



COVID-19 SAFE COSMETIC INJECTING GUIDE 2020

Keeping everyone safe while conserving valuable resources

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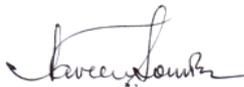
Dear Colleague

To help all of us get back into what we love doing, we have created a **COVID-19 Safe Cosmetic Injecting Guide 2020**. This is aimed at ensuring your safety and the safety of your staff and patients. In addition, we have created 3 additional resources to help you.

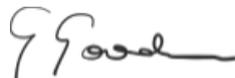
1. We have created a user friendly '**TICK BOX**' styled document that will help your front office staff. You could display this at your front desk and in the treatment room(s).
2. To reassure your patients we have created a '**SAFE INJECTING TILE**' that you could post on your social media accounts to reassure your patients of the additional safety precautions that you will take during their clinic visit.
3. Once your patient books an appointment, you can send your patient a '**PROCEDURAL E-DOCUMENT**' by text or email that lists the additional COVID-19 specific precautions that are in place in the clinic.

We hope you will find this useful.

Stay well and stay safe,



Naveen Somia
President
ASAPS



Greg Goodman
President
ASCD

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SAFE RE-INTRODUCTION OF COSMETIC INJECTING TREATMENTS KEEPING PATIENTS AND PRACTICES SAFE WHILST NOT WASTING VALUABLE RESOURCES

Background

The Australian Society of Aesthetic Plastic Surgeons (ASAPS) and the Australasian Society of Cosmetic Dermatologists (ASCD) have carefully considered the COVID-19 specific risk profile of each treatment, the PPE modelling, public health measures in place and recommend a cautious approach during the reintroduction of Cosmetic Injecting treatments using neurotoxins and tissue fillers keeping patients and practices safe whilst not wasting valuable resources.

This document supports the AHPRA registered health care practitioners in the safe and careful re-introduction of the above-mentioned cosmetic treatments across Australia, subject to relaxation of Government restrictions.

Using Telehealth does not pose a COVID-19 specific risk and we recommend that it continues in a manner consistent with clinical best practice and compliant with all regulations. Consider using Telehealth to address issues that do not require clinic attendance.

We acknowledge that there are many types of practices and clinics. These guidelines will help mitigate COVID-19 specific risk.

This document should be read in conjunction with the following two documents:

1. COVID-19 specific guidelines proposed by the Departments of Health of your State and Territory (Source: <https://www.health.nsw.gov.au/Infectious/covid-19/Pages/healthcare.aspx>)
2. Australian Guidelines for the Prevention and Control of Infections in Healthcare (Source: <https://www.nhmrc.gov.au/about-us/publications/australian-guidelines-prevention-and-control-infection-healthcare-2019>)

4 KEY COVID-19 RISK MITIGATING PRINCIPLES

1. That COVID-19 specific questions are being asked and COVID-19 specific screening procedures are followed
2. Cosmetic injecting clinics adopt all public health measures including patient cleansing, low patient flow and post procedure face care
3. Appropriate use of PPEs including masks
4. Consideration of risk profile of cosmetic treatments such as neurotoxin, tissue fillers and combination treatments

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COVID-19 RISK MITIGATING PRINCIPLE 1 of 4

That COVID-19 specific questions and procedures are being asked and followed

PRIOR TO CONSULTATION

COVID-19 specific screening questionnaire to be administered to all patients

- Recent overseas travel
- Recent contact with known or suspected COVID-19 patient in the past two weeks
- Reside in or visited a known high-risk area with a cluster of cases
- Recently tested for COVID-19. If yes: Date. Time. Result.
- **Does the patient have**
 1. Temperature > 38°C
 2. A cough
 3. A sore throat
 4. Shortness of breath
 5. Other respiratory symptoms
 6. A recent loss of sense of smell

If patient said YES to any of the above, please notify the nearest public hospital Emergency Department and direct the patient not to attend your clinic but to go to the nearest public hospital Emergency Department.

DAY OF CONSULTATION

- Ask the same questions as above
- Measure and record temperature

If patient said YES to any of the above, please notify the nearest public hospital Emergency Department and direct the patient not to attend your clinic but to go to the nearest public hospital Emergency Department.

INFORMED CONSENT

Prior to the cosmetic procedure, all patients should have an informed consent process where the following are discussed and documented.

- The risks to them of having the cosmetic procedure and the additional risks during this time
- The measures in place to reduce the standard risk and the COVID-19 specific risk

STANDARD PUBLIC HEALTH MEASURES SHOULD BE IN PLACE

- Hand hygiene
- Safe distancing 1.5 M
- Surface decontamination
- Non-contact greeting
- The use of masks by patients is not necessary
- Cough etiquette

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Hand and Face Hygiene

- We recommend hand washing with hand sanitiser or soap and water for 20 seconds by both the practitioner and the patient
- We recommend the patient wash their face with soap or cleanser and water prior to facial injectable treatments

COVID-19 RISK MITIGATING PRINCIPLE 2 of 4

That clinics will run at a slow or low capacity

It is important that clinics run at lower capacity than usual to allow

- Physical distancing in all aspects of the practices whether in waiting rooms at reception or in the flow of the practice
- To allow time to adequately clean rooms and decontaminate surfaces after procedures

COVID-19 RISK MITIGATING PRINCIPLE 3 of 4

Appropriate use of PPE

The current prevalence of COVID-19 in the Australian context does not require all asymptomatic individuals to be classified as suspected COVID-19 cases. However, as the situation remains fluid, things may change.

- When performing cosmetic injectables on patients who are not at risk for COVID-19, the use of standard PPEs such as eye protection, surgical mask (non N95) and gloves are adequate
- The practitioner use of PPEs should follow standard guidelines for these procedures
- Given the relatively low prevalence of COVID-19 in Australia, standard precautions have been advocated and we recommend the same standard PPEs as the practitioner may have used before the COVID-19 outbreak in their treatment protocol

Appropriate masks for cosmetic injecting

- A TGA approved standard surgical mask is sufficient for cosmetic injecting.
- *A P2/N95 mask is not necessary*
- Do not touch the contaminated surface of the mask, and the mask should be discarded if contaminated with blood or bodily fluids and following AGPs

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COVID-19 RISK MITIGATING PRINCIPLE 4 of 4

Safety consideration of Cosmetic Treatments based on their risk profile

- **ANTISEPTIC CHOICE:** Povidone iodine and ethyl-/isopropyl-alcohol have broader spectrum antiviral activity than chlorhexidine; however, with appropriate dwell time, all are effective in inactivating SARS-CoV-2
- Botulinum toxin (Botox, Dysport, Xeomin) is performed in less than 15 minutes, produces no aerosol, and is usually not directed close to orifices (mouth, nose, eyes) and does not have an infection producing profile
- Tissue fillers (mainly hyaluronic acid, but also encompassing poly lactic acid, calcium hydroxyapatite and others) are injected in many areas of the face. These agents are the agents that may need a staged approach
- **For purposes of cosmetic injecting, any procedure involving the oral cavity or nose can be classified as Aerosol Generating Procedures (AGP)**
- Tissue fillers of periorificial zones (mouth and lips, around eyes and around or in the nose are examples of AGPs procedures that maybe some indications) could be staged
- Orifice decontamination using mouthwashes may be necessary
- Tissue fillers that are used to fill areas distant to facial orifices such as cheeks, temples, jawline and chin as examples may lend themselves to earlier introduction. Again, these areas do not usually take an extended period of time, but procedures can be divided into sessions to keep each interaction below 30 minutes
- It is important to wash hands +/- face with soap and water for 20 seconds prior to touching and applying a product (that is not shared) to massage or soothe treated areas as appropriate

Level 1: These areas are not Aerosol Generating Procedures (AGP)

Administration of Botulinum toxin

Lateral Face Tissue Fillers: cheek, chin, temple and jawline

Level 2: These areas need careful attention to avoid Aerosol Generating Potential

Tissue Fillers to Central face: tear trough, nose, lips and peri oral fillers

References

Australian Guidelines for the Prevention and Control of Infections in Healthcare

<https://www.nhmrc.gov.au/about-us/publications/australian-guidelines-prevention-and-control-infection-healthcare-2019>

NSW Government, Clinical Excellence Commission. COVID-19 Infection Prevention and Control Advice for Health Workers V2 – 3 April 2020

http://www.cec.health.nsw.gov.au/data/assets/pdf_file/0010/575362/COVID-19-Infection-Prevention-and-Control-Advice-for-Health-Workers-V2.pdf

Facial aesthetic injections in clinical practice: Pre-treatment and posttreatment consensus recommendations to minimise adverse outcome. Letter to Editor (submitted). Australasian Journal of Dermatology. Goodman GJ, Liew S, Callan P, Hart S, Somia N, Sullivan J, Heydenrych I.