

Overview

This standard coexists alongside, **SKANSC1: Implement and maintain safe, hygienic and effective working practices during elective non-surgical cosmetic procedures**, **SKANSC2: Consult, assess, plan and prepare for elective non surgical cosmetic procedures**, **SKANSC14 Carry out a thorough skin analysis using technologies** and **SKANSC15 Complication management of non-surgical cosmetic procedures**. This standard is for aesthetic practitioners performing procedures using carboxytherapy to rejuvenate and/or regenerate the skin. You will also be required to do a post procedure evaluation and reflection for continuous improvement. The aesthetic practitioner must have a First Aid at Work qualification or equivalent and be able to carry out the functions within **SFHCHS36: Provide basic life support** and have access to life support equipment as identified in the emergency plan. Users of this standard will need to ensure that their practices reflect up-to-date information, policies, procedures and best practice guidance.

Performance criteria

You must be able to:

1. carry out a concise and comprehensive consultation face to face with the individual
2. maintain your responsibilities for health and safety pre, during and post the carboxytherapy procedure
3. discuss to establish the individual's objectives, concerns, expectations and desired outcomes to inform the carboxytherapy procedure plan to include:
 - 3.1 skin classification and skin characteristics
 - 3.2 alternative treatment options
4. discuss and agree the skin priming programme or recommendations required, prior to the carboxytherapy treatment
5. develop an emergency plan with the identified healthcare professional trained to deal with adverse reactions to carboxytherapy
6. establish the carboxytherapy procedure plan in accordance with legislative requirements and organisational policies and procedures to include:
 - 6.1 advice, support and guidance
 - 6.2 emergency plan
 - 6.3 pain management strategy
7. reiterate, confirm and agree with the individual, they have understood the proposed carboxytherapy procedure and pain management to include:
 - 7.1 contra-actions
 - 7.2 adverse reactions
8. obtain the individual's signed informed consent for the carboxytherapy procedure and pain management, allowing an adequate time scale for the individual to make an informed choice
9. select an effective hygiene preparation product to meet the individual's needs in accordance with the manufacturer's instructions
10. prepare the individual's treatment area in accordance with the carboxytherapy procedure protocol and associated risk avoidance strategies to include:
 - 10.1 mark out pre-procedure markings if applicable
11. source and select the CO₂ gas, to meet the individuals needs and area to be treated, including associated risks
12. inject the CO₂ gas with the sterile single use needle in accordance with the procedure protocol to include:

- 12.1 adaptation of injection techniques, depth and placement
- 12.2 in accordance with the pre-procedure markings if applicable
- 13. monitor the individual's health, wellbeing and skin reaction throughout the carboxytherapy procedure in accordance with legislative requirements and organisational policies and procedures
- 14. in the event of an adverse reaction or incident, take prompt corrective action as set out within the emergency plan to include:
 - 14.1 seek and implement immediate medical intervention from the identified healthcare professional trained to deal with complications as set out in the emergency plan
- 15. Conclude the procedure in accordance with the carboxytherapy procedure protocol, legislative requirements and organisational policies and procedures
- 16. take and store consensual visual media of the individual's treatment area in accordance with insurance requirements, organisational policies and procedures
- 17. complete the individual's non-surgical cosmetic procedure records and store in accordance with data legislation
- 18. use reflective practice to evaluate the carboxytherapy procedure and take appropriate action
- 19. provide and obtain confirmation of receipt of the instructions and advice given to the individual pre and post procedure to include:
 - 19.1 the aesthetic practitioners contact details
 - 19.2 emergency plan
 - 19.3 contingency plan in the event of absence
- 20. record the outcome and evaluation of the carboxytherapy procedure to agree and inform future procedures
- 21. discuss and agree future procedures with the individual

Knowledge and understanding

You need to know and understand:

1. the importance of collaboration with competent professionals to support effective and safe working practices
2. your role and responsibilities in performing non-surgical cosmetic procedures and the importance of working within your competence
3. why you must comply with ethical practice and work within the legislative requirements to include:
 - 3.1 the responsibilities under local authority licensing regulations for yourself and your premises
4. the importance to engage in, and document continuous professional development to include, up-to-date information policies, procedures and best practice guidance
5. the **anatomy and physiology** relevant to this standard
6. the chronological skin ageing process and the relationship to intrinsic and extrinsic factors
7. the relative and absolute contraindications relevant to the treatment, to include:
 - 7.1 the legislative and insurance requirements for obtaining medical diagnosis and referral
8. the importance of recognising suspicious skin irregularities and lesions, and referring to a relevant healthcare professional
9. how a skin priming programme and pre-treatment recommendations can benefit the carboxytherapy treatment outcomes
10. the types, composition and pharmacological effects of chemical compounds in carboxytherapy solutions to include:
 - 10.1. the physiological effect of CO₂ gas has on facial and body anatomy, skin tissue and blood supply
11. how to adapt injection techniques to place the CO₂ gas safely beneath the skin tissue into underlying structures
12. the adverse reactions associated with a carboxytherapy procedure to include:
 - 12.1 knowledge and avoidance of danger zones
13. how to implement the correct course of action in the event of an adverse reaction or incident to include:
 - 13.1 why and when immediate medical intervention is necessary
14. the **risk avoidance strategies**

15. the importance of obtaining and following instructions from the identified healthcare professional in the event of an adverse reaction
16. the purpose, use and limitations of carboxytherapy procedures in relation to:
 - 16.1 past and current medical history
 - 16.2 previous non-surgical cosmetic and/or dental procedure history
 - 16.3 relevant lifestyle factors
 - 16.4 contraindicated medication and medical conditions
 - 16.5 the individual's physical and psychological suitability for the non-surgical cosmetic procedure
 - 16.6 individual's expectations
 - 16.7 hyper-immune response management
 - 16.8 anaphylaxis management
17. the regulatory and legislative requirements for medical devices
18. the regulatory and legislative requirements for sourcing, recording and administering CO₂ gas to include:
 - 18.1 product name
 - 18.2 batch number
 - 18.3 expiry date
 - 18.4 material data sheets
 - 18.5 storage
 - 18.6 disposal
 - 18.7 audit and accountability
19. the types of pain management and associated risks
20. the legislative requirements and restrictions for sourcing, storing and using licensed topical anaesthetics
21. the health and safety responsibilities in line with legislation before, during and after the carboxytherapy procedure
22. the legal requirements for providing non surgical cosmetic procedures to minors and vulnerable adults
23. why it is important to discuss and establish the individual's objectives, concerns, expectations, desired outcomes and agree the non-surgical cosmetic procedure plan
24. the importance of using visual aids to inform the individual of the physical effects
25. the fee structures and treatment options
26. the legislative and indemnity requirements of gaining signed, informed consent for the carboxytherapy procedure and pain management strategy

27. why it is important to allow time for the individual to reflect before confirming and agreeing to receive the elective non-surgical cosmetic procedure
28. the types of hygiene products for the skin and the importance of following manufacturer's instructions
29. the importance of adhering to the **carboxytherapy procedure protocol**
30. the importance of monitoring the health and wellbeing of the individual during and post procedure
31. the importance of adhering to the emergency plan in the event of an adverse reaction
32. the legislative, insurance and organisational requirements for taking and storing visual media of the individual's treatment area
33. the legislative and regulatory requirements of completing and storing the individual's non-surgical cosmetic procedure records
34. the expected outcomes from a carboxytherapy procedure
35. the purpose of reflective practice and evaluation and how it informs future procedures
36. how to collate, analyse, summarise and record evaluation feedback in a clear and concise way
37. the importance to record the outcome and evaluation of the carboxytherapy procedure
38. the **instructions** and advice pre and post the carboxytherapy procedure

Scope/range

Skin classification

1. Fitzpatrick scale
2. Glogau photo-damage
3. Lancer scale
4. Phenotype and genotype
5. Monk skin tone scale
6. Rubins scale

Skin conditions

1. skin sensitivity
2. skin condition
3. skin density

Contra-actions

1. hyperemia
2. wounds
3. bruising
4. oedema

Injection techniques

1. feathering
2. intradermal
3. micro-papular
4. linear threading
5. cross hatching
6. fanning
7. tenting

Anatomy and physiology

1. the structure and function of the body systems and their interdependence on each other
2. skin and systemic pathologies
3. severe adverse event pathologies
4. basic knowledge of pharmacology
5. effects of medications have on the skin
6. effects of bone reabsorption and understanding of complex facial and body

anatomy and venous and arterial blood supply

Risk avoidance strategies

1. emergency plan
2. risk assessment(s)
3. acquired medical history
4. procedure plan(s)
5. restrictive treatment areas
6. pre and post instructions and advice
7. avoidance of off license use
8. inoculations
9. first aid at work qualification and basic life support or equivalent
10. general health and safety working practices
11. infection prevention and control
12. working environment
13. collaboration with healthcare professional/ appropriate professionals
14. legislative prescription protocol
15. medicine management
16. informed consent
17. data management
18. audit and accountability
19. understanding of the pharmacology
20. working knowledge of facial and neck anatomy
21. waste management
22. assessment of the individual's physical and emotional suitability

Adverse reactions

1. infection
2. pigment irregularities
3. nausea
4. allergic reaction
5. scarring
6. temporary numbness or tingling
7. shortness of breath or chest pain
8. fatal bubbles if gases enters the blood vessel or vein

Visual aids

1. Illustrative images
2. Illustrative diagrams
3. pre-procedure markings

Carboxytherapy procedure protocol

1. working environment
2. health and safety
3. risk management plan
4. infection prevention and control
5. identified healthcare professional/appropriate professional
6. emergency plan
7. procedure plan
8. informed consent
9. data management
10. audit and accountability
11. instructions and advice
12. waste management
13. evidence based and reflective practice

Instructions

1. the individual, regulated independent prescriber and aesthetic practitioner's legal rights and responsibilities
2. emergency plan
3. post procedure expectations and associated time frames
4. pre and post procedure instructions and care
5. restrictions and associated risks
6. future procedures
7. complaints procedure or concerns protocol

Glossary

Adverse reactions

Adverse reactions are also known as adverse incidents or associated risks. An Adverse reaction is an unexpected physical or physiological reaction from a procedure carried out.

Contra-action

Contra action is an expected temporary reaction from a procedure.

Emergency plan

The emergency plan is the responsibility of the aesthetic practitioner that includes use and access to the emergency kit. An identified healthcare professional will act as the regulated independent prescriber if a prescription only medication is required in the event of an adverse reaction. The regulated independent prescriber has a duty of care to their patients to follow regulatory guidelines set by their Professional, Statutory and Regulated Body.

Pre-procedure markings

Pre-procedure markings should be carried out using a sterile single use surgical pen. Pre-procedure markings are used to create guidelines to identify injection sites as set out in the non-surgical cosmetic procedure plan.

Treatment area

The indicative area to be treated, can also be referred to as treatment site or the anatomical name.

Universal precautions and standard precautions

Universal precautions are relevant if the practitioner is exposed to blood and/or some bodily fluid. It is the responsibility of the practitioner to implement infection prevention and control measures to prevent exposure to blood borne pathogens or Other Potentially Infectious Materials (OPIM).

Standard precautions are the basic level of infection control that should be used at all times within the working environment, such as hand hygiene, personal protective equipment, prevention of needlestick and injuries from sharps, risk assessment, respiratory hygiene and cough etiquette, environmental cleaning and waste disposal.

Visual media

Visual media is evidence generated through photography or video.

SKANSC18

Perform rejuvenation and/or regeneration of the skin using carboxytherapy



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