



CPCA STANDARDS FOR COSMETIC MEDICINE

Guidelines Current as of 13/05/2025

A competent Cosmetic Physician should have a minimum knowledge and skills level for injectable procedures, and adequate knowledge regarding energy-based devices and chemical and physical skin resurfacing.

The Cosmetic Physician should also have good knowledge of products and devices used in the field as well as the history of their use, and they should be involved in continuing education in Cosmetic Medicine in order to remain current.

The Cosmetic Physician must have good communication, consultation and assessment skills in order to detect concurrent physical, emotional and psychological concerns in the patient, as well as correctly identify the cosmetic concerns, addressing important issues, referring appropriately and determining the course of treatment that will assist the patient in the best way.

Additionally, the Cosmetic Physician needs to understand medicolegal matters and existing law and use best practice in basic medical care such as aseptic technique and evidence-based medicine.

To further itemise the skills of the Cosmetic Physician, these should be as follows:

- Understanding of multi-disciplinary practice and scope of practice for each cosmetic professional
- Knowledge of the governance surrounding cosmetic medical practice
- Understanding appropriate marketing strategies,
- Awareness of the intricacies of medical indemnity
- Correct understanding and application of the cosmetic physician's role in a supervisory capacity.
- Effective communication and consultation strategies in aesthetic practice.
- Good assessment strategies as part of a holistic consultation
- Appropriate knowledge of when and to whom to refer,
- Ability to obtain fully informed consent as per all regulatory guidelines,
- Ability to create good written and photo documentation and other information to support positive patient outcomes.

- Knowledge of patient management systems currently used in aesthetics, and how best to use them to deliver excellent care
- Knowledge of assessment techniques including anthropomorphic measurements including facial angles and lines and proportions
- Ability to prescribe and administer neurotoxin to all areas of the face and neck taking the anatomy and physiology into account, and the various cosmetic and therapeutic uses
- Ability to prescribe and administer dermal fillers and bio stimulants to all areas of the face and neck taking anatomy and physiology into account
- Understanding of the rheology and pharmacology of cosmetic injectables, including the indications for placement, longevity and risk of migration in relation to rheology and placement
- Ability to select appropriate products from the ranges for each concern
- Ability to select the correct injection site, depth, needle or cannula angle, plane, dose and injection speed to optimise safety, including keeping boluses small and including micromovements of the tip of the needle
- Knowledge of absolute and relative contraindications for cosmetic injectables.
- Identification of danger zones containing important structures
- Delivery of appropriate aftercare for all treatments
- Knowledge of how to manage all complications arising from cosmetic injectables.
- Knowledge of the theory and application of dermal therapies in cosmetic medicine
- Knowledge of the various skin disorders presenting to cosmetic physicians including dermatologic manifestations of systemic diseases and differential diagnoses of dermatologic presentations
- Understanding of skin physiology and anatomy including skin appendages and all layers such as epidermis, dermis, SMAS, muscles, superficial fat, fat pads, fascia, tendons, periosteum and bone
- Understanding of the wound healing response including healing of incisions, excisions and collagen induction treatments
- Knowledge of the effects of intrinsic and extrinsic ageing on all tissues
- Knowledge of basic cosmeceuticals.
- Knowledge of and ability to appropriately recommend cosmetic products and cosmeceuticals as well as prescription topical medications
- Knowledge of systemic medications for dermatological disorders

- Understanding of chemical and physical skin resurfacing
- Understanding of energy-based devices basic principles and application (incorporating state relevant regulations).
- A deep understanding of facial anatomy for each area of the face as per the CPCA area checklists, which cover the essential anatomical knowledge required to be able to deal with all cosmetic presentations and variations. These include the muscles and their origins, insertions, functions and relationships to each other, vessels, their origins, anastomoses and perivascular tracks, nerves and their courses and supply areas, fat pads at the various levels and their extents and communications, SMAS and aponeuroses, and other structures in the face and neck.



COSMETIC PHYSICIANS
COLLEGE
OF AUSTRALASIA