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## **GUIDELINES ON AESTHETIC FACIAL PROCEDURES FOR DENTAL PRACTITIONERS (2017)**

### **INTRODUCTION**

1. The Guidelines on Aesthetic Facial Procedures for Dental Practitioners (2017) (Guidelines 2017) shall come into effect on 1 January 2017 and serves as a guideline on aesthetic facial procedures for dental practitioners and shall supersede that issued in Jun 2013. It does not include aesthetic dental procedures such as teeth whitening, veneers, etc. Guidelines 2017 serves as a set of regulatory rules to guide the dental practitioner in the safe practice of aesthetic facial procedures in the absence of evidence-based clinical practice guidelines in this field.
2. This document is based on
  - The Guidelines on Aesthetic Facial Procedures for Dental Practitioners (2013) issued by the Singapore Dental Council
  - The Guidelines of Aesthetic Practices for Doctors (2016 Edition), issued by the Singapore Medical Council
  - Consultation and views of the College of Dental Surgeons, Academy of Medicine, Singapore
  - Consultation and views of the Singapore Dental Council

### **DEFINITION OF AESTHETIC PRACTICE**

3. There is currently no internationally accepted definition of Aesthetic Practice. For the purpose of these guidelines, the definition of cosmetic surgery developed by the UK Cosmetic Surgery Interspecialty Committee<sup>1</sup> shall be adopted as the definition for Aesthetic Practice. Hence, Aesthetic Practice is defined as an area of practice involving

“Operations and other procedures that revise or change the appearance, colour, texture, structure, or position of bodily features, which most would consider otherwise to be within the broad range of ‘normal’ for that person.”

### **DESIGNATION OF AESTHETIC PRACTICE – AN AREA OF PRACTICE NOT A SPECIALTY OR SUBSPECIALTY**

4. Aesthetic Practice is not regarded as a specialty or subspecialty. The title of aesthetic oral and maxillofacial surgeon or aesthetic dental surgeon is therefore NOT allowed. All registered dental practitioners are to comply with the Singapore Dental Council’s (SDC) Ethical Code and Guidelines, as well as with Section 31 of the Dental Registration Act when displaying or using any qualification, title, or designation for publicity purposes.
5. A dental practitioner who is an oral and maxillofacial surgeon who provides and performs aesthetic facial procedures will still call himself “oral and maxillofacial surgeon”.
6. A dental practitioner who is a general dental practitioner or a dental specialist registered with the SDC in any of the recognized specialties who provides and performs aesthetic facial procedures should still call himself a dental surgeon/

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<sup>1</sup> This definition was also used by the UK Expert Group on the Regulation of Cosmetic Surgery in its report to the Chief Medical Officer .

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general dental practitioner or the respective SDC-approved specialist title without displaying any designation of “aesthetic” or “cosmetic” in conjunction with the title.

### PROFESSIONAL RESPONSIBILITY

7. Dental practitioners applying for accreditation to perform facial aesthetic procedures must be on full registration and have practised dentistry in Singapore for at least two years.
8. The guiding principles in any medical treatment must be it is effective and there is due cognizance given to patient safety. In the context of aesthetic practice, it must go beyond the “Do No Harm” principle and be seen to benefit the patient positively. The dental practitioner must be trained to perform such aesthetic procedures and be able to manage complications that could arise. The oral and maxillofacial surgeon performing invasive aesthetic facial procedures that are beyond the requirement for specialist registration must have received additional training and experience.
9. Under the SDC’s Ethical Code and Guidelines, dental practitioners are to treat patients according to generally accepted methods<sup>2</sup> and adhere to relevant guidelines on sedation<sup>3</sup>. A dental practitioner shall not offer to patients, management plans or remedies that are not generally accepted by the profession, except in the context of a formal and approved clinical trial (Ministry of Health, 23 March 2008)<sup>4</sup>.

### ALLOWED AESTHETIC FACIAL PROCEDURES

10. Dental practitioners are allowed to perform the following aesthetic facial procedures based on their field of practice and training
  - a. Dental practitioners who are **not registered as specialists in oral and maxillofacial surgery** with the SDC are allowed to perform the following aesthetic facial procedures upon successful completion of an SDC-approved course and obtaining a Certificate of Competency (COC):
    - a) Chemical or Pressurized Gas/ liquid peels
    - b) Botulinum toxin injection for facial aesthetics (non-aesthetic indications are exempted)
    - c) Dermal filler injection
  - b. Dental practitioners **registered as specialists in oral and maxillofacial surgery** (OMS) with the SDC are allowed to perform the following procedures for aesthetic enhancement in the head and neck region, subject to the respective conditions tabulated below:

Type of procedure	Appropriate premises	Conditions
Procedures requiring COC		
Chemical or pressurized gas/liquid peels	Clinic	COC
Botulinum toxin injection	Clinic	COC
Dermal filler injection	Clinic	COC

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<sup>2</sup> Section 4.1.4 of SDC Ethical Code & Guidelines

<sup>3</sup> Academy of Medicine, Singapore. Guidelines on Safe Sedation Practice for Non-Anaesthesiologists in Medical Clinics, including Stand-Alone Ambulatory Surgical Centres and Stand-Alone Endoscopy Suites in Singapore, May 2014.

<sup>4</sup> Ministry of Health. DMS’s Circular to medical practitioners. Aesthetic Practice. 23 March 2008; MOH. MOH clarifies position on aesthetic treatment. Press Release. 23 March 2008.

Procedures requiring certification		
Sclerotherapy	Clinic/OT	AAAM <sup>5</sup> Level 1 certification/equivalent <i>or</i> Proof of relevant surgical training and experience required
Lasers for treating vascular disorders	Clinic/OT	AAAM Level 1 certification/equivalent <i>or</i> Proof of relevant surgical training and experience required
Lasers for pigmentary disorders	Clinic/OT	AAAM Level 1 certification/equivalent <i>or</i> Proof of relevant surgical training and experience required
Intense pulsed light (IPL) for skin rejuvenation	Clinic	AAAM Level 1 certification/equivalent <i>or</i> Proof of relevant surgical training and experience required
Radiofrequency, infra-red, ultrasound and other light-based devices for facial aesthetic enhancement	Clinic	AAAM Level 1 certification/equivalent <i>or</i> Proof of relevant surgical training and experience required
Procedures requiring proof of relevant training		
Thread lifts	Clinic/OT	Proof of relevant surgical training and experience required
Fractional lasers for skin rejuvenation	Clinic/OT	Proof of relevant surgical training and experience required
Blepharoplasty (including double eyelid)	Clinic/OT	Proof of relevant surgical training and experience required
Brow lifts	Clinic/OT	Proof of relevant surgical training and experience required
Free fat grafting (face)	Clinic/OT	Proof of relevant surgical training and experience required
Hair transplantation	Clinic/OT	Proof of relevant surgical training and experience required
Facial implants (excluding dental implants)	Clinic/OT	Proof of relevant surgical training and experience required
Rhinoplasty	Clinic/OT	Proof of relevant surgical training and experience required
Rhytidectomy	Clinic/OT	Proof of relevant surgical training and experience required
Dermabrasion	Clinic/OT	Proof of relevant surgical training and experience required
Submental liposuction	Clinic/OT	Proof of relevant surgical training and experience required
Otoplasty	Clinic/OT	Proof of relevant surgical training and experience required

11. These guidelines only apply to procedures that are done primarily for aesthetic enhancement. For example, botulinum toxin injection for temporomandibular

<sup>5</sup> AAAM = American Academy of Aesthetic Medicine

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disorders is not considered an aesthetic procedure and is not subject to these guidelines.

#### **APPLICATION FOR PROVISION OF AESTHETIC FACIAL PROCEDURES**

12. There is no provision for “grandfathering” in these guidelines. All dental practitioners must apply for approval to perform any aesthetic facial procedure in accordance to the requirements of these guidelines.
13. All non-OMS dental practitioners must have successfully completed an SDC-approved course, obtained a COC, apply for and receive written approval from SDC prior to performing any of the three approved procedures (chemical peels, botulinum toxin injection, dermal filler injection).
14. All OMS must apply to the SDC for approval to perform the procedures listed in these guidelines in accordance with the stipulated requirements and received written approval from SDC prior to performing any aesthetic facial procedures.
15. OMS applying for the respective procedures must provide COC /AAAM certificate /proof of relevant training and experience, the form and structure of which shall be determined by the AFPOC based on the complexity of the procedure and the experience of the applicant.
16. Course organizers must apply to SDC for accreditation as a COC course in accordance to the requirements as stipulated in “Accreditation of courses for Certificate of Competency (COC)” dated 6 July 2015.

#### **PROCEDURES THAT ARE NOT LISTED IN THESE GUIDELINES**

17. Dental practitioners should not perform any aesthetic facial procedures that are not listed in these guidelines. SDC is cognizant of the fact that the list is not comprehensive and that new procedures do emerge over time. The list will be reviewed from time to time and be amended as needed in future.
18. In compliance with MOH directive dated 1 March 2015<sup>6</sup>, the procedures listed in the Guidelines issued in 2013 under List B should not be performed.
19. Approval by SDC to perform aesthetic facial procedures does not amount to an endorsement by SDC. Dental practitioners remain responsible for their own patients and must limit their scope of work to areas where they are competent in, notwithstanding any approval by SDC. Procedures beyond the perioral areas, while not disallowed, should only be done by dental practitioners with the appropriate training and experience or OMS.
20. Any dental practitioner who performs any aesthetic procedure that is not in accordance with these guidelines or any requirements set by the SDC or MOH will be deemed as unethical and bringing disrepute to the profession. Such a dental practitioner may be liable for disciplinary action by the SDC.

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<sup>6</sup> Ministry of Health’s letter to all licencees, manager of medical and dental clinics titled “Revised Regulations Regime of Non-List A Aesthetic Procedures” dated 1 March 2015.