

American Board of Facial Esthetics Curriculum Guidelines and Standards for Facial Esthetics Education in Dentistry

About the American Board of Facial Esthetics

The American Board of Facial Esthetics (ABFE) is an advisory board to educational institutions and organizations involved with facial esthetics and facial pain therapeutics with the use of facial injectables in dentistry. The purpose of the ABFE is to test knowledge and to establish standards of education for the discipline of facial esthetics in dentistry and facial pain therapeutics in the oral and maxillofacial areas included but not limited to the use of botulinum toxins and dermal fillers in orthodontics, periodontics, prosthodontics, implantology, restorative dentistry, endodontics, esthetic dentistry, and other related dental fields.

The ABFE stands for the highest standard in facial esthetics in dentistry. Dentists who have taken courses that meet the standards created by the ABFE have demonstrated to their peers, licensing agencies, and to the public that they have the skills and knowledge essential for the delivery of excellent patient care. The ABFE believes higher standards for facial esthetic treatment and facial pain therapeutics using facial injectables in dentistry translates into better care for patients, greater accountability by clinicians and educational organizations, and is in the interest of public safety. The ABFE educational standard is widely recognized as the gold standard for excellence in facial esthetics training in dentistry.

The format of the ABFE is in the style of the Requirements for Recognition of Dental Specialties and National Certifying Boards for Dental Specialists adopted as amended by the American Dental Association House of Delegates in October 2009 which states, “Not all areas in dentistry will satisfy the requirements for specialty recognition. However, the public and profession benefit substantially when non-specialty groups develop and advance areas of interest through education, practice, and research. The contribution of such groups are acknowledged by the profession and their endeavors are encouraged.” The ABFE does not represent a new specialty of dentistry or medicine, nor does it grant or imply any legal qualification, privilege or license to practice.

Requirements for Facial Esthetics Education in Dentistry

These guidelines define the standard of education for dental practitioners who use non-surgical minimally invasive facial injectables such as botulinum toxins and dermal fillers for facial esthetics and facial pain therapeutics with a goal to enhance student and practitioner understanding and knowledge of these applications in dentistry. Four levels of education are outlined. Introductory Courses are designed to provide general information on facial esthetics in dentistry. These courses are informational without an assessment of the student’s proficiency in facial esthetics use. Introduction courses are not clinical courses and clinicians are not ready for patient treatment after taking an introductory course. Level I Standard Proficiency, Level II

Advanced Proficiency, and Level III Advanced Proficiency Courses have specific educational goals, behavioral objectives, live patient hands-on training and examinations of proficiency. Level I Standard Proficiency Courses provide a basic level of education with didactic, laboratory, and clinical exercises to be satisfactorily completed before using facial esthetics clinically. Level II and Level III Advanced Proficiency Courses increase this level of education to include a clinical case study requirement, advanced education, and an increased level of clinical skills to perform more advanced facial esthetic procedures.

Keywords: curriculum, facial esthetics education, facial pain therapeutics, dental esthetics, dental therapeutics, botulinum toxin, dermal fillers, general dentistry, esthetic dentistry,

1. STATEMENT OF PURPOSE

This document provides guidelines to assure safe and efficacious use of facial esthetics pharmaceuticals and procedures for the health and welfare of the patient for esthetic and therapeutic uses in the oral and maxillofacial areas. It establishes the standards of education in the use of facial injectable pharmaceuticals in dentistry and defines standards for the demonstration of competency. It is intended to provide guidance to practitioners, educators and state dental boards to reassure the public on the issues of education, competency, and quality of care in the facial esthetics field in dentistry. The curriculum outlined in this document is the standard of education for facial esthetics in dentistry.

2. INTRODUCTION

The curriculum guidelines for facial esthetics education were developed through a consensus process with board members of the American Board of Facial Esthetics which is comprised of representatives from dental education organizations, academia, industry and private practice. The purpose of the American Board of Facial Esthetics is to provide the mechanism for the development and establishment of the standard of education for facial esthetics in dentistry as provided by the American Academy of Facial Esthetics.

This document was developed using recommendations from a wide range of information that exists on the use of facial esthetics in dentistry. As a matter of course, these guidelines are circulated among facial esthetics educators, researchers, state dental boards, practitioners, organized dentistry and members of industry. This document is widely distributed and will be updated periodically. Questions or suggestions may be addressed to the author of this document.

Facial esthetics applications in dentistry have specific indications and contraindications for use in treatment. A working knowledge of basic, applied, and clinical science of facial esthetics principles, pharmaceuticals, and materials is essential for successful esthetic and therapeutic outcomes.

The manufacture, marketing, and distribution of facial esthetics pharmaceuticals are controlled throughout the world by various regulatory agencies; e.g., in the United States the U.S. Food and Drug Administration, Health Canada and comparable regulatory agencies in other countries.

These regulatory bodies control facial esthetics pharmaceuticals but do not regulate the dental practitioner in the use of these devices. Facial esthetics in dentistry does not yet comprise the basis for a dental specialty, but it does require a level of education for their safe use in dentistry to provide the best esthetic and therapeutic dental outcomes and to promote patient safety.

3. EDUCATIONAL STRUCTURE

The goal of these curriculum guidelines and standards of education is to enhance understanding and knowledge of the application of the principles related to best esthetic and therapeutic facial esthetics outcomes in dentistry.

There are four courses of facial esthetics education outlined in this document. An Introductory Course offers general information but does not assess the enrollee's proficiency and thereby does not educate a practitioner to perform facial esthetics procedures. A Level I Standard Proficiency Course offers a level of education including instruction, live patient, mentored one-on-one hands-on exercises, and examination. This course must be satisfactorily completed before independently performing facial esthetics procedures clinically. A Level II Advanced Proficiency Course offers a level of education including instruction, live patient, mentored one-on-one hands-on exercises, clinical case studies and examination on advanced facial esthetics procedures. A Level III Advanced Proficiency Course offers instruction on very advanced procedures that may only be accomplished with the previous stated education and sufficient patient experience in advanced procedures. Any course on facial esthetics in dentistry must be AGD PACE, ADA CERP, or medical CME certified for continuing education participation credit and approved by the American Board of Facial Esthetics for credit towards accreditation.

4. EDUCATIONAL PARAMETERS

Practitioners must have training with demonstrated proficiency, knowledge and skill for facial esthetics procedures in dentistry. Training must include specific objectives and requirements such as those described below, with demonstration of knowledge and clinical proficiency from certified trainers. Competency evaluation should include both written and clinical examination. Evaluation of competency of practitioners must be assessed by trained and professional facial esthetics educators.

Practitioner use of facial esthetics must be limited to those pharmaceuticals in which the manufacturer has met the regulatory requirements of the U.S. Food and Drug Administration for those pharmaceuticals. Practitioners may use botulinum toxin and dermal filler pharmaceuticals for on-label and off-label uses which meet the reasonable standard of care in dentistry and medicine. Dental clinicians should use these pharmaceuticals with a sound knowledge of indications and contraindications and within the scope of dental practice based on competence as established by education, training and experience.

Practitioners must have an intimate knowledge of basic facial esthetics principles, tissue interaction, and specific facial esthetics safety requirements for the dental treatment area. They must also have knowledge of the pharmaceuticals, basic facial esthetics and biologic interactions.

It is the responsibility of the dental practitioner to follow the standard of education as defined by these guidelines.

COURSE OUTLINES

Introductory Courses in Facial Esthetics

The course objective is to enable attendees to learn these practical concepts, techniques and new dental services, and be familiar with the anatomy, materials, techniques, and instrumentation of facial injectables such as botulinum toxin and dermal fillers in the oral and maxillofacial areas.

An Introductory Course in Facial Esthetics must include these topics in the courses curriculum:

- Patient assessment and consultation for Botox and dermal fillers
- Indications and contraindications for extra-oral soft tissue esthetics
- Safety and risk issues for botulinum toxin/dermal fillers injectable therapy
- Enhancing and finishing esthetic dentistry cases with lip augmentations and cheek enhancements
- Management and treatment of possible complications
- Patient evaluation for best esthetic and therapeutic outcomes
- Integrating botulinum toxin and dermal filler extra-oral soft tissue therapy into dental treatment plans

Introductory courses do not prepare a dental clinician in patient treatment and is informational only.

Level I Standard Proficiency Course

The curriculum for level I education in facial esthetics clinical procedures includes specific instructions with demonstrated proficiency in didactic and live patient hands-on knowledge and treatment. Live patient hands-on instruction includes demonstration and clinical treatment in the oral and maxillofacial areas on a model patient and must meet participation course guidelines. Practitioners must demonstrate competency in the safety aspects of facial esthetics pharmaceuticals use prior to using these pharmaceuticals on patients. This is the level of education that defines the standard of care. Dental auxiliaries are encouraged to demonstrate competency in the safety aspects of facial esthetics pharmaceuticals use and in proper patient education for these procedures.

Level I Standard Proficiency Courses must be a minimum of 16 hours in length with at least 8 hours involving live patient treatment.

A Level I Standard Proficiency Course must include these topics in the course curriculum:

Patient Assessment and Evaluation

- Patient assessment and consultation for botulinum toxin and dermal fillers procedures
- Indications and contraindications for these techniques and pharmaceuticals
- Medical history taking as it relates to facial injectables
- Patient evaluation for best dento-facial esthetic and therapeutic outcomes

Anatomy of the Oral and Maxillofacial Areas

- In depth education and hands-on training in the anatomy of the head, neck, and in depth anatomical instruction in the oral and maxillofacial structures including the neurophysiology, musculature and circulatory systems
- Neurophysiology of the oral and maxillofacial areas
- Pharmacology of oral and maxillofacial injectable treatment
- Teach the best treatment techniques including anatomical muscle sites, muscle depths, proper preparation and dilution for the best oral and maxillofacial esthetic and therapeutic outcomes
- Establishing proper lip lines and smile lines in relationship to the dentition

Safety and Risk Issues

- Proper sterile technique as it relates to the use of injectable pharmacologic agents and patient treatment
- Safety and risk issues for botulinum toxin and dermal fillers injectable therapy
- Knowledge of adverse reactions and how to avoid adverse reactions
- Management and treatment of adverse reactions including but not limited to four kinds of ptosis, vascular occlusion, and injection related complications

Facial Esthetics Treatment Planning and Delivery

- Integrating botulinum toxin and dermal filler therapy into dental therapeutic and esthetic treatment plans
- Understanding and incorporating oral and maxillofacial treatment into daily dental practice
- Botulinum toxin therapeutic treatment of TMJ syndrome, facial pain and bruxism cases
- Upper and mid-face treatment procedures for dental therapeutic and dental esthetic outcomes
- Facial esthetic procedures in the oral and maxillofacial areas with facial injectables in association with prosthodontic and dental reconstructive treatment
- Conservative lip enhancement procedures and how to avoid the most common pitfalls with lip enhancement procedures
- Enhancing the natural lip anatomy to create esthetic lip structures and proper smile lines

Volumizing the mid-face and lower face using anatomical landmarks
Precise delivery of facial injectables
Smoothing lip lines and eliminating radial lip lines
Live patient hands-on training including diagnosis, treatment planning, and proper dosing and delivery of botulinum toxin and dermal fillers
Required observation of live patient treatment
One on one comprehensive mentored instruction
Current research and future developments in maxillofacial esthetics pharmaceuticals and procedures

The clinical live patient treatment and specific hands-on demonstration participation must include:

- A. Facial esthetics instrument set-up and operation
 - 1. Delivery system
 - a. Type
 - b. Assembly
 - c. Inspection
 - d. Maintenance
 - e. Sterilization standards and protocol
 - 2. Facial injectables operating parameters
- B. Infection control
 - 1. Identification and disposal of biological hazards
 - 2. Hazards and precautions
 - 3. Sterile techniques
- C. Treatment objective and non-surgical techniques
 - 1. Indications and contraindications of facial esthetics use in dentistry
 - 2. Alternate methods of treatment through differential diagnosis and offering patients all available options for oral and maxillofacial esthetics and therapeutics
- D. Discussion of treatment sequence, patient management, postoperative instructions
- E. Avoidance and management of complications
- F. Surgical and healing assessment

Practice Management

Proper fee structures for oral and maxillofacial injectable treatment
Provide customizable office forms and informed consent needed to begin treating patients
Review of state board laws
Malpractice and jurisprudence issues
Ethics and oral and maxillofacial esthetics procedures

- Practice organization and management
- Team training in facial esthetics
- Patient education in facial esthetics in dentistry
- Financial and insurance considerations
- Record keeping and reporting adverse events
- Informed consent procedures for facial esthetics treatment
- Course evaluation and certificate of attendance

Level II Advanced Proficiency Course

A level I course is a pre-requisite to participation in a level II Advanced Proficiency Course.

Level II Advanced Proficiency Courses must be a minimum of 12 hours in length with at least 5 hours involving live patient treatment.

This level of education is elective and represents an advanced level of clinical competency in safety and clinical use of facial injectables in oral and maxillofacial esthetics and therapeutics. This level of education is intended for dental practitioners and includes assessment by written examination, clinical proficiency, and clinical case presentation.

A Level II Advanced Proficiency Course must include these topics in the course curriculum:

- Advanced education in oral and maxillofacial anatomy and facial injectable pharmaceuticals
- Update on the latest botulinum toxin pharmaceuticals
- Using advanced dermal filler hyaluronic acid and calcium hydroxylapatite pharmaceuticals
- Comprehensive patient assessment for combination botulinum toxin and dermal filler treatment
- Understanding the precise anatomy demonstrating oral and maxillofacial esthetic treatment
- Advanced hands-on anatomical instruction in the oral and maxillofacial areas
- The precise skeletal and muscle anatomy involved in maxillary gingival excess
- Differential diagnosis between facial injectable treatment and other facial treatment including but not limited to surgical and non-surgical procedures such as facelifts, lasers, IPL, and chemical peels.
- Understanding facial skin care to enhance treatment procedures

Level II Advanced Facial Esthetics Treatment Planning and Delivery

- Advanced dermal filler injection techniques including cross hatching and scaffolding
- Advanced anatomical lip sculpting to create more precise lip and smile lines
- Mid-face cheek enhancements and treating maxillary gingival excess

(gummy smiles) as alternative treatment to surgical dental procedures
Advanced upper and mid-facial procedures for dental esthetic and therapeutic treatment
Understanding and incorporating oral and maxillofacial treatment into daily dental practice
Testing and treating hyperactive lower face muscles for dental esthetics, orthodontic retention, and removable prosthodontics retention with botulinum toxin and dermal fillers
Introduction of treating the most common trigger points for facial pain therapy
Comprehensive treatment planning with facial injectables

The level II clinical live patient treatment and specific hands-on demonstration participation must include:

- A. Review of facial esthetics instrument set-up and operation
 - 1. Delivery system
 - a. Type Assembly
 - b. Inspection
 - c. Maintenance
 - d. Sterilization standards and protocol
 - 2. Facial injectables operating parameters
- B. Review of infection control
 - 1. Identification and disposal of biological hazards
 - 2. Hazards and precautions
 - 3. Sterile techniques
- C. Comprehensive treatment objective and non-surgical techniques
 - 1. Advanced indications and contraindications of facial esthetics and therapeutics use in dentistry
 - 2. Alternate methods of treatment through differential diagnosis and offering patients all available options for oral and maxillofacial esthetics and therapeutics
- D. Discussion of treatment sequence, patient management, postoperative instructions
- E. Avoidance and management of complications
- F. Surgical and healing assessment

Level II Advanced Practice Management

Practice management techniques for creating a facial esthetic and therapeutic practice within your existing practice
Motivating patients to accept dental and facial treatment plans
Building your facial esthetic and therapeutic practice within your current dental practice
Fee structures for comprehensive total facial treatment

Ethical considerations in total facial esthetics
Practice building internal marketing techniques

Level III Advanced Proficiency Course

A level II course is a pre-requisite to participation in a level III Advanced Proficiency Course.

Level III Advanced Proficiency Courses must be a minimum of 12 hours in length with at least 5 hours involving live patient treatment.

This level of education is elective and represents a more advanced level of clinical competency in safety and clinical use of facial injectables and oral and maxillofacial esthetics. This level of education is intended for dental practitioners and includes assessment by written examination, clinical proficiency, and clinical case presentation. A level III advanced proficiency course may only be taken after the clinician demonstrates sufficient patient experience with the standard and level II advanced procedures.

A level III advanced proficiency course must include these topics in the course curriculum:

Advanced education in oral and maxillofacial anatomy and facial injectable pharmaceuticals

- Clinical update on the future of facial injectable pharmaceuticals and what will soon be available
- Comprehensive patient assessment for more advanced combination treatment with botulinum toxin and dermal filler pharmaceuticals for oral and maxillofacial esthetic and therapeutic cases
- Knowledge and ability to precisely treat over 30 muscles in the oral and maxillofacial region with botulinum toxin
- Facial skeletal anatomical considerations

Level III Advanced Facial Esthetics Treatment Planning and Delivery

- Advanced dermal filler injection techniques including bulk filling and scaffolding
- Botox therapeutic treatments for chronic migraine and facial pain – full FDA approved protocol
- Creating vector shaped soft tissue lip occlusion
- Comprehensively treating the upper and lower face for dental and maxillofacial esthetics and therapeutics
- Combining treatment of the mid-face and upper face with dental procedures to treat multiple dental esthetic and therapeutic problems
- Creating proper oral and maxillofacial contours with advanced lip sculpting, malar and sub-malar enhancements, and glabellar treatment
- Understanding advanced facial esthetic skin treatments

Advanced trigger point therapy for facial pain cases
Presentation of participant's clinical cases

The level III clinical live patient treatment and specific hands-on demonstration participation must include:

- A. Review of facial esthetics instrument set-up and operation
 - 1. Delivery system
 - a. Type Assembly
 - b. Inspection
 - c. Maintenance
 - d. Sterilization standards and protocol
 - 2. Facial injectables operating parameters
- B. Review of infection control
 - 1. Identification and disposal of biological hazards
 - 2. Hazards and precautions
 - 3. Sterile techniques
- C. Comprehensive treatment objective and non-surgical techniques
 - 1. Advanced indications and contraindications of facial esthetics and therapeutics use in dentistry
 - 2. Alternate methods of treatment through differential diagnosis and offering patients all available options for oral and maxillofacial esthetics and therapeutics
- D. Discussion of treatment sequence, patient management, postoperative instructions
- E. Avoidance and management of complications
- F. Surgical and healing assessment

Level III Advanced Practice Management

Advanced phone skill techniques
Using social media to build your practice
Co-treatment planning with patients
Motivating patients to accept facial treatment plans
Understanding and incorporating oral and maxillofacial treatment into your daily practice
Fee structures for comprehensive total facial treatment
Advanced practice building internal marketing techniques

We hope you find these educational guidelines helpful and we welcome your feedback.

For more information, please visit our website: www.facialesthetics.org/about-aafe/advisory-council/

Inquiries, comments, suggestions and endorsements regarding this document should be directed to the author:

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**Dental education on botulinum toxin and dermal fillers for general dentists
for therapeutic and esthetic purposes in the oral and maxillofacial areas
2008 – 2012**

This partial list includes continuing education dental lectures and/or hands-on training programs that have been presented at continuing education courses at the following dental universities, dental associations and dental societies for general dentists and dental specialists:

UCLA School of Dentistry	Quebec Dental Association Annual Meeting
USC School of Dentistry	Arizona Dental Association Annual Meeting
UCSF School of Dentistry	Texas Dental Association Meeting
UMDNJ School of Dentistry	Florida Dental Association Annual Meeting
Loma Linda School of Dentistry	Valley Forge Dental Association Meeting
University of Washington School of Dentistry	Greater Long Island Dental Meeting
University of Toronto School of Dentistry	Hinman Dental Meeting
University of Buffalo School of Dentistry	New Orleans Dental Conference
Iowa University Dental Society Meeting	Dentaltown Annual Meeting
Tufts University School of Dentistry	Sacramento District Dental Society
University of Michigan School of Dentistry	Maryland State Dental Association Meeting
University of British Columbia School of Dentistry	Michigan Dental Association Meeting
Louisiana State University School of Dentistry	Northern Virginia Dental Association Meeting
Nova Southeastern University School of Dentistry	Buffalo Niagara Dental Annual Meeting
University of Alabama School of Dentistry	Oregon Dental Association Annual Meeting
American Dental Association Annual Meeting	Texas Academy of General Dentistry Annual Meeting
American Academy of Facial Esthetics	Ontario Academy of General Dentistry Annual Meeting
Academy of General Dentistry	Alabama Academy of General Dentistry Annual Meeting
American Academy of Cosmetic Dentistry	Pennsylvania Academy of General Dentistry
California Dental Association Annual Meeting	Illinois Academy of General Dentistry Annual Meeting
Greater New York Dental Annual Meeting	Beverly Hills Dental Study Club
Chicago Dental Society Annual Meeting	Ohio Dental Association Annual Meeting
Northeastern Regional Dental Association	Maine Dental Association Annual Meeting
Kentucky Dental Association Annual Meeting	Detroit District Dental Society
Wisconsin Dental Association Annual Meeting	Yankee Dental Congress

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