



# The Aesthetic Masters Journal Club *A Meeting of Minds*

**DR ANJANA BHANA** and **DR ANUSHKA REDDY** account the minutes of the first Aesthetic Master's Journal Club meeting, where a variety of medical professionals convened at the Mode De Vie clinic to discuss and advise on the latest developments and protocols in aesthetic medicine.

**W**e are delighted to announce the launch of the Aesthetic Masters Journal Club in Johannesburg, where our inaugural meeting was held at the beautiful Mode de Vie clinic. This event was attended by 18 doctors, who all convened to exchange ideas, share knowledge and personal experience - as well as to discuss new techniques and critique selected publications.

On that note, we were privileged to have the recently published literature from renowned British plastic surgeon and trainer, Dr Dalvi Humzah, where he wrote

an informative piece about visual loss after a dermal filler treatment. The paper, titled Hyaluronic Acid Aesthetic Interventional Induced Visual Loss (AIIVL): A Consensus on Practical Guidance, is a comprehensive report focusing on the management pathway for patients experiencing visual loss after facial fillers.

What's more, we were able to create our own practical and personal South African protocol on how to deal with this particular complication using the AIIVL as a guideline, thanks to the huge number and diversity of medical professionals joining the club.

### Know the risks

The above-mentioned filler protocol is especially important for doctors to follow, as there are major complications associated with these injectables. As for the patient, it is imperative for them to consult doctors in a medical environment for these kinds of treatments - and not in a beauty salon or someone's place of residence!

Moreover, patients seeking procedures for the nose need to understand that there is a higher risk of vascular events (even in the safest hands) - so doctors need to discuss these potential risks with them.

### The scope of responsibility

Now, while it is the physicians responsibility to practice as safely as they can, the onus is also on the public to choose



It is important for us as clinicians to keep ourselves updated - not only on the latest product developments – **but also on the best practices, injection techniques and anatomy**

wisely and undergo treatments in a safe, prepared environment. And as glamorous as these treatments seem to be, we have to remember that they are all medical procedures, so careful planning, forethought and caution must be taken.

### Take home message

We are fiercely proud to be a part of a club that uplifts

the standards in the practice of non-surgical aesthetics in South Africa, and to be able to share knowledge with our fellow colleagues.

Hence, we encourage all medical professionals engaged in aesthetics medicine to join a journal club – or even, form their own committee. **A2**



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