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CLINICAL

Integrating Injectable Skincare with Dermal Fillers and Toxin Treatments

ACADEMIC

Unit 3 SAQ advice

JOURNAL CLUB

"Protecting Yourself: Consent"

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INTEGRATING INJECTABLE SKINCARE WITH DERMAL FILLERS AND TOXIN TREATMENTS

In aesthetic practice, a holistic approach that addresses surface-level concerns and the underlying skin health and tissue integrity can lead to highly satisfying, natural-looking results. In my clinic, we integrate advanced injectable skincare treatments—polynucleotides, platelet-rich plasma (PRP), and Sculptra—with dermal fillers and toxin treatments. This approach supports a fully rounded patient journey, prioritising the skin's health alongside facial structure and symmetry.

The Role of Injectable Skincare

Injectable skincare treatments focus on skin rejuvenation, quality, and collagen stimulation, making them an excellent complement to traditional fillers and toxins.

Here's how each injectable skincare option fits within a broader treatment plan

- **Polynucleotides:** Polynucleotides act at the cellular level to improve skin hydration, elasticity, and texture. They can be ideal for patients with dull or tired skin and can support the effects of other treatments by enhancing skin health. This foundation of skin vitality can be combined for patients with more targeted treatments, such as fillers, by creating a hydrated, healthy skin surface.
- **Platelet-Rich Plasma (PRP):** PRP leverages the body's own growth factors to promote tissue repair and collagen production. PRP is often used with filler treatments to improve volume and skin quality in areas where ageing has occurred, such as under-eye. For example, a patient receiving cheek and tear trough treatment may benefit from a PRP treatment to strengthen tissue and improve skin resilience, enhancing their filler results' longevity and aesthetic quality, this can be pre or post-dermal filler treatment.
- **Sculptra (Poly-L-Lactic Acid):** Sculptra is a unique collagen stimulator providing gradual volume restoration by encouraging natural collagen production. Integrating Sculptra with fillers allows for a subtle and progressive volume boost that is highly complementary in areas requiring long-term structural support. Sculptra's gradual effect makes it ideal for a treatment plan focused on longevity and a naturally restored appearance.



Dr Bryony Elder BChD: Level 7 Lead

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INTEGRATING INJECTABLE SKINCARE WITH DERMAL FILLERS AND TOXIN TREATMENTS

Integrating injectable Skincare with Toxin and Filler Treatments

Injectable skincare isn't simply a preliminary step or add-on; it's a vital part of a dynamic, phased treatment plan that enhances structural and surface-level outcomes. Here's how these treatments work synergistically:

- **Sequential Phasing for Optimal Results:** In a structured patient journey, injectable skincare treatments like polynucleotides or PRP can be applied initially to build healthy, hydrated skin. Once skin vitality is achieved, toxin treatments can be performed to soften expression lines, followed by dermal fillers for volume and contour. This sequencing maximises each treatment's potential while ensuring that the skin remains the focal point of the aesthetic result.
- **Customising Treatment Plans for a Natural Look:** Every patient journey is unique, and an integrative approach allows customisation. If their primary concern is skin texture or dullness, patients may begin with a skin-boosting treatment like polynucleotides, then gradually move to fillers and toxins as needed. The order and frequency of treatments are based on their individual skin goals, ageing concerns, and preferences for gradual, natural enhancement.
- **Combining Treatments for Longevity:** An integrative approach also has practical benefits for maintaining and prolonging results. Sculptra, for example, can be used in conjunction with dermal fillers to provide a deeper, collagen-supported structure. This layered strategy enhances the filler's effects, reduces the frequency of treatments, and allows for a more comprehensive ageing management plan.

The Patient Experience: A Fully Rounded Journey

The goal is to take each patient through a seamless, supported, personal journey. Patients benefit from a phased approach that ensures each treatment aligns with the patient's goals and adapts to their evolving needs.

Conclusion

Integrating injectable skincare treatments with dermal fillers and toxin procedures offers a holistic and highly customisable approach to aesthetics. Focusing on skin health and structural balance makes natural-looking outcomes that resonate with patients' desires achievable. This fully rounded approach elevates the patient experience and aligns with the ethos of comprehensive, sustainable aesthetic care.

Dr Bryony Elder BChD: Level 7 Lead

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Advice for some of your unit 3 questions

Question 1.2: Assess ways manage improvements to increase compliance with health.

Your answer could expand on the following:

- Adherence: regulations, standards, guidance, human resources policies and procedures to name a few. For example: Health and Safety at Work Act 1974
- Compliance: for example Implementing an effective health and safety policy, or efficient reporting systems of accidents.
- Your answer should show understanding of appropriate legislation and demonstrate how health and safety practices can be managed and improved in practice.

Question 1.3: Explain the mechanism for safe prescribing and administering medicines relevant to cosmetic/aesthetic injectable practice.

Your answer could expand on the following:

- An understanding of safe prescribing and administration.
- The role of a prescriber, drawing on the legislation and regulatory requirements.
- The roles of non-medical prescribers.
- Appropriate storage of medications.
- Guidance for prescription only medications.
- Acknowledging the Professional Statutory Regulators (the General Medical Council and the General Dental Council, Royal Pharmaceutical Society) the JCCP and the CPSA (The Cosmetic Practice Standards Authority).

REVIEW

Open Access

The ethical foundations of patient-centered care in aesthetic medicine



Editta Buttura da Prato¹, Hugues Cartier², Andrea Margara³, Beatriz Molina⁴, Antonello Tateo^{5,6}, Franco Grimalizzi^{7*}  and Antonio Gioacchino Spagnolo⁸

Overview



This paper - “The Ethical Foundations of Patient-Centered Care in Aesthetic Medicine” by da Prato et al. - explores the ethical dilemmas and deontological principles within the field of aesthetic medicine (AM).

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It highlights the evolving relationship between AM and ethics, particularly in the context of patient autonomy, beneficence, non-maleficence, and justice.

The paper addresses the challenges of a growing patient base, the influence of social media on aesthetic standards, and the commercialisation of beauty, all while emphasizing the importance of safety, professionalism, and education.



It argues that AM must maintain patient-centered ethics by respecting individual uniqueness, promoting trust in the physician-patient relationship, and navigating the balance between aesthetic enhancement and the preservation of natural harmony. Furthermore, it calls for better-defined guidelines, ongoing education, and international collaboration to ensure that AM professionals can practice with integrity and contribute meaningfully to patient well-being

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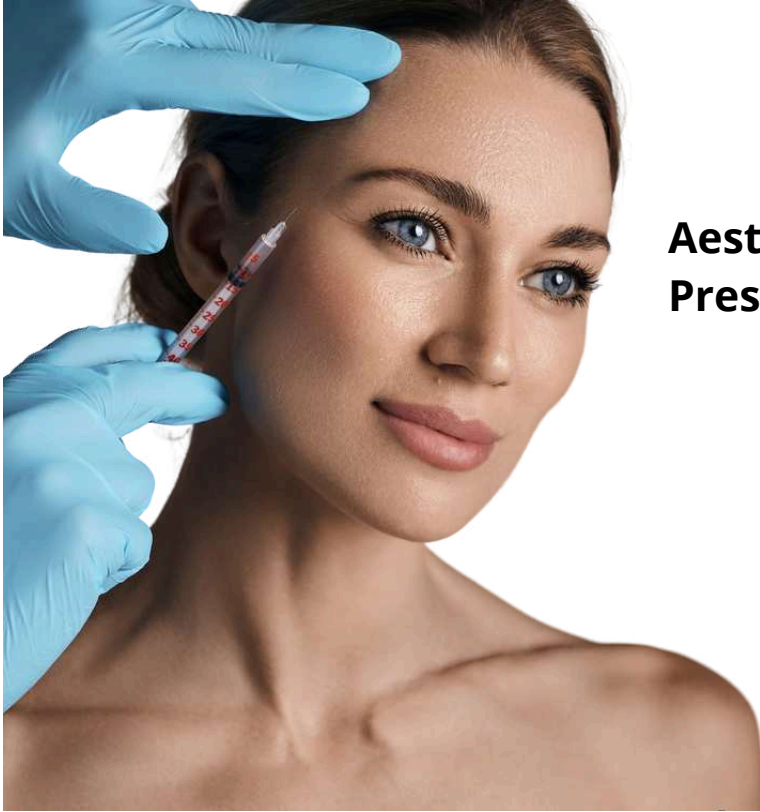
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Introduction



There is a growing need to discuss the ethical issues surrounding aesthetic medicine (AM), a field focused on improving appearance rather than curing diseases. AM's role has long been controversial due to its **ambiguous moral and practical boundaries**, with **increasing numbers of patients** seeking elective treatments. The paper stresses the current challenges, including the **lack of uniform education** for AM practitioners, the **rise of non-medically trained individuals** performing procedures, and the **influence of social media** in shaping beauty standards.

The authors argue that a multidisciplinary discussion on establishing ethical limits is essential to define AM's identity as a specialty aimed at improving patient well-being. They advocate for a patient-centered approach that balances aesthetic harmony, specialist expertise, and safety while fostering trust within the physician-patient relationship



Aesthetic Medicine: Past and Present

Aesthetic medicine (AM) has evolved over centuries, with early examples of body modifications for aesthetic purposes found in ancient Egypt, India, and Turkey. In the 19th and 20th centuries, significant advancements were made, such as facelifts and injectable substances, though early practices sometimes involved harmful materials like arsenic and lead.

World War I catalysed progress in reconstructive surgery, leading to the establishment of plastic surgery clinics. The 20th century also saw the introduction of breast implants and the widespread use of botulinum toxin and hyaluronic acid (HA) fillers, which transformed non-invasive aesthetic treatments.

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In the 21st century, regenerative injectables and stem cell therapies have further advanced the field. While surgical procedures like breast augmentation remain popular, non-surgical options such as botulinum toxin and HA fillers now dominate. There has also been a notable shift in the patient demographic, with more men and younger individuals seeking treatments, often influenced by social media. Despite these advancements, concerns about the lack of clear regulations and ethical guidelines in AM persist

The World Wide Web

The rise of the World Wide Web has significantly influenced aesthetic medicine (AM), particularly through social media platforms that shape global beauty standards. Historically, beauty standards were set by art, royalty, and celebrities, but today they are heavily influenced by social media,



which often promotes unrealistic ideals. Filters and editing tools can distort perceptions of beauty by creating images that smooth skin, brighten complexions, and alter features. This has led to a surge in demand for cosmetic procedures to meet these altered standards, a trend reinforced by phenomena like the “Zoom face,” where video conferencing increases focus on facial appearance.

The shift has resulted in younger, more diverse patients seeking rejuvenation treatments earlier in life. On the other hand, social

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media provides AM practitioners a platform to promote their services and connect with potential patients, raising ethical questions about the balance between entertainment and genuine medical care. Despite the risks, social media can also encourage patients to pursue realistic aesthetic goals and improve their quality of life, highlighting the importance of maintaining ethical standards in patient care.

Physician-Patient Alchemy

The relationship between physician and patient is crucial for successful outcomes in aesthetic medicine (AM). It begins with appropriate patient selection and a strong ethical foundation. Physicians must consider the psychological health of patients, particularly those who may have body dysmorphic disorder or obsessive-compulsive traits, as performing procedures on such individuals can lead to dissatisfaction. It's essential that physicians practice "cosmetic conservatism," ensuring that treatments enhance a patient's appearance while maintaining their natural look.

Honest communication about the limitations and possible outcomes of procedures is vital to managing patient expectations. Trust is the cornerstone of the physician-patient relationship, where both parties must clearly understand and agree on the goals of treatment.



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Studies show a disconnect between patient and physician perceptions of treatment goals, which further emphasizes the need for effective communication. Physicians must also recognise generational differences, as older patients may seek more permanent solutions, while younger individuals often prefer to experiment with treatments. Understanding these nuances allows for more personalised and ethical care in AM



Quest and Harmony

In aesthetic medicine (AM), the concept of harmony refers to creating a balanced and aesthetically pleasing result that complements the patient's natural features. Harmony, derived from the Greek word "armonia," implies that any aesthetic

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enhancement should coexist seamlessly with the patient's existing features rather than clash with them. The Golden Ratio (1.618), a mathematical proportion found in nature, has often been linked to beauty, and many attempts have been made to apply it to facial aesthetics. However, while these proportions can guide treatments, they are not universally applicable, as each patient's unique biological features play a more significant role in defining beauty. AM, therefore, aligns with the principles of precision medicine, where treatments are customized based on the individual's genetic, lifestyle, and environmental factors. The ultimate goal in AM is not just to reduce signs of aging, but to create long-lasting, authentic results that preserve the patient's identity and natural aesthetics over time



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Safety and Responsibility

The term “safety” implies that every aspect of the treatment—patient, procedure, location, and practitioner—must be free of hazards. Responsibility means that practitioners must be accountable for their actions, carefully considering all factors before proceeding. Continuous education is essential for AM physicians, as improper training or lack of medical expertise can lead to harmful outcomes.

One ongoing issue is the rise of non-medics, such as beauticians, providing services without adequate training, which increases risks for patients. The lack of clear regulations in some regions has also blurred the lines between medical procedures and beauty treatments. While technological advancements have made non-invasive procedures safer, the absence of rigorous oversight in some settings poses potential dangers. Informed consent, based on a thorough explanation of risks and realistic outcomes, is crucial to minimising complications. AM physicians are ethically obligated to refuse procedures that do not benefit the patient or that pose unreasonable risks. Ultimately, the core of professional ethics in AM is ensuring patient safety at every stage of treatment



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Class Action



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Aesthetic medicine (AM) must be practiced with skill, consistency, and ethical integrity, particularly due to widespread misunderstandings about the field. AM physicians must differentiate themselves from less-qualified individuals by undergoing continuous education and gaining experience. Peer collaboration and global knowledge-sharing are vital for refining techniques and addressing ethical issues like managing patient expectations and setting procedural boundaries. Establishing a strong professional identity is essential for practitioners to uphold high ethical standards while maintaining patient individuality. Increasingly, scientific research in AM is focused on ethical approaches that not only enhance aesthetics but also promote long-term regenerative effects. Because AM intersects with various medical specialties, collaboration across disciplines is necessary to establish a shared ethical framework that emphasises patient-centered care

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Conclusions

As the demand for AM procedures increases, the field faces challenges related to commercialisation, the influence of social media, and shifting beauty standards. Since body image directly impacts mental health, AM must be recognised as an integral part of healthcare, requiring patient-centered, ethical care. The authors stress that AM physicians must prioritise the well-being of their patients by adhering to professional, ethical conduct. This involves maintaining patient trust, safety, and individualised care while continuously updating skills and knowledge to provide the highest standards of practice. Ethical guidelines must be strengthened to ensure that AM remains a legitimate medical discipline focused on holistic patient well-being, rather than just aesthetic enhancement



EVENT RUNDOWN

UPCOMING COURSES

Don't miss our exciting lineup of courses! Enhance your skills and stay ahead in the field with our specialised training sessions. Here's what's coming up:

- Saturday 2nd November- Foundation London
- Sunday 3rd November- Advanced London
- Sunday 10th November- Clinical Development Day London
- Sunday 17th November PRP London
- Friday 22nd November- Sculptra and Skin Boosters London
- Saturday 23rd November Polynucleotides London
- Saturday 30th November Foundation Newcastle and London

SKILO

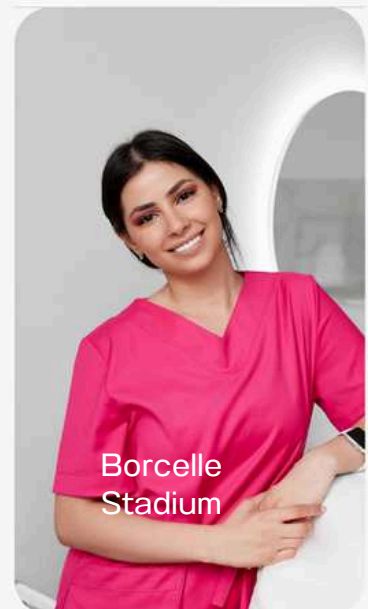
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How to Participate

Access the Questionnaire: Link - <https://forms.gle/GpCr8NqtWrTtbPwo6> click the link to access the online survey.

Thank you for your participation and for contributing to the future of aesthetic medicine. We look forward to your valuable insights!