

AESTHETIC MEDICINE

Definition	<p>Aesthetic medicine is a specialized branch of medical practice dedicated to enhancing a patient's physical appearance and overall well-being through minimally invasive and non-invasive procedures. It focuses on improving skin health, addressing signs of aging, and refining facial and body aesthetics while ensuring patient safety and natural outcomes.</p> <p>This field includes treatments for various cosmetic concerns such as scars, wrinkles, and unwanted hair, using minimally invasive procedures like botulinum toxin injections, dermal fillers, chemical peels, and laser treatments. It combines preventive and corrective approaches, ensuring patient safety through evidence-based techniques.</p>
Education and Experience	<ol style="list-style-type: none"> Bachelor's degree of Medicine from a university that is listed in the IMED FAIMER Directory. <ol style="list-style-type: none"> Certificate of successfully completion of an Aesthetic Medicine Training Program* from an accredited institute. <p>*Note: Recognized Aesthetic Medicine Program must show evidence of the below requirements:</p> <ol style="list-style-type: none"> The duration of study must be a minimum of one year on a full-time basis with active enrollment. Must consist of theoretical and practical components and is concluded by an Assessment (passing/exit exam). Must include, but is not limited to the following core elements: <ul style="list-style-type: none"> Light-based therapies (hair removal, laser treatments), Cosmetic injectable (Botox, soft tissue fillers), Skin rejuvenation, Patient Safety, Surgical Anatomy. <p>OR</p> <ol style="list-style-type: none"> Certificate of completion of training in Dermatology or Plastic Surgery** <p>**Note: Recognized Aesthetic Medicine Program showing the below criteria is required in addition to the certificate of completion of training in Plastic Surgery:</p> <ol style="list-style-type: none"> The duration of study must be a minimum of 1 month. Must consist of theoretical and practical components. Must include, but is not limited to the following core elements: <ul style="list-style-type: none"> Light-based therapies (hair removal, laser treatments), Cosmetic injectable (Botox, soft tissue fillers), Skin rejuvenation, Patient Safety, Surgical Anatomy. Completion of three years of clinical experience in Aesthetic Medicine after obtaining the training program, accompanied by a license from the Health Authority.

I. General Overview:

The landscape of aesthetic medicine is undergoing a remarkable transformation, fuelled by cutting-edge technology that delivers safer, more effective, and minimally invasive solutions.

A physician who is qualified to assess, diagnose, and perform non-surgical and minimally invasive aesthetic procedures aimed at enhancing appearance, skin health, and body contouring.

II. Key areas within the scope of aesthetic medicine include:

1. Patient Assessment & Diagnosis:
 - Conduct detailed patient consultations for aesthetic concerns.
 - Evaluate skin conditions, facial anatomy, and body composition.
 - Assess patient eligibility and contraindications for aesthetic procedures.
 - Provide personalized treatment plans based on medical history and patient goals.
2. Non-Surgical Aesthetic Interventions:
 - Perform minimally invasive and non-invasive procedures aimed at enhancing aesthetic appearance while ensuring patient safety.
 - Utilize advanced techniques to improve skin quality, facial harmony, and body aesthetics while maintaining natural results.
 - Address signs of aging, skin irregularities, and volume loss through approved aesthetic medical approaches.
 - Provide preventative and corrective treatments designed to support skin health and overall aesthetic balance.
 - Stay updated with advancements in aesthetic medicine to integrate new techniques responsibly.

III. Scope Limitations:

1. No surgical interventions (e.g., facelifts, liposuction, blepharoplasty or any other intervention).
2. No deep reconstructive procedures (e.g., post-burn facial reconstruction or any other intervention).
3. No invasive plastic surgery requiring general anesthesia.
4. No systemic medical treatments outside the aesthetic medicine scope.

Clinical core privileges	<p>Clinical Core privileges are granted automatically and there are no advanced privileges for Aesthetic Medicine scope.</p> <p>A. Facial Aesthetic Procedures:</p> <ol style="list-style-type: none"> 1. Botux Injection 2. Dermal Fillers 3. Thread lift 4. Microneedling with or without PRP (Platelet-Rich Plasma) 5. PRP (Platelet-Rich Plasma) 6. Mesotherapy (minimally invasive) 7. Comedone Extraction (Manual removal of blackheads and whiteheads) <p>B. Non-invasive Body contouring procedures:</p> <ol style="list-style-type: none"> 1. Cryolipolysis (fat freezing) 2. Laser Lipolysis 3. Radiofrequency Lipolysis 4. Radiofrequency Skin Tightening 5. Ultrasound and Laser-Based Fat Reduction 6. Injection Lipolysis <p>C. Skin Rejuvenation and Resurfacing:</p> <ol style="list-style-type: none"> 1. Chemical Peeling 2. Crystal Peel (Microdermabrasion) 3. Mechanical Peel 4. Laser resurfacing of the face 5. Laser Therapy (Including various laser treatments for skin resurfacing, pigmentation, etc.) 6. Dermojet (for non-invasive needle-free injection system that delivers active ingredients into the skin) 7. Non-surgical benign mole removal (e.g., laser or cryotherapy) <p>D. Aesthetic Diagnostic Procedures:</p> <ol style="list-style-type: none"> 1. Patch Test (For cosmetic products or aesthetic treatments) 2. Wood's Light (Diagnostic tool for skin conditions like pigmentation, acne, and more)
General Notes	<ul style="list-style-type: none"> • For Non-resident physicians: <ul style="list-style-type: none"> ✓ A total of five years of clinical experience in Aesthetic Medicine, Dermatology, or Plastic Surgery is required after obtaining the postgraduate degree (including the mandatory three years of experience) to be registered/licensed as a physician specialized in Aesthetic Medicine in the state of Qatar. ✓ A Letter is required from the healthcare facility, signed by the medical director, specifying the name of the licensed permanent physician in the Aesthetic Medicine, or Dermatology or Plastic Surgery who will be responsible for overseeing the patients. • Break of Practice policy applies. • Please refer to physician guidelines regarding the required duration of study for the bachelor's degree and the total required years of experience after the bachelor's degree to be registered/licensed as a physician in the state of Qatar.
References	<ul style="list-style-type: none"> • British College of Aesthetic Medicine https://bcam.ac.uk • American Board of Aesthetic Medicine https://abamedicine.com • American Academy of Aesthetic Medicine https://www.aaamed.org • Malaysia Health Authority https://www.moh.gov.my • DHA www.dha.gov.ae