

Mentoring sessions book up fast see below for upcoming sessions with availability

- Thursday 18th April 2024 - Bring your own mode- Mentoring - London
- Saturday 20th April 2024 - Mentoring- London
- Saturday 11th May 2024 - Mentoring - London
- Thursday 16th May 2024 - bring your own model - Mentoring - London
- Saturday 18th May 2024 - Mentoring - London
- Saturday 1st June 2024 - Mentoring - London
- Thursday 20th June 2024 - bring your own model - Mentoring - London

Book via your Level 7 Dashboard

Additional dates July on wards now added too

DIPLOMA SESSIONS

- Tuesday 5th March at 7.30pm - Treatment planning for dermal fillers: Live Demo with Dr Bryony Elder.
- Monday 18th March at 7.30pm - with Dr Emmaline Ashley

Book via your Level 7 Dashboard

BI-ANNUAL SURVEY

It's time for us to reflect on our progress and gather insights that will guide our future initiatives. Your input is crucial in this process, which is why I'm reaching out to encourage you to participate in our bi-annual survey.

Your perspectives, experiences, and feedback are invaluable in helping us understand what's working well and where we can improve. By taking just a few moments to complete the survey, you contribute to shaping the direction of our academy and ensuring that your voice is heard.

Here are a few reasons why your participation matters:

1. Inform Decision-Making: Your feedback provides us with essential information to make informed decisions about our strategies and priorities moving forward.
2. Continuous Improvement: We are committed to continuous improvement, and your input helps us identify areas where we can enhance our processes, services, and overall effectiveness.
3. Fostering Engagement: Your engagement in this survey demonstrates your dedication to our academy's success and fosters a culture of openness, collaboration, and transparency.
4. Tailored Solutions: The insights gathered from the survey enable us to tailor our initiatives and resources to better meet your needs and expectations as Level 7 Delegates.

To access the survey, simply click on the link provided below:

<https://wkf.ms/4bVhKWk>

Your responses will be kept confidential, and the collective feedback will be used to drive positive change within our academy.

The survey will only take a few minutes to complete, but the impact of your input will be long-lasting. Your participation is greatly appreciated, and I want to thank you in advance for your time and commitment to our shared goals.

If you have any questions or encounter any issues with the survey, please don't hesitate to reach out to me directly.

Thank you for being an integral part of our academy and for your ongoing dedication to excellence.