



LOGBOOK OF COSMETIC MEDICAL PROCEDURES AUSTRALASIAN COLLEGE OF AESTHETIC MEDICINE

The practice of Aesthetic Medicine comprises the performance of non-surgical medical procedures that are aimed at improving the physical appearance of the patient. These procedures are usually elective in nature and patients should undergo a medical screening process (conducted by a qualified medical practitioner) to assess their suitability for the procedure prior to proceeding.

The purpose of the ACAM cosmetic medical procedure Logbook is to provide potential Fellowship applicants with a standardised form on which to record their experiences of performing cosmetic medical procedures prior to submitting their application for Fellowship with the College.

The purpose of the following notes and lists is to give guidance to Fellowship applicants when determining whether any procedure is considered “Aesthetic Medical” in nature and therefore eligible for inclusion in applicants Logbooks used in their Fellowship application.

Fellows who do not have access to their own appointment data (such as Client Relationship Management software) from which they are able to separately produce reports listing all the cosmetic medical procedures that they perform during any set period are encouraged to continue to add to their logbooks for their own Continuing Professional Development.

Explanatory notes:

- Cosmetic Medical procedures may be non-invasive to minimally invasive cosmetic procedures.
- Invasive procedures or surgical procedures are not included.
- For inclusion in this logbook, the medical practitioner must have conducted a face-to-face consultation and the procedure must have been performed solely or primarily by the person submitting the Logbook. Procedures supervised by the practitioner but performed by another person cannot be



included. Procedures for which the practitioner has consulted and prescribed but did not actually perform cannot be included.

- Procedures that are not completely elective because the decision not to treat may eventually lead to further patient pathology are NOT included. Please see examples below:

Skin malignant and non-malignant lesion or tumour management by excision, biopsy, incision, with or without graft that attracts Medicare rebate are not included.

Acne management which only involves history, examination, prescription, and referrals usually limited to the Therapeutic Guidelines are not included.

Symptomatic lesion or tumour removal sent for histopathology are not included.

Topical treatment of solar keratoses and other premalignant lesions

Aesthetic medicine is a new area of modern medicine, and new procedures and methods of its application are constantly evolving. If you would like advice on whether a particular procedure might be included in your logbook, please contact the ACAM secretariat.

Examples of cosmetic medical procedures that can be included in your logbook are as follows:

Acne treatments

- Acne scar treatment laser
- Acne scar treatment subcision
- Acne scar treatment other
- Scar reduction other

Chemical Peels

- Deep (phenol)
- Medium (Jessner Peel)
- Superficial (Glycolic)
- Chemical peels others

Fat Reduction Treatments

- Radiofrequency lipolysis
- Laser lipolysis
- Cryo-lipolysis
- Injection lipolysis

Hair Regrowth

- Hair transplant
- Hair regrowth autologous plasma therapy
- Hair regrowth light sourced cell stimulation therapy
- Hair regrowth others

Laser Treatments

- Ablative Laser Resurfacing treatments (Erbium, CO2 and NdYag Laser)
- Laser reduction of pigmentation (Solar lentigo, Melasma, Age spots, Nevus Ota)
- Laser reduction of red pigmentation (Port-wine stains, facial redness)
- Vascular Laser treatment

Non-Ablative Laser skin rejuvenation treatment

- Laser tattoo removal
- Laser skin toning

Energy-Based Treatments

- Skin tightening - Bipolar RF (eg Elos)
- Skin Tightening-Monopolar RF (eg Thermage)
- Skin Tightening – Other (eg Titan)
- Photodynamic Therapy (PDT)
- Intense Pulsed Light (IPL) Hair removal
- Intense Pulsed Light Pigmentation reduction
- Radiofrequency micro-needling

Treatments of Varicose veins and Spider veins

- Micro sclerotherapy
- Ultrasound Guided Sclerotherapy
- Radiofrequency Ablation of Varicose veins
- Endovenous Laser Ablation of Varicose veins

Injectable Treatments

- Botulinum Toxin Injections
- Hyaluronic Acid Injections
- Calcium Hydroxylapatite
- Poly-L-Lactic Acid
- Polymethylmethacrylate
- Platelet-rich plasma (PRP) or Autologous Plasma Therapy and fillers
- Stem cell treatments including extraction or harvesting
- Mesotherapy
- Thread lift

Rejuvenation Treatments Face and Body

- Blading
- Burn scar treatment
- Derma roller
- Mesotherapy body
- Mesotherapy Face
- Microdermabrasion
- Skin needling face
- Skin needling other (i.e., back for acne scarring treatments)

Cosmetic revision procedures

- Hyaluronidase injection/s for the purpose to dissolve unwanted dermal fillers
- Radiofrequency heat energy for the purpose to dissolve the unwanted dermal filler

Others

- Gynaecology treatments (Genitourinary Syndrome of Menopause, Uterine Prolapses Treatment, Stress Urinary Incontinence Treatment, Vaginal Canal Tightening, Injection of dermal fillers into the genitals)
- Stretch mark treatment
- Lesion treatment including excision and revision (that do not attract Medicare rebates)



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