



Definition of aesthetic medical act

Preamble

The aesthetic medical act can be defined as any act whose powers of diagnosis, planning, therapeutic decision making, and execution are attributed solely to doctors. It is conducted on basically normal tissues, with the sole purpose of improving or enhancing the appearance, without affecting their function. "Normal tissues" are those that are common, regular, and usual, according to gender, age and ethnicity patterns, without disease.

In addition, it is necessary to consider that the medical acts and techniques generically described as "aesthetic medicine" and "aesthetic surgery" are also applied in curative or reparative/reconstructive situations, in unhealthy tissues or even in healthy tissue, such as in the treatment of congenital lesions and deformities. The mere enumeration of a medical act by its description (such as "reduction mammoplasty", for example) does not define the "aesthetic" or "reconstructive" character of the intervention. This classification involves the evaluation of a complex set of signs and symptoms, which is done individually during the medical consultation, and which results in a diagnosis and a therapeutic proposal (which can be a surgical or non-surgical procedure). Therefore, it is an act of medical competence, reserved for clinicians registered with the Portuguese Medical Association (Ordem dos Médicos), which differs from the "general act of aesthetics", commonly performed by other professionals who do not have their own professional regulation.

The aim of this document is to clarify and help distinguish the purpose of performing the most common "aesthetic" medical acts. The use of the concepts "curative" and "non-curative" are used generically throughout the document, and are not exclusive to aesthetics - there are other medical acts without curative purposes that are not subject to the considerations of this document and that should be clarified separately. Likewise, the use of the concepts "curative" and "non-curative" are determinants of clinical and physical objectives, and the classification of an act in these categories should always be framed with the psychological status, and individual and social well-being of each person.

The medical acts that fall under this concept are listed, accompanied by the respective code of the Table of Nomenclature of Medical Acts in force (if any). The list necessarily needs periodic systematic review since the evolution of technical and scientific knowledge in Medicine requires it.

Given the subjective nature of this assessment, the categorization decision may be made in a collegial manner, whenever there are doubts. In any and all particular clinical cases, in which there may be questions regarding the classification of the medical acts performed, the Portuguese Medical Association must necessarily be consulted for the necessary clarification.

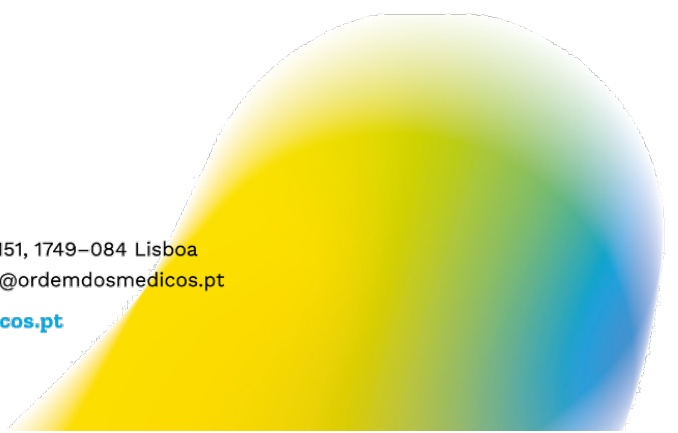


Aesthetic medical acts – definition of concepts

AESTHETIC MEDICAL ACTS – All acts that are performed by physicians and that derive from a process of diagnosis and therapeutic planning (even if not curative), that require knowledge, medical training and clinical experience, and which may result in temporary or permanent lesions of different severity; medical acts are understood to be all acts that technically invade the intermediate barrier of the integument – the dermal layer of the skin or mucosa, or equivalent in non-integumentary tissues.

ACTS WITH CURATIVE OR REPARATIVE INTENT - Acts performed by physicians, with the aim of preventing, diagnosing, treating, curing, repairing, or rehabilitating diseases or physical and/or mental health anomalies.

ACTS WITHOUT CURATIVE OR REPARATIVE INTENT – Acts performed by doctors, carried out with the aim of making improvements in the physical appearance of the person, which does not please him/herself (which causes the person mere discomfort), aiming to make the person more attractive, and not with the intention or purpose of improving his state of health, of preventing a state of disease, to cure any disease that has been diagnosed, or to repair any congenital or acquired deformity or malformation.





LIST OF PROCEDURES

A. Non-surgical aesthetic medical acts – aesthetic and cosmetic dermatology

SCLEROSING INJECTION OF VARICOSE VEINS

ACT WITHOUT CURATIVE / REPARATIVE INTENT: application in superficial varicosities not resulting from venous insufficiency or other pathology

ACT WITH CURATIVE / REPARATIVE INTENT: application in varicose veins or varicosities resulting from venous insufficiency or clinically symptomatic hemodynamic changes

ELECTROCOAGULATION AND ELECTROFULGURATION OF SKIN LESIONS (15.01.00.01/02/03/04)

NON-CURATIVE / REPARATIVE ACT: application in normal / physiological skin conditions

ACT WITH CURATIVE / REPARATIVE INTENT: application in benign, pre-malignant and malignant skin lesions or others resulting from pathology

CO₂ VAPORIZATION LASER OR ER:YAG (15.03.00.01/02/03)

ACT WITHOUT CURATIVE / REPARATIVE INTENT: aesthetic rejuvenation treatment

ACT WITH CURATIVE / REPARATIVE INTENT: surgical mode of destruction of skin lesions such as benign, pre-malignant and malignant tumors, treatment of scars, sequelae of burns, deformities, treatment of viral or other verrucous lesions, other medical pathologies that require surgical destruction (laser surgery)

NON-ABLATIVE FRACTIONAL LASER

NON-CURATIVE / REPARATIVE ACT: aesthetic treatment of facial and body rejuvenation, capillary photostimulation

ACT WITH CURATIVE / REPARATIVE INTENT: application in the correction of congenital deformity or clinical dermatological pathology (scars of different etiologies and others)

ABLATIVE FRACTIONAL LASER (15.03.00.03/04/06)

ACT WITHOUT CURATIVE / REPARATIVE INTENT: aesthetic rejuvenation treatment

ACT WITH CURATIVE / REPARATIVE INTENT: field treatment of premalignant lesions, scars and sequelae of burns of all etiologies; Dispensing of transdermal drugs (conventional therapy)

PHOTODISRUPTION LASER(S) Q-SWITCH (NANO OR PEAK SECONDS) (15.03.00.09)

NON-CURATIVE / REPARATIVE ACT: removal of voluntary tattoos, aesthetic removal of skin pigment



ACT WITH CURATIVE / REPARATIVE INTENT: removal of traumatic or corrective tattoos, removal of pigment resulting from clinical dermatological pathology (melasma, solar lentigines, iatrogenic pigmentation and others)

VASCULAR LASER(S) (15.03.00.10/11/12)

NON-CURATIVE / REPARATIVE ACT: punctual coagulation of small bodily vascular lesions (with the exception of the face) such as vascular spiders / ruby angiomas of low aesthetic impact

ACT WITH CURATIVE / REPARATIVE INTENT: coagulation of vascular lesions and malformations on the face, coagulation of congenital or acquired vascular tumors, rosacea, varicosities resulting from venous insufficiency or clinically symptomatic hemodynamic changes, endovascular treatment of varicose veins, treatment of sagging skin resulting from clinical or surgical pathology (external route or by tube)

HAIR REMOVAL LASER(S) (15.03.00.07/08)

ACT WITHOUT CURATIVE / REPARATIVE INTENT: hair removal of physiological body hair

ACT WITH CURATIVE / REPARATIVE INTENT: hair removal due to clinical or medicinal dermatological pathology (hirsutism, hypertrichosis, pseudofolliculitis of the beard, folliculitis of friction areas, hidradenitis suppurativa, tumors, others)

PLASMA JET TECHNIQUES

NON-CURATIVE / REPARATIVE ACT: treatment of wrinkles and fine lines, eyelid skin retraction

ACT WITH CURATIVE / REPARATIVE INTENT: destruction of small benign tumors, acne comedones or lesions resulting from cutaneous pathology

INTENSE PULSED LIGHT SOURCES (15.03.00.07)

NON-CURATIVE / REPARATIVE ACT: facial or body rejuvenation treatment

ACT WITH CURATIVE / REPARATIVE INTENT: treatment of clinical dermatological pathology (rosacea, solar lentigines, acne, melasma)

RADIO FREQUENCY (RF) SYSTEMS

NON-CURATIVE / REPARATIVE ACT: treatment of sagging and density/elasticity of the skin by external RF, microneedling or by probe or cannula in the context of facial or body rejuvenation

ACT WITH CURATIVE / REPARATIVE INTENT: treatment of microneedling RF, or by probe or cannula of acne, scars, sequelae of burns, deformities, treatment of sagging skin resulting from clinical or surgical pathology

HIGH INTENSITY FOCUSED ELECTROMAGNETIC ENERGY SYSTEMS

NON-CURATIVE / REPARATIVE ACT: treatment of physiological sagging of the skin and muscle tissue

ACT WITH CURATIVE / REPARATIVE INTENT: treatment of sagging skin and muscle tissue resulting from clinical or surgical pathology



HIGH INTENSITY FOCUSED ULTRASOUND POWER SYSTEMS

NON-CURATIVE / REPARATIVE ACT: treatment of physiological sagging of the skin

ACT WITH CURATIVE / REPARATIVE INTENT: treatment of flaccidity resulting from clinical or surgical pathology, hyperhidrosis

SHOCK WAVE SYSTEMS

NON-CURATIVE / REPARATIVE ACT: treatment of sagging and other cutaneous physiological conditions

ACT WITH CURATIVE / REPARATIVE INTENT: edematous and symptomatic cellulite, complementary treatment of scar removal and traumatic tattoos, scars, sequelae of burns, mode of dispensing transdermal drugs (conventional therapy)

LED S (LIGHT-EMITTING DIODES) (15.02.00.04; 15.05.00.06)

NON-CURATIVE / REPARATIVE ACT: application in physiological conditions of the skin and appendages, such as male androgenic alopecia or biostimulation for facial rejuvenation

ACT WITH CURATIVE / REPARATIVE PURPOSE: therapeutic biostimulation of acne, rosacea, alopecia, chronic pain, photodynamic complementary therapy of premalignant and malignant lesions and other dermatological pathologies

MECHANICAL ABRASION AND MICRODERMABRASION (30.02.00.05; 30.02.00.06; 30.02.00.07)

NON-CURATIVE / REPARATIVE ACT: treatment of wrinkles, fine lines and other physiological conditions

ACT WITH CURATIVE / REPARATIVE INTENT: field or localized treatment of premalignant and malignant lesions; scars, acne, burn sequelae, deformities, other

SURFACE, MEDIUM AND DEEP CHEMICAL PELLINGS (30.02.00.08; 30.02.00.09)

NON-CURATIVE / REPARATIVE ACT: Treatment of wrinkles and fine lines and other physiological conditions

ACT WITH CURATIVE / REPARATIVE INTENT: field or localized treatment of premalignant and malignant lesions, scars, sequelae of burns, acne, melasma, rosacea and other dermatological clinical conditions

SUPERFICIAL AXILLARY AND INGUINAL LIPOSUCTION (30.02.00.46; 30.02.00.49)

ACT WITHOUT CURATIVE / REPARATIVE INTENT: physiological correction

ACT WITH CURATIVE / REPARATIVE INTENT: hyperhidrosis, hidradenitis suppurativa, other dermatological clinical conditions

CRYOLIPOLYSIS

NON-CURATIVE / REPARATIVE ACT: treatment of localized physiological fat accumulation

ACT WITH CURATIVE / REPARATIVE INTENT: treatment of fat accumulation resulting from a clinical or pharmacological condition (corticosteroids, immunosuppressants, others)



CHEMICAL LIPOLYSIS

NON-CURATIVE / REPARATIVE ACT: treatment of localized physiological fat accumulation

ACT WITH CURATIVE / REPARATIVE INTENT: treatment of fat accumulation resulting from a clinical or pharmacological condition (corticosteroids, immunosuppressants, others)

LIPOLYSIS (NON-THERMAL OR HIGH-INTENSITY) BY ULTRASOUND

NON-CURATIVE / REPARATIVE ACT: treatment of localized physiological fat accumulation

ACT WITH CURATIVE / REPARATIVE INTENT: treatment of fat accumulation resulting from a clinical or pharmacological condition (corticosteroids, immunosuppressants, others)

APPLICATION OF TENSIONING WIRES

NON-CURATIVE/REPARATIVE ACT: biostimulation or repositioning of physiological facial structures

ACT WITH CURATIVE / REPARATIVE INTENT: biostimulation or medical repositioning of facial structures resulting from pathology (facial paralysis, morphea, atrophy of the cutaneous planes, others)

APPLICATION OF NEUROMODULATORS – BOTULINUM TOXIN

NON-CURATIVE / REPARATIVE ACT: relaxation of structures for the treatment of wrinkles or physiological fine lines

ACT WITH CURATIVE / REPARATIVE INTENT: relaxation of muscle structures to correct pathological conditions (paralysis, scars, contractures); Treatment of hyperhidrosis, hypersweating, hyperseborrhea, blepharospasm, functional epiphora, dystonias, drooling, Frey's syndrome, peripheral neuralgias, migraine/tension headaches and other pathologies

APPLICATION OF INJECTABLES FOR BIOSTIMULATION, AUGMENTATION AND VOLUMIZATION OF SOFT TISSUES

NON-CURATIVE / REPARATIVE ACT: volumetric correction of physiological facial and body structures

ACT WITH CURATIVE / REPARATIVE INTENT: volumetric correction of congenital, iatrogenic or traumatic pathologies

APPLICATION OF INJECTABLE SYNTHETIC MATERIALS

NON-CURATIVE / REPARATIVE ACT: aesthetic correction of physiological facial and body structures

ACT WITH CURATIVE / REPARATIVE INTENT: volumetric correction of congenital, iatrogenic or traumatic pathologies

**AUTOLOGOUS FAT GRAFT (NON-BREAST TISSUE, UP TO 10 CC PER SESSION)
(30.03.00.12)**

NON-CURATIVE / REPARATIVE ACT: correction of physiological facial and body structures

ACT WITH CURATIVE / REPARATIVE INTENT: volumetric correction of congenital, iatrogenic or traumatic pathologies



COSMETIC APPROACH TO THE NAIL APPARATUS

NON-CURATIVE / REPARATIVE ACT: cosmetic correction of the nail apparatus
ACT WITH CURATIVE / REPARATIVE INTENT: correction of the nail apparatus resulting from deforming, pathological or traumatic congenital conditions

COSMETIC APPROACH TO THE PILLAR APPLIANCE

NON-CURATIVE / REPARATIVE ACT: cosmetic correction of the abutment apparatus
ACT WITH CURATIVE / REPARATIVE INTENT: correction of the abutment apparatus resulting from deforming, pathological or traumatic congenital conditions

COSMETIC MICROTATTOOING AND MICROBLADING

NON-CURATIVE / REPARATIVE ACT: cosmetic correction of the skin and appendages
ACT WITH CURATIVE / REPARATIVE INTENT: correction of the skin and appendages resulting from deforming, pathological or traumatic congenital conditions

PHOTODYNAMIC THERAPY OF AGING OR PHOTOAGING (15.05.00.06)

NON-CURATIVE / REPARATIVE ACT: correction of physiological and chronological aging of the skin
ACT WITH CURATIVE / REPARATIVE INTENT: correction of premature aging or photoaging, resulting from a congenital, pathological or traumatic condition

SIMPLE MECHANICAL OR ELECTRICAL MICRONEEDLING

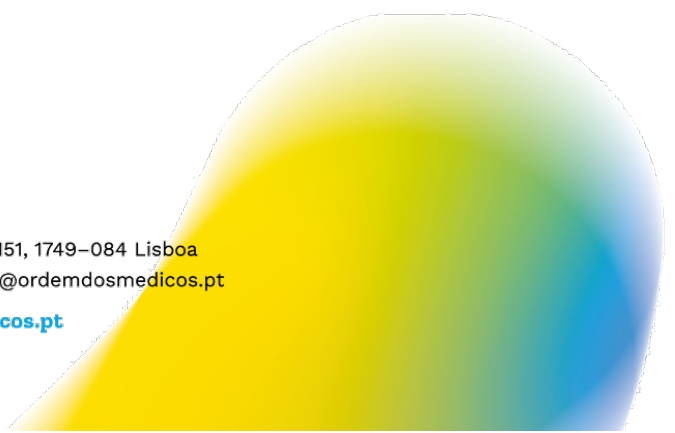
NON-CURATIVE/REPARATIVE ACT: mechanical or electrical stimulation of the skin for physiological conditions of the skin and appendages
ACT WITH CURATIVE / REPARATIVE INTENT: mechanical or electrical stimulation of the skin for correction of pathological or traumatic conditions of the skin and appendages

MESOTHERAPIES (INJECTABLE, MECHANICAL/ELECTRICAL MICRONEEDLING, FRACTIONAL LASER, OTHER METHODS)

NON-CURATIVE / REPARATIVE ACT: application in physiological conditions of the skin
ACT WITH CURATIVE / REPARATIVE INTENT: application in congenital, pathological, or traumatic conditions of the skin

APPLICATION OF PLATELET-ENRICHED PLASMA

NON-CURATIVE / REPARATIVE ACT: application in physiological conditions of the skin and appendages
ACT WITH CURATIVE / REPARATIVE INTENT: application in congenital, pathological or traumatic conditions of the skin





HAIR IMPLANT AND TRANSPLANT TECHNIQUES (15.05.00.02)

NON-CURATIVE / REPARATIVE ACT: application in physiological conditions of the skin and appendages, such as male androgenic alopecia

ACT WITH CURATIVE / REPARATIVE INTENT: application in congenital, pathological (such as female androgenic alopecia, cicatricial alopecia) or traumatic skin conditions

TEMPORARY OR PERMANENT RESTORATIONS (38.01.00.01/02/03/04/05/06)

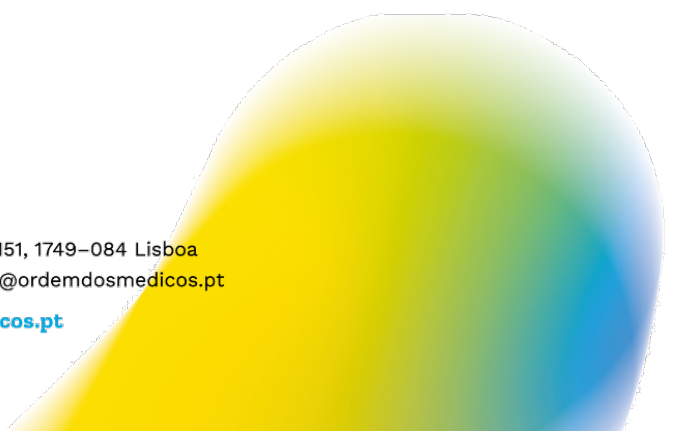
ACT WITH CURATIVE/REPARATIVE INTENT: restoration of caries; restoration of non-infectious tooth structure loss; correction of defects with implications for chewing and/or phonation.

NON-CURATIVE/REPARATIVE ACT: correction of color, translucency, opalescence and texture of teeth and/or restorations; correction of cervical lines; correction of the exposure of metallic and/or metal-ceramic structures; correction of tooth proportions; correction of incisal angles and lines; diastema correction.

APPLIANCES (38.06.08.01/02/03/04/05/06/07/08/09/10/11/12/13/14)

ACT WITH CURATIVE/REPARATIVE INTENT: sequelae of cleft lip and palate; correction of dentofacial dysmorphism; treatment of sleep pathologies; malocclusion.

NON-CURATIVE/REPARATIVE ACT: optimization of facial proportions, dental relationships and teeth with the smile line without added functional benefit.





A. Surgical medical acts

BREAST SURGERY

BREAST AUGMENTATION (31.00.00.13)

NON-CURATIVE / REPARATIVE ACT: Other surgery to correct physiological appearance not acceptable: patients with aesthetically good breast shape, with adequate volume, without affecting body image, or who already have implants but wish to increase their volume

ACT WITH CURATIVE / REPARATIVE INTENT:

1. Congenital breast abnormality (e.g., tuberous breast)
2. Congenital malformations (e.g. Poland Syndrome)
3. Micromastia, breast hypoplasia, or breast agenesis
4. *Congenital Pectus excavatum*: primary or secondary reconstruction (post-thoracic surgery) to harmonize the thoracic, pectoral, and breast contours
5. *Pectus carinatum* (for the same reason as above)
6. Breast reconstruction due to infection, trauma, burn sequelae, radiotherapy sequelae or inadequate healing
7. Breast reconstruction after lumpectomy or mastectomy, by neoplasm or prophylactic
8. Congenital breast asymmetry or asymmetry caused by the correction of a deformity, 30% of the volume or greater, with respect to the contralateral breast
9. For symmetrizations resulting from contralateral breast surgery in a situation of disease, infection, trauma or others
10. Complications of previous breast surgery, including those derived from the use of implants. The complication is a pathological situation that must be resolved. Includes:
 - a. Fat graft necrosis
 - b. Breast implant complication (implant tears, displacements, and deformities)
 - c. Baker III/IV capsular contracture
 - d. Hematoma or seroma, which complicates procedure
11. Gender Identity Disorder: In the Context of Gender Reassignment Surgery
12. Breast atrophy (e.g., after bariatric surgery or weight loss).
13. Post-lactation breast atrophy



MASTOPEXY (31.00.00.12 – BY TECHNICAL SIMILARITY)

NON-CURATIVE/REPARATIVE ACT: Breast ptosis, with nipple less than 1.5 cm from the horizontal line that passes at the midpoint of the arm

ACT WITH CURATIVE / REPARATIVE INTENT:

1. Breast ptosis after bariatric surgery, post-pregnancy, or marked weight loss
2. Breast ptosis, with the nipple more than 1.5 cm from the horizontal line that passes at the midpoint of the arm
3. Sternal notch-nipple distance greater than 25 cm

REDUCTION MAMMOPLASTY (31.00.00.12)

NON-CURATIVE / REPARATIVE ACT: reduction in which excision of less than 500g of each breast is assumed (a margin of error less than or equal to 150g on each side is admitted)

ACT WITH CURATIVE / REPARATIVE INTENT:

1. Breast hypertrophy, with associated symptoms:
 - a. Chronic pain
 - b. Intertrigo
 - c. Cervicalgia, back pain, low back pain, omalgia
 - d. Acquired thoracic kyphosis
 - e. Atrophy of subcutaneous cellular tissue or skin injury from bra straps
 - f. Upper limb paresthesias, requiring additional information (EMG, orthopedic surgeon, neurologist)
 - g. In which a reduction equal to or greater than 500g of each breast is assumed (a margin of error of less than or equal to 150g on each side is admitted)
 - h. Breast asymmetry caused by the correction of a deformity of 30% or more with respect to the contralateral breast
 - i. For symmetrizations resulting from contralateral breast surgery in a situation of illness or trauma
2. Fibrocystic breast disease or other breast pathology

GYNECOMASTIA CORRECTION

NON-CURATIVE / REPARATIVE ACT: treatment of localized breast adiposity

ACT WITH CURATIVE / REPARATIVE INTENT:

1. Breast hypertrophy, gynecomastia
2. Pseudogynecomastia



FACIAL SURGERY

RHINOPLASTY AND RHINOSEPTOPLASTY (30.02.00.15/16/17; 34.00.00.23; 34.00.00.27/39)

NON-CURATIVE ACT: alteration of appearance, in a nasal pyramid properly implanted in the skull, with adequate proportion in relation to the facial structures, with regular definition of the bone and cartilaginous structures, without skin alterations or without compromise in the functionality of the organ.

ACT WITH CURATIVE / REPARATIVE INTENT: correction of the appearance of a nasal pyramid with alterations in bone, cartilaginous or skin structures, or with respiratory or smell functional limitations, related to congenital, oncological, post-traumatic or iatrogenic pathology:

1. Deviated septum
2. Acquired deformity of the nose
3. Congenital nasal and/or septum deformity
4. Sequelae of midfacial fracture
5. Sequelae of previous rhinoplasty
6. Rhinophyma
7. Nasal ventilatory difficulties

BLEPHAROPLASTY (30.00.00.13, 30.00.00.14, 46.10.00.12, 46.10.00.13, 46.10.00.14, 46.10.00.15, 46.10.00.16, 46.10.00.17)

ACT WITHOUT CURATIVE / REPARATIVE INTENT: another plastic surgery to correct appearance

ACT WITH CURATIVE / REPARATIVE INTENT:

1. Blepharochalasia, causing difficulty with vision or feeling tired/heaviness because the skin is on top of the eyelashes or if there is chronic skin irritation
2. Eyelid malpositions (including ectropion, entropion, lagophthalmos, eyelid retraction and ptosis) of varied etiology (congenital, traumatic, scarring, neurological, myogenic or degenerative)
3. Congenital malformations (epicanthus, others)
4. Sequelae of trauma, iatrogenic or tumour excisions

OTOPLASTY (30.02.00.25, 47.00.00.31/32)

NON-CURATIVE ACT: alteration of appearance, in the pinna properly implanted in the skull, with regular definition of the cartilaginous structures, without changes in the skin or without compromise in the functionality of the organ.

ACT WITH CURATIVE / REPARATIVE INTENT: correction of the appearance of the pinna with alterations in the cartilaginous structures or skin, or with functional limitations due to hypoacusia or difficulty in orienting the sound source:



1. Macrotia
2. Microtia
3. Prominent ears/abducts
4. Anotia
5. Other congenital malformations
6. Sequelae of trauma (including from the use of earrings, *piercings*, reamers), iatrogenic or tumour excisions

CHEILOPLASTY (30.02.00.30; 39.00.00.01)

NON-CURATIVE ACT: alteration of the appearance of the lips properly implanted and with adequate proportion in relation to the facial structures, with regular definition of the structures and without compromise in the functionality of the organ.

ACT WITH CURATIVE / REPARATIVE INTENT: correction of the appearance of the upper or lower lip with structural changes or with functional limitations in breathing, speech or eating:

1. Congenital malformations (e.g. clefts)
2. Sequelae of trauma, iatrogenic or tumour excisions

MENTOPLASTY / MALAR/ZYGOMATIC AESTHETIC MODELING

(30.02.00.31/32/33/34/35/56)

ACT WITHOUT CURATIVE / REPARATIVE INTENT: another plastic surgery to correct appearance

ACT WITH CURATIVE / REPARATIVE INTENT:

1. Changes in chin size, shape, and position (macrogyeny, microgyeny, asymmetry)
2. Changes in the size, shape, and position of the malar
3. Malformations associated with craniophacy anomalies
4. Sequelae of trauma, iatrogenic or tumour excisions

DENTOFACIAL DYSMORPHOSIS (33.00.00.23/24/25/26/27/28/30/31/32)

ACT WITHOUT CURATIVE / REPARATIVE INTENT: another plastic surgery to correct appearance

ACT WITH CURATIVE / REPARATIVE INTENT:

5. Skeletal malocclusion (maxillary hyper and hypoplasia, mandibular hyper and hypoplasia, endognathias, maxillary and mandibular asymmetry, among others)
6. Obstructive sleep apnea syndrome due to dentofacial dysmorphism
7. As part of the treatment of specific conditions (craniofacial anomalies, cleft lip and palate sequelae, condylar hyperplasias, among other syndromes with craniofacial repercussions)
8. Sequelae of trauma, iatrogenic or tumour excisions

ORAL REHABILITATION (38.08.00.01/02/03)

NON-CURATIVE / REPARATIVE ACT: another treatment to correct appearance (veneers)

ACT WITH CURATIVE / REPARATIVE INTENT:

1. Dental agenesis



2. Absence of teeth secondary to disease, trauma, iatrogenesis or tumor excisions

FACIAL/CERVICOFACIAL RHYTIDECTOMY (*facelift*) (30.02.00.10, 30.02.00.11, 30.02.00.12, 33.01.00.04)

NON-CURATIVE / REPARATIVE ACT:

1. Facial Aging Surgery
2. Other Plastic Surgery to Correct Appearance

ACT WITH CURATIVE / REPARATIVE INTENT:

1. Post-weight loss of at least 30% of baseline BMI
2. Severe facial asymmetries (e.g. facial nerve palsy), congenital or acquired
3. Congenital facial anomalies
4. As part of the treatment of specific conditions (e.g., pseudoxanthoma elasticum, neurofibromatosis, lipodystrophy, etc.)
5. Situations for correction of deformities after surgery or previous treatment, or trauma

GINGIVECTOMY/GINGIVOPLASTY (38.03.03.01/02/03)

CURATIVE/REPARATIVE ACT: improvement of tooth prognosis; improvement of implant prognosis; decrease in periodontal pockets; optimization of oral hygiene; contour replenishment for furcation exposure; access to cavities; Treatment of periodontal abscesses.

NON-CURATIVE/REPARATIVE ACT: correction of the gingival line in asymptomatic patients; correction of papillary dark triangles; frenectomy for adherent gingival augmentation; Treatment of pigmentary changes.

PROCEDURE FOR PERIODONTAL FLAP SURGERY (38.03.04.01 to 38.03.04.03)

ACT WITH CURATIVE/REPARATIVE INTENT: peri-implant surgery; Correction of gingival recession and/or periodontal defects.

NON-CURATIVE/REPARATIVE ACT: correction of the gingival line in asymptomatic patients; Correction of dark triangles.

GRAFTS (38.03.06.01/02/03, 38.03.07.01, 38.03.08.01, 38.03.09.01, 38.03.10.01)

ACT WITH CURATIVE/REPARATIVE INTENT: peri-implant surgery; correction of gingival recession and/or periodontal defects; gingival or connective tissue graft for root covering; decrease in the depth of pouches.

NON-CURATIVE/REPARATIVE ACT: another periodontal surgery to correct the appearance.



BODY CONTOURING SURGERY

THIGH LIFT (30.02.00.42)

ACT WITHOUT CURATIVE / REPARATIVE INTENT: another plastic surgery to correct appearance

ACT WITH CURATIVE / REPARATIVE INTENT:

1. If there is a marked commitment to daily activities and friction or intertrigo injuries
2. Post-weight loss of at least 30% of baseline BMI

ARM LIFT (30.02.00.39)

ACT WITHOUT CURATIVE / REPARATIVE INTENT: another plastic surgery to correct appearance

ACT WITH CURATIVE / REPARATIVE INTENT:

1. If there is a marked commitment to daily activities and friction or intertrigo injuries
2. Post-weight loss of at least 30% of baseline BMI

LIPOSUCTION (30.02.00.43, 30.02.00.44, 30.02.00.45, 30.02.00.46, 30.02.00.47, 30.02.00.48, 30.02.00.49, 30.02.00.50)

NON-CURATIVE/REPARATIVE ACT: localized adiposity

ACT WITH CURATIVE / REPARATIVE INTENT

1. Lipomatosis, Madelung's disease
2. As a method of obtaining adipose tissue grafts for regenerative and reparative purposes
3. Lipedema or lymphedema
4. Post-loss >30% body weight (e.g. following bariatric surgery)
5. As an adjunct to other techniques, if the main technique is classified as having curative intent: reconstructive surgeries, sequelae of congenital malformations, breast reconstructions, sequelae of trauma, other clinical conditions
6. Whenever it is estimated to remove more than 1000cc of fat in an anatomical region

ABDOMINOPLASTY (30.02.00.36, 30.02.00.37 and 30.0200.39)

ACT WITHOUT CURATIVE / REPARATIVE INTENT: another plastic surgery to correct appearance

ACT WITH CURATIVE / REPARATIVE INTENT:

1. *Diastasis recti*
2. The abdominal crease reaches the pubis and, cumulatively:
 - a. Intertrigo



- b. Panniculitis
- c. Difficulty in performing personal hygiene autonomously
- 3. Post-weight loss of at least 30% of baseline BMI
- 4. Apron with a skin fold greater than 10cm (from its base to the lower extremity)
- 5. Situations of presence of scars due to previous abdominal surgery
- 6. Cases where it is necessary as part of abdominal hernia or diastasis recti repair
- 7. Troubleshooting issues associated with poor fit of stoma pockets

GLUTEAL SURGERY (30.02.00.41)

ACT WITHOUT CURATIVE / REPARATIVE INTENT: Muscle atrophy due to disuse or impairment of appearance

ACT WITH CURATIVE / REPARATIVE INTENT

- 1. Primary or iatrogenic lipodystrophy (e.g. after HIV antiretrovirals)
- 2. Sequelae of trauma
- 3. Congenital disorders
- 4. Sequelae of previous treatments/surgeries

SURGERY OF THE PECTORAL REGION

ACT WITHOUT CURATIVE / REPARATIVE INTENT: Muscle atrophy due to disuse or impairment of appearance

ACT WITH CURATIVE / REPARATIVE INTENT

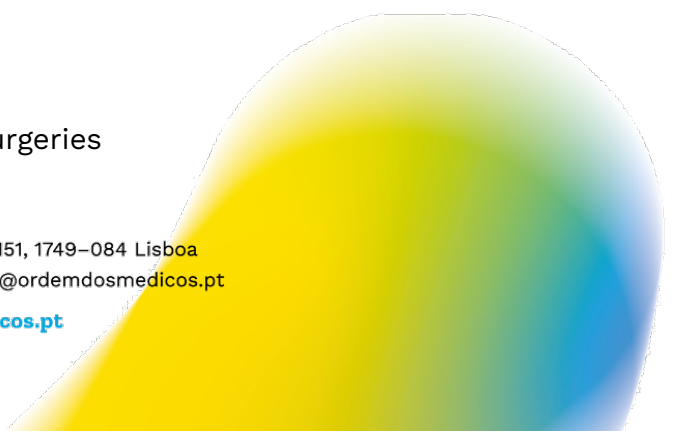
- 1. Poland Syndrome
- 2. *Pectus excavatum*
- 3. *Pectus carinatum*
- 4. Other congenital disorders
- 5. Traumatic deformations

TRUNK RHYTIDECTOMY (UPPER AND LOWER BODY LIFT)

ACT WITHOUT CURATIVE / REPARATIVE INTENT: another plastic surgery to correct appearance

ACT WITH CURATIVE / REPARATIVE INTENT:

- 1. Post-weight loss of at least 30% of baseline BMI
- 2. Sequelae of trauma
- 3. Congenital disorders
- 4. Sequelae of previous treatments/surgeries





CALF SURGERY

ACT WITHOUT CURATIVE / REPARATIVE INTENT: Muscle atrophy due to disuse or impairment of appearance

ACT WITH CURATIVE / REPARATIVE INTENT:

1. Traumatic deformations
2. Congenital shortening of the tendon
3. Congenital disorders

FACIAL OR BODY RESHAPING BY AUTOGRAFTS (30.02.00.51, 30.03.00.12, 30.02.00.52)

NON-CURATIVE / REPARATIVE ACT: correction of physiological facial and body structures

ACT WITH CURATIVE / REPARATIVE INTENT:

1. Volumetric correction of congenital, iatrogenic or traumatic pathologies
2. improvement of the quality of cutaneous and subcutaneous tissues by scarring injury or radiotherapy
3. in the context of breast reconstruction after oncological surgery, or for another pathology

GENITAL TRACT SURGERY

NON-OBSTETRIC PERINEOPLASTY (42.00.00.01)

NON-CURATIVE / REPARATIVE ACT: another surgery to correct appearance

ACT WITH CURATIVE / REPARATIVE INTENT: disturbance of sexual pain; post-traumatic/surgical/radiotherapy sequelae; congenital malformations of the vulva and perineum

EXCISION OF LABIA MINORA (42.01.00.10)

ACT WITHOUT CURATIVE / REPARATIVE INTENT: another surgery to correct appearance; grade 1 hypertrophy (width less than 2 cm in adult women)

ACT WITH CURATIVE/REPARATIVE INTENT: post-traumatic/surgical/childbirth sequelae; congenital malformations of the vulva and perineum; significant asymmetry; Grade 2 to 4 hypertrophy (width greater than 2 cm in adult females) in the presence of persistent functional/psychological symptoms

INTROIT PLASTIC CORRECTION (42.01.00.12)

NON-CURATIVE / REPARATIVE ACT: another surgery to correct appearance

ACT WITH CURATIVE / REPARATIVE INTENT: post-traumatic/childbirth/surgical/radiotherapy sequelae or injuries resulting from diseases; congenital malformations of the vulva and perineum; Sexual pain disorder.

LASER SURGERY OF THE VULVA (15.03.00.01/02/03; 42.01.00.13)

ACT WITHOUT CURATIVE / REPARATIVE INTENT: another surgery to correct appearance; vulvar bleaching



ACT WITH CURATIVE / REPARATIVE INTENT: destruction / treatment of benign, premalignant, malignant, infectious, inflammatory or other lesions (examples: seborrheic keratoses, fibromas, nevi, condylomas, leukoderma, lichen, ulcers or others)

APPLICATION OF FILLER FOR LABIA MAJORA AUGMENTATION

ACT WITHOUT CURATIVE / REPARATIVE INTENT: correction of physiological phenomena

ACT WITH CURATIVE / REPARATIVE INTENT: volumetric correction of deforming, pathological or traumatic congenital conditions

RADIOFREQUENCY TREATMENT OF THE VAGINA AND PELVIC FLOOR

NON-CURATIVE / REPARATIVE ACT: correction of asymptomatic physiological phenomena or without interference with function

ACT WITH CURATIVE / REPARATIVE INTENT: rehabilitation of the pelvic floor

LASER SURGERY OF THE VAGINA (42.01.00.20)

NON-CURATIVE / REPARATIVE ACT: correction of asymptomatic physiological phenomena or without interference with function

ACT WITH CURATIVE / REPARATIVE INTENT: treatment of viral lesions (e.g., HPV); treatment of congenital malformations; treatment of symptomatic vaginal atrophy associated with Genitourinary Syndrome of Menopause or medical treatments; pelvic floor rehabilitation (e.g. treatment of grade 1 stress urinary incontinence and grade 1 prolapses)

VAGINAL FILLER APPLICATION

NON-CURATIVE / REPARATIVE ACT: correction of asymptomatic phenomena

CURATIVE / REPARATIVE ACT: treatment of symptomatic vaginal atrophy associated with Genitourinary Syndrome of Menopause or medical treatments

PENILE PLASTIC SURGERY (41.00.00.03/14, 30.02.00.51/52, 30.03.00.12)

NON-CURATIVE/REPARATIVE ACT: other surgery to correct appearance or size

ACT WITH CURATIVE / REPARATIVE INTENT: volumetric correction of congenital, iatrogenic or traumatic pathologies:

1. Correction of congenital malformations such as: hidden penis, congenital embedded penis, micropenis (stretched penis length <3.5 cm in children aged 5 years, < 4 cm in 10 years, and < 9 cm in adults), epispadias/exstrophy complex, hypospadias, agenesis, other malformations
2. improvement of the quality of cutaneous and subcutaneous tissues by scarring injury or radiotherapy
3. in the context of reconstruction of the genital system after oncological surgery, or for another pathology

PLASTIC SURGERY OF THE SCROTUM (41.00.00.32)

NON-CURATIVE/REPARATIVE ACT: other surgery to correct appearance or size

ACT WITH CURATIVE / REPARATIVE INTENT: correction of congenital, iatrogenic or traumatic pathologies



Proposal of the Working Group – Definition of Aesthetic Medical Acts

- Dr. Nuno Fradinho (Coordinator)
- Dr. Carla Rodrigues (G/O College)
- Dr. Celeste Brito (College of Dermatovenereology)
- Dr. Céu Machado (College of Stomatology)
- Dr. Leonor Girão (College of Dermatovenereology)
- Prof. Manuel Caneira (College of Plastic, Reconstructive and Aesthetic Surgery)
- Dr. Miguel Andrade (College of Plastic, Reconstructive and Aesthetic Surgery)
- Prof. Doutor Paulo Vera-Cruz (College of Otorhinolaryngology)
- Dr. Rui Tavares (College of Ophthalmology)
- Dr. Teresa Lopes Pinto (College of Maxillofacial Surgery)

September, 2023.

