

**STANDARDIZED PROCEDURES FOR REGISTERED NURSES/NURSE  
PRACTITIONERS/PHYSICIAN'S ASSISTANTS PERFORMING  
COLLAGEN INJECTIONS**

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**I. POLICY**

**A. Circumstances under which the RN may perform collagen injections.**

1. Setting:
  - a. Aesthetic Medicine Department
2. Supervision:
  - a. The Physician, Nurse Practitioner or Physician's Assistant who is trained and qualified will assess the patient prior to treatment to ensure the patient is a candidate for Collagen (Inamed). The patient's Medical History Questionnaire will be discussed in-depth with patient. (Questionnaire attached).
  - b. The RN will then treat the patient with Collagen (Inamed), providing that the patient meets patient criteria, and Medical History Questionnaire has been completed.
  - c. This may involve a test dose if prior collagen injection or where potential allergy may be a concern
  - c. The physician will review the treatment rendered and sign the chart upon review.
3. Patient Conditions:
  - a. Consultation regarding patient's chief complaint completed.
  - b. Ensure patient is a candidate for collagen treatment by confirming client has not had a previous allergic reaction to collagen. Patient will submit to a collagen test on their forearm prior to treatment (see instructions below)
  - c. Patient is aware of potential adverse events following injection of collagen. These are bruising, redness, swelling, tenderness and itching.
  - d. Patient must be at least 18 years of age, or parent/legal guardian may authorize treatment. All patients must have a negative test implant prior to procedure.
  - e. Informed consent given and consent form completed.
4. Contraindications:
  - a. Patients with severe allergies manifested by history of anaphylaxis or history of multiple severe allergies.
  - b. Pregnancy.
5. Precautions:
  - a. Injection should be limited to 1.5mL per treatment site.

**ADDENDUM F: STANDARDIZED PROCEDURES FOR REGISTERED NURSES PERFORMING COLLAGEN INJECTIONS**

**II. PROTOCOL**

**A. Definition:**

The administration of the collagen is a temporary non-surgical treatment for soft tissue deficits due to upper facial expressions, age, sun damage, acne, transverse forehead lines, glabellar frown lines, periorbital rhytids, vertical lip lines, vermilion border (correction of lip line deficiency), nasolabial folds, oral commissure lines and facial scars.

**B. Assessment:**

1. Subjective:
  - a. The above patient conditions have been met.
2. Objective:
  - a. The patient presents with soft tissue deficits as described in A. Definition above.

**C. Plan:**

1. Storage:
  - a. Store at 4°C prior to opening. Protect from sunlight. Collagen must be used prior to expiration date on the package. Order collagen per patient requirements.
2. Test Implant:
  - a. Test Implant of 0.1cc is administered intradermally to volar aspect of (L) forearm. Patient is instructed to notify office of any untoward test response observed within the next four week period. If patient observes itching, swelling and/or redness – they will immediately call the physician or RN and come in for a diagnosis. Charting of this information will take place by either physician or RN assigned to patient care.
3. Treatment:
  - a. Treatment may begin 4 weeks after a negative skin test.
  - b. Patient will remove all make-up from treatment area.
  - c. Define areas to be treated. Prep site with alcohol.
  - d. Select collagen material for treatment area, and inject into dermis.
  - e. Post treatment – cleanse site with alcohol.
4. Patient Education:
  - a. Avoid strenuous exercise, extensive sun exposure and extensive heat for 8 hours post treatment.
  - b. Avoid all alcoholic beverages for 4 hours following injection.
  - c. Instruct patient not to massage treatment sites for 4 days.
  - d. Inform patient that bruising could occur and last 7-10 days.
  - e. Inform patient redness and slight swelling may occur at the injection site. Use cool compresses if desired.
  - f. Patient to notify Aesthetic Medicine department should any concerns or questions arise.
5. Follow-up:
  - a. Patient to return in two weeks for assessment of treatment.

**ADDENDUM F: STANDARDIZED PROCEDURES FOR REGISTERED NURSES PERFORMING COLLAGEN INJECTIONS**

- b. Subsequent treatment scheduled upon patient's desire for further additional correction.
- 6. Documentation: The following information must be recorded in patient's chart with each treatment.
  - a. Informed Consent including good faith history and physical
  - b. Type(s) of material used.
  - c. Number and size of syringes used
  - d. Syringe lot numbers
  - e. Specific areas treated
  - f. Amount of material used
  - g. Patient response to treatment.
  - h. Procure physician review and sign-off of all patient charts within 7 days post procedure.

**III. REQUIREMENTS FOR RN**

**A. Education:**

- 1. Graduate of RN program with current California RN license.

**B. Training:**

- 1. Training by MD specific to product knowledge and proper technique.
- 2. Formal education from collagen product representative to increase knowledge, experience and proficiency in the proper administration of product.
- 3. Experience: No previous experience necessary.
- 4. Initial Evaluation: Successful completion of collagen education, training and demonstration of competency to MD.
- 5. On-going evaluation:
  - a. Random MD visits during treatment sessions. MD will observe 3 treatments quarterly.
  - b. Annual performance evaluation by Program Manager.