

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

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. The purpose of the ABFE is to test knowledge and to establish standards of education for the discipline of facial esthetics and facial pain therapeutics in the oral and maxillofacial areas.

The ABFE stands for the highest standard in facial esthetic. Physicians, dentists, nurses and other healthcare professionals 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 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.

Requirements for Facial Esthetics Education

These guidelines define the standard of education for healthcare 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. Four levels of education are outlined. Introductory Courses are designed to provide general information on facial esthetics. 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, esthetics, therapeutics, botulinum toxin, dermal fillers.

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 and defines standards for the demonstration of competency. It is intended to provide guidance to practitioners, educators and state boards to reassure the public on the issues of education, competency, and quality of care in the facial esthetics field. The curriculum outlined in this document is the standard of education for facial esthetics.

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 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 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. As a matter of course, these guidelines are circulated among facial esthetics educators, researchers, state boards, practitioners, 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 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 healthcare practitioner in the use of these devices. Facial esthetics does not yet comprise the basis for a healthcare specialty, but it does require a level of education for their safe use to provide the best esthetic and therapeutic 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.

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 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. 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 medicine. Clinicians should use these pharmaceuticals with a sound knowledge of indications and contraindications and within the scope of medical 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 treatment area. They must also have knowledge of the pharmaceuticals, basic facial esthetics and biologic interactions. It is the responsibility of the 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 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 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 treatment plans

Introductory courses do not prepare a 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. 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 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 and smile lines

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 therapeutic and esthetic treatment plans

Understanding and incorporating oral and maxillofacial treatment into daily practice

Botulinum toxin therapeutic treatment of TMJ syndrome, facial pain and bruxism cases

Upper and mid-face treatment procedures for therapeutic and esthetic outcomes

Facial esthetic procedures in the oral and maxillofacial areas with facial injectables in association with 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
 - 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
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 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 procedures
- Advanced upper and mid-facial procedures for esthetic and therapeutic treatment
- Understanding and incorporating oral and maxillofacial treatment into daily practice
- Testing and treating hyperactive lower face muscles 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
 - 3. 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 facial treatment plans

Building your facial esthetic and therapeutic practice within your current 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 healthcare 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 oral and maxillofacial esthetics and therapeutics
- Combining treatment of the mid-face and upper face with procedures to treat multiple 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
 - 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/

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