



## **Facial aesthetics and aesthetic surgery**

### **Goals**

To establish a comprehensive training program for maxillofacial surgeons in the management of Facial Aesthetics and aesthetic surgery.

### **Objectives**

**Knowledge:** The trainee should acquire detailed knowledge pertaining to the cases of facial aesthetics and aesthetic surgery, which includes diagnosis of different clinical conditions based on history, clinical and radiological evaluations and complete knowledge of all aspects of the management of facial aesthetic patient including restoration of esthetics, form and function.

**Skills & Attitudes:** The trainee should, at the end of **one year**, be able to provide unified care in all aspects of facial aesthetics. The specific surgical skills required are

1. Initial Assessment of the patient
2. Clinical Examination
3. Evaluation of associated clinical conditions
4. Local anesthesia,
5. Injection Techniques
6. Early assessment and treatment planning of the facial aesthetic patient
7. Evaluation of age and related changes.
8. Medical management of skin conditions
9. Use of peels, derma abrasion, Micro derma abrasion, micro needling and others
10. Management through Botulinum Toxin and threads
11. Diagnosis and management of Age related Facial changes

12. Facial lasers and its handling.
13. Preparation of Blood derivatives and its Use
14. Hair restoration science.
15. Hair Transplant.
16. Rhinoplasty.
17. Fat grafting for facial rejuvenation.
18. Blepharoplasty
19. Face lift for aging.
20. Facial implants.
21. Dimple creation
22. Bichectomy
23. Complications and management
24. Emergency anaphylaxis management.
25. Facial Gender confirmation surgeries.

The trainee should develop a compassionate attitude towards dealing with both the patients as well as their relatives.

### **Communication abilities**

It is essential to develop skills required to maintain a harmonious working relationship with all the specialists involved such that the principles of good team management can be established.

### **Course contents (syllabus)**

**Essential Knowledge:** The trainee should acquire detailed knowledge pertaining to the cases of Facial aesthetics and aesthetic surgery. Complete knowledge of all aspects in the management of different types of age related changes in face including the concept of team management with interaction between associate specialties like dermatology, general medicine, ENT, gynecology, and psychology.

### **Essential investigation and diagnostic procedures:**

1. Clinical evaluation of face by inspection and palpation.
2. Radiological evaluation by the use of routine radiographs including OPG, PNS views, PA views etc and also evaluation with the use of CT scans, MRI's, Ultrasonography etc.

## Procedural and operative skills

Graded responsibility in care of patients and operative work (Structured training schedule): a structured program will be followed to introduce the trainee to the evaluation and management of patients of facial aesthetics.

The recognized Facial aesthetic center must be performing not less than 100 procedures in the area per annum in order to be able to provide sufficient training material for the fellowship candidate.

Each fellow at the end of 1 year should have carried out at least 25 procedures under the supervision of a senior specialist on all aspects of maxillofacial aesthetics.

### +Key:

O – Washed up & observed

A – Assisted a more senior surgeon

PA – Performed procedure under the direct Supervision of a senior specialist.

PI – Performed independently.

### Surgical procedures:

Procedures	Category	Number
Chemical peeling	PA	15
Micro derma abrasion	PA	15
Micro needling and prp therapy	PA	15
Fillers	PA	10
Botulinum Toxin injection	PA	10
Threads	A	5

Laser skin resurfacing	PA	15
Dimple Creation	PA	3
Buccal pat pad removal	PA	3
Micro pigmentation	PA	10

Rhinoplasty	PA	5
Blepharoplasty	A	3
Face lift	A	3
Hair transplant	PA	10
Facial Implants	PA	5

The above suggested categories level of training and number are minimal requirements. The students / teachers are encouraged to advance these further to the best of their abilities and also strive to gain experience in many procedures that are not listed.

#### **Eligibility criteria for candidates:**

The candidates applying for fellowship should have successfully completed either of the following:

1. MDS in Oral Maxillofacial Surgery in DCI approved program.
2. Passed FDSRCS from the Royal College of Surgeons of England, Glasgow or Edinburgh.
3. Passed FFDRCSI from the Royal College of Surgeons of Ireland.

#### **Requirements for Accreditation of an Institution:**

The department of Maxillofacial Surgery should have been in existence in the institution as an independent unit or as a part of the dental college. Should have performed at least **100** facial aesthetic procedures in the previous year.

#### **The Staff:**

The director of the program should be an actively practicing and dedicated maxillofacial surgeon

- Should have done at least 200 facial aesthetic procedures.
- With a minimum of 8 years of post MDS experience who is attached to a dental college or a unit.

#### **Teaching / Learning activities:**

The training program must include the following didactic activities:

1. Lectures by faculty not only in facial aesthetics but also in related specialties like dermatology, psychology, gynecology etc.
2. Every fellow would have to develop and complete at least one research project which could be

either clinical or lab based, preferably leading to either a presentation or publication in a PubMed indexed peer reviewed journal.

**Participation in departmental activities:**

- a. **Journal reviewed meetings:** One session every two weeks.
- b. **Seminars:** One session every two weeks
- c. **Clinico-pathological conferences:** Not essential
- d. **Inter departmental meetings:** One multi- disciplinary team meeting a month to discuss management protocols for specific cases.
- e. **Pre-clinical work:** It is important to improve skills by practicing on the models.
- f. **Clinical rounds:** Daily two rounds shall be held, at least one of which will be led by the consultant.
- g. **Any other:** Trainees will be encouraged to publish papers in peer reviewed journals.

**Orientation program:** Ex: a) Use of library, b) Laboratory procedures, c) National programs, d) Any other: Not essential.

**Training and teaching skills and research methodology:**

Trainees will be encouraged to participate in teaching activities related to MDS (Oral Maxillofacial Surgery). Fellowship trainees will have to initiate and complete an independent research project under supervision.

**Monitoring of teaching / learning activities**

Methods:

- 1. Direct consultant to trainee interaction.
- 2. Maintenance of log book.
- 3. Formal quarterly review of performance.

***Final Assessment to be submitted by the Director at the end of Programme to AOMSI.***

**Recommended books and journals:**

1. "Facial Aesthetics: Concepts and Clinical Diagnosis" by Farhad B. Naini
2. "Facial Aesthetics: A Comprehensive Guide to the Art of Facial Rejuvenation" by Farhad B. Naini and Donald J. Sammut
3. "The Art of Facial Aesthetics: Mastering the Science of Beauty" by Mark Bishara and C. Bob Basu
4. "Facial Soft Tissue Reconstruction" by Thomas J. Gampper
5. "Facial Volumization: An Anatomic Approach" by Jerome P. Lamb and Christopher J. Haggerty
6. "Facial Analysis and Design" by Gary Goldstein
7. "Facial Aesthetic Surgery" by Stephen S. Park and Peter A. Adamson

These books cover various aspects of facial aesthetics, including diagnosis, treatment planning, and surgical techniques for facial rejuvenation, reconstruction, and enhancement.