

## Healthcare Improvement Scotland - Definitions of Procedures

In order to assist with the risk assessment of services, the setting of fees and the drafting of conditions of registration, Healthcare Improvement Scotland needs to agree a definition of cosmetic procedures which is graded by risk.

The Oxford English Dictionary definition of surgery is:

- ‘the medical treatment of bodily injuries or disorders by cutting open the body and removing or repairing parts.’

The Royal College of Surgeons England defines any cosmetic surgery<sup>1</sup> as:

- ‘Operations and all other invasive medical procedures where the primary aim is the change, the restoration, normalisation, or improvement of the appearance, the function and well-being at the request of an individual.’

We know already that the scope and nature of the services provided by independent clinics will vary widely. Some will be undertaking surgical procedures and others will only be limiting themselves to less risky treatments, such as those which can be administered by injection. However, the scope of regulation for independent clinics goes beyond cosmetics - and therefore the definition of procedures - to take into account the diversity of the sector.

The Royal College of Surgeons England has set out categories for cosmetic procedures which reflect the risk associated with them. Using this as a basis, we can propose the following.

| Classification | Definition | Example |
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<sup>1</sup> Professional Standards for Cosmetic Practice, Royal College of Surgeons England (2013)

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| Major surgical procedure | Medium – high risk procedure. Involves cutting open the body. May involve the removal of tissue or the implantation of prosthetics. The patient will require general anaesthetic or conscious sedation. Requires the attendance of an appropriately trained second practitioner who has the sole responsibility for the sedation or anaesthetic. May be day case, requires post procedure recovery time. | Any breast surgery<br>Facial surgery<br>Max Fac osteotomy<br>Salivary gland surgery<br>Liposuction |
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| Minor surgical procedure | Lower risk procedure. Usually permanent. Involves invasive techniques to allow access under skin, mucosa or epithelial layer to excise tissue or implant devices. The patient will need local anaesthetic. If sedation is required, an appropriately trained second practitioner is present who has as the sole responsibility for the sedation. Can leave clinic up to 1 hour after the procedure. | Thread lift<br>Mole / scar removal<br>Varicose vein treatment<br>Laser vision correction<br>Dental implants<br>Hair replacement surgery<br>Endoscopy                                     |
| Non-surgical treatment   | Low risk. General/Primary healthcare consultations. Usually a non-permanent or reversible aesthetic treatment. The patient may need local anaesthetic. Sedation of any kind will not be required.   | Botulinum toxin injection<br>Dermal filler<br>Travel vaccinations<br>GP consultations<br>General dental treatments (including extractions)<br>Laser tattoo removal<br>Laser hair removal |

## Notes

1 – Although non-surgical treatments are described here are low risk, they are not without risk and must only be undertaken by practitioners that have the appropriate knowledge, skills and competencies.

2 – Although some treatments using lasers have been described here as low risk, they are not without risk. Treatments involving lasers and IPL must only be carried out by practitioners with the appropriate knowledge, skills and competencies, and in accordance with current MHRA guidance.

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