

Cosmetic surgery certification:

Categorisation of cosmetic surgical procedures, specialty training required and the minimum number requirements

A clear set of standards for cosmetic surgery are needed that easily enable a prospective patient to be confident that their surgeon has the appropriate training, qualifications and experience to perform their chosen procedure.

Through the Cosmetic Surgery Interspecialty Committee (CSIC), we have developed a system that allows surgeons to demonstrate high professional and clinical standards. Patients and hospitals will be able to search for a certified surgeon on the RCS website. The Care Quality Commission (CQC) will take account of our standards when inspecting and rating services. This new system of certification will make the cosmetic surgery industry safer for patients and enhance the reputation of the profession.

Surgeons will be able to obtain certification in one or more groups of closely related procedures as long as they are on the GMC specialist register in a specialty that demonstrates training and experience in the chosen area of practice, and can demonstrate that they meet the certification requirements. To facilitate this we have categorised cosmetic surgical procedures into groups of closely related operations. The procedures are grouped anatomically and the operations within the groups have overlapping requirements of skills and training.

One of the requirements of certification is to provide evidence of operative exposure in the area of certification. This involves carrying out a requisite minimum number of procedures for that area, as set out below. You can read further information about certification on our website (www.rcseng.ac.uk/cosmetic).

Credits

We have devised a system of credits to demonstrate appropriate experience. This is explained as follows:

- Credits may be obtained from the cases described in each section
- 1 credit is obtained from a procedure performed or performed with assistance
- 0.75 of a credit is obtained from assistance during a procedure
- 0.5 of a credit is obtained from observation of a procedure
- Cross-over skills/reconstructive credit rate is 50 per cent of the credit rate for cosmetic procedures
- The number of cross-over skills/reconstructive credits that can count towards the total is specified for each certificate

Observation

To qualify for the credit in procedures observed, the surgeon must:

- be present for whole case
- discuss the case with the surgeon undertaking the procedure
- confirm that the observed cases have been approved by the supervising surgeon as appropriate teaching cases

A maximum of 30% of credits in any area of certification can be obtained from observation

Time period for obtaining the minimum number of procedures

Normally, procedures performed / observed within the preceding six years from the point of applying for certification can be used. Periods of up to eight years will be considered on a case by case basis. Periods for the collection of credits for less than full-time pre-CCT trainees will be extended on a pro rata basis.

Cosmetic breast surgery

Area of certification; operative procedures that may be performed; specialty training required	Requirements and restrictions	Operative procedures that contribute towards credits
<p>Cosmetic breast surgery</p> <p>Certifying in this region would enable an individual to practise independently in the following procedures:</p> <ul style="list-style-type: none"> • Cosmetic surgery of the nipple areolar complex • Augmentation mammoplasty • Autologous fat transfer to breast for symmetrisation / augmentation • Breast symmetrisation • Correction of gynaecomastia • Mastopexy • Reduction mammoplasty <p>The surgeon should be on the GMC specialist register for:</p> <ul style="list-style-type: none"> • General surgery, with a declared specialist interest in breast surgery • Plastic surgery 	<p>A minimum of 40 credits, of which:</p> <ul style="list-style-type: none"> • At least eight credits must come from each of the starred areas • Credits from “crossover skills” may be gained from implant-based breast reconstruction • A maximum of eight credits may be obtained from “crossover skills” • Applicants should have attended outpatient consultations with eight patients considering cosmetic breast surgery 	<ul style="list-style-type: none"> • Augmentation mammoplasty*: except by injectable fillers/fat • Reduction mammoplasty*: all techniques • Mastopexy*: all techniques • Breast symmetrisation: all techniques except by use of injectable filler or fat • Correction of gynaecomastia: all techniques except when performed by liposuction • Cosmetic surgery of the nipple areolar complex

Cosmetic nasal surgery

Area of certification; operative procedures that may be performed; specialty training required	Requirements and restrictions	Operative procedures that contribute towards credits
<p>Cosmetic nasal surgery</p> <p>Certifying in this region would enable an individual to practise independently in the following procedures:</p> <ul style="list-style-type: none"> Rhinoplasty <p>The surgeon should be on the GMC specialist register for:</p> <ul style="list-style-type: none"> Plastic surgery Otolaryngology Oral and maxillofacial surgery 	<p>A minimum of 30 credits, of which:</p> <ul style="list-style-type: none"> Credits from “crossover skills” may be gained from: <ul style="list-style-type: none"> nasal reconstruction using grafts functional septal surgery Credits are not available for closed contour alterations using injectable fillers or fat A maximum of five credits may be obtained from “crossover skills” Applicants should have attended outpatient consultations with five patients considering rhinoplasty 	<ul style="list-style-type: none"> Rhinoplasty: all aesthetic techniques except augmentation with injectable material

Cosmetic surgery of the periorbital region

Area of certification; operative procedures that may be performed; specialty training required	Requirements and restrictions	Operative procedures that contribute towards credits
<p>Cosmetic surgery of the periorbital region</p> <p>Certifying in this region would enable an individual to practise independently in the following procedures:</p> <ul style="list-style-type: none"> • Brow lift • Midface lift • Upper lid blepharoplasty • Lower lid blepharoplasty <p>The surgeon should be on the GMC specialist register for:</p> <ul style="list-style-type: none"> • Plastic surgery • Otolaryngology • Oral and maxillofacial surgery • Ophthalmology, with a declared interest in oculoplastic surgery 	<p>A minimum of 30 credits, of which:</p> <ul style="list-style-type: none"> • Credits from “crossover skills” may be gained from: <ul style="list-style-type: none"> ○ relevant upper and lower lid reconstructive procedures ○ correction of relevant upper and lower lid malposition(to include ptosis, entropion and ectropion) • A maximum of five credits may be obtained from “crossover skills” • Applicants should have attended outpatient consultations with five patients considering periorbital cosmetic surgery 	<ul style="list-style-type: none"> • Upper lid blepharoplasty: all techniques • Lower lid blepharoplasty: all techniques except pinch and teartrough modification with filler • Brow lift: all surgical brow lifts • Midface lift: but not midface “lift” by use of filler, fat or other injectable

Cosmetic surgery of the ear

Area of certification; operative procedures that may be performed; specialty training required	Requirements and restrictions	Operative procedures that contribute towards credits
<p>Cosmetic surgery of the ear</p> <p>Certifying in this region would enable an individual to practise independently in the following procedures:</p> <ul style="list-style-type: none"> Otoplasty <p>The surgeon should be on the GMC specialist register for:</p> <ul style="list-style-type: none"> Plastic surgery Otolaryngology Oral and maxillofacial surgery 	<p>A minimum of 15 credits, of which:</p> <ul style="list-style-type: none"> Credits from “crossover skills” may be gained from: <ul style="list-style-type: none"> ear reconstruction conchal cartilage harvest A maximum of two credits may be obtained from “crossover skills” Applicants should have attended outpatient consultations with four patients considering otoplasty 	<ul style="list-style-type: none"> Otoplasty: all techniques of prominent ear correction with the exception of the use of external splints

Cosmetic facial contouring surgery

Area of certification; operative procedures that may be performed; specialty training required	Requirements and restrictions	Operative procedures that contribute towards credits
<p>Cosmetic facial contouring surgery</p> <p>Certifying in this region would enable an individual to practise independently in the following procedures:</p> <ul style="list-style-type: none"> • Alloplastic augmentation of the facial skeleton • Bone grafting of the facial skeleton • Free fat grafting to the face • Genioplasty: sliding, reduction, lengthening and symmetrising <p>The surgeon should be on the GMC specialist register for:</p> <ul style="list-style-type: none"> • Plastic surgery • Otolaryngology • Oral and maxillofacial surgery 	<p>A minimum of 20 credits, of which:</p> <ul style="list-style-type: none"> • Credits from “crossover skills” may be gained from: <ul style="list-style-type: none"> ○ Reconstructive facial recontouring or remodelling ○ Credits are not available for contour alterations using injectable fillers • A maximum of four credits may be obtained from “crossover skills” • A maximum of four credits may be obtained from free fat transfer • Applicants should have attended outpatient consultations with four patients considering cosmetic facial contouring surgery 	<ul style="list-style-type: none"> • Alloplastic augmentation of the facial skeleton: all techniques with the exception of injectable fillers • Bone grafting of the facial skeleton: all techniques if undertaken primarily for cosmetic purposes • Free fat grafting to the face • Genioplasty: sliding, reduction, lengthening and symmetrising as described

Cosmetic surgery of the face

Area of certification; operative procedures that may be performed; specialty training required	Requirements and restrictions	Operative procedures that contribute towards credits
<p>Cosmetic surgery of the face</p> <p>Certifying in this region would enable an individual to practise independently in the following procedures:</p> <ul style="list-style-type: none"> • Cosmetic facial contouring • Brow lift • Rhytidectomy • Platysmaplasty <p>The surgeon should be on the GMC specialist register for:</p> <ul style="list-style-type: none"> • Plastic surgery • Otolaryngology • Oral and maxillofacial surgery 	<p>A minimum of 30 credits, of which:</p> <ul style="list-style-type: none"> • A minimum of ten credits must be undertaken in * procedures • A maximum of four credits may be obtained from combined ++ procedures • Credits from “crossover skills” may be gained from <ul style="list-style-type: none"> ○ major facial reconstruction ○ facial reanimation ○ extensive facial symmetrisation • A maximum of five credits may be obtained from “crossover skills” • Applicants should have attended outpatient consultations with five patients considering cosmetic facial surgery 	<ul style="list-style-type: none"> • Rhytidectomy*: all except use of threads and “non-surgical” face lifts, injectables, vampire • Brow lift: all surgical brow lifts • Platysmaplasty: except with threads or sutures • Alloplastic facial augmentation ++: with the exception of injectable fillers • Autologous fat transfer ++

Cosmetic surgery of the face/nose/periorbital region/ears

Area of certification; operative procedures that may be performed; specialty training required	Requirements and restrictions	Operative procedures that contribute towards credits
<p>Cosmetic surgery of the face/nose/periorbital region/ears</p> <p>Certifying in this region would enable an individual to practise independently in the following procedures:</p> <ul style="list-style-type: none"> • Alloplastic augmentation of the facial skeleton • Alloplastic facial augmentation • Autologous fat transfer • Blepharoplasty • Bone grafting of the facial skeleton • Brow Lift • Rhytidectomy • Facial contouring surgery • Free fat grafting to the face • Genioplasty • Midface lift • Otoplasty • Platysmaplasty • Reconstructive facial recontouring or remodelling • Rhinoplasty <p>The surgeon should be on the GMC specialist register for:</p> <ul style="list-style-type: none"> • Plastic surgery • Otolaryngology • Oral and maxillofacial surgery 	<p>A minimum of 90 credits, of which:</p> <ul style="list-style-type: none"> • At least 25 credits must come from each of the starred procedures • Credits from “crossover skills” may be gained from: <ul style="list-style-type: none"> ○ nasal reconstruction using grafts/ Functional septal surgery ○ eyelid reconstruction/ Ptosis correction/ Correction of ectropion ○ ear reconstruction / Conchal cartilage harvest ○ major facial reconstruction / facial reanimation / extensive facial symmetrisation • A maximum of 20 credits may be obtained from “crossover skills”, maximum of five in any one area of practice • Applicants should have attended outpatient consultations with fifteen patients considering cosmetic facial, nasal, ear, eye surgery 	<ul style="list-style-type: none"> • Rhytidectomy*: all except use of threads and “non-surgical” face lifts, injectables, vampire • Platysmaplasty: except with threads or sutures • Brow lift: all surgical brow lifts • Rhinoplasty *: all aesthetic techniques except augmentation with injectable material • Blepharoplasty*. Upper lid: all techniques. Lower lid: all techniques except pinch and teartrough modification with filler • Otoplasty: all techniques of prominent ear correction with the exception of the use of external splints • Facial contouring surgery • Reconstructive facial recontouring or remodelling • Midface lift: but not midface lift by use of filler, fat or other injectable • Alloplastic augmentation of the facial skeleton: all techniques with the exception of injectable fillers • Alloplastic facial augmentation: with the exception of injectable fillers • Bone grafting of the facial skeleton: all techniques if undertaken primarily for cosmetic purposes • Free fat grafting to the face: all techniques. • Genioplasty: sliding, reduction, lengthening and symmetrising as described • Autologous fat transfer: all techniques

Cosmetic body contouring surgery

Area of certification; operative procedures that may be performed; specialty training required	Requirements and restrictions	Operative procedures that contribute towards credits
<p>Cosmetic body contouring surgery</p> <p>Certifying in this region would enable an individual to practise independently in the following procedures:</p> <ul style="list-style-type: none"> • Abdominoplasty • Autologous fat transfer • Body lift • Brachioplasty • Gluteal augmentation • Calf augmentation • Liposuction • Thigh lift <p>The surgeon should be on the GMC specialist register for:</p> <ul style="list-style-type: none"> • Plastic surgery 	<p>A minimum of 30 credits, of which:</p> <ul style="list-style-type: none"> • At least ten credits must be derived from each of the * areas • Credits from “crossover skills” may be gained from: <ul style="list-style-type: none"> ○ therapeutic abdominoplasty ○ abdominal wall reconstruction • A maximum of five credits may be obtained from “crossover skills” • Applicants should have attended outpatient consultations with five patients considering cosmetic body contouring surgery 	<ul style="list-style-type: none"> • Abdominoplasty *: all techniques • Liposuction *: all surgical techniques may contribute, non-surgical lipomodification using external techniques, such as cryolipo are not included. Cases undertaken using external lipomodelling techniques will not be considered. Fat harvest for autologous transfer does not count toward liposuction credits • Thigh lift: all techniques • Brachioplasty: all techniques • Cosmetic augmentation of calf: all techniques except with use of injectable • Cosmetic augmentation of buttock: all techniques except with use of injectable • Fat augmentation if performed for cosmetic augmentation of the breast or the buttock: to a maximum of four credits.

Massive weight loss surgery (MWL) - Supplementary certificate in body contouring following massive weight loss

Area of certification; operative procedures that may be performed; specialty training required	Requirements and restrictions	Operative procedures that contribute towards credits
<p>Massive weight loss surgery (MWL) - Supplementary certificate in body contouring following massive weight loss</p> <p>Certifying in this region would enable an individual to practise independently in the following procedures:</p> <ul style="list-style-type: none"> • Post bariatric surgery/MWL abdominoplasty • Post bariatric surgery/MWL brachioplasty • Post bariatric surgery/MWL autologous fat transfer • Post bariatric surgery/MWL body lift • Post bariatric surgery/MWL liposuction • Post bariatric surgery/MWL thigh lift <p>The surgeon should be on the GMC specialist register for:</p> <ul style="list-style-type: none"> • Plastic surgery 	<p>A minimum of 15 credits, of which:</p> <ul style="list-style-type: none"> • Credits from “crossover skills” may be gained from: <ul style="list-style-type: none"> ○ Reconstructive abdominal surgery in post bariatric/ massive weight loss patient • A maximum of four credits may be obtained from “crossover skills” • Applicants should have attended outpatient consultations with four patients considering body contouring surgery following massive weight loss. <p>To obtain this certificate, surgeons must have first gained a certificate in cosmetic body contouring surgery</p>	<ul style="list-style-type: none"> • Post bariatric surgery / MWL abdominoplasty: all techniques • Post bariatric surgery / MWL thigh lift: all techniques • Post bariatric surgery / MWL brachioplasty: all techniques • Post bariatric surgery / MWL body lift: all techniques



You can read further information about certification and all the new tools and services we are launching to improve the quality of care for cosmetic surgery patients on our website (www.rcseng.ac.uk/cosmetic).