



London Aesthetic Fellowship

Weymouth Street Hospital | Fitzrovia Hospital

[Lucian Ion](#) | [Jag Chana](#) | [Rajan Uppal](#)

Introduction

This document outlines the relevant background, process and criteria to enable Plastic Surgical Trainees to apply for this Aesthetic Fellowship.

This fellowship is part of the British Association of Aesthetic Plastic Surgeons (BAAPS) fellowship mentor program. BAAPS was established for the advancement of education, training and safety in the practice of Aesthetic Plastic Surgery for the benefit of patients.

The Fellowship

The Fellowship enables Plastic Surgery trainees to undertake a period of training with a group of Senior Aesthetic Surgeons to develop their skills in aesthetic surgery and medicine.

The Fellow will be attached to three consultants who will act as Programme Directors; this will ensure a wide range of Aesthetic Surgery training is covered with a weekly programme.



Exposure to a full range of Aesthetic Surgery, including; breast, truncal, facial and peri-orbital surgery will be afforded to the Fellow. The training may include aesthetic medicine, including botulinum toxin and dermal filler procedures and the opportunity to participate in outpatient, pre and postoperative care. Fellows will liaise with the consultant to arrange appropriate clinical sessions

Fellows will be given the opportunity to gain appropriate practical experience by directly assisting.

Where possible, opportunities will also be created for the Fellow to undertake supervised operating.

Protected time will be given for individual tutorials on the various aspects of the Aesthetic Surgery syllabus. It is anticipated that much of this activity will take place during routine theatre and outpatient sessions.

Each year, three Fellowships are available. Each Fellowship will last for three months as follows:

- January, February and March
- April, May and June
- September, October and November



An educational bursary will be provided per Fellow.

On successful completion of the Fellowship a Certificate in Aesthetic Training will be awarded.

The Surgeons

Lucian Ion FRCS(Plast)

Having gained his specialist degree through training in plastic surgery at central London hospitals, Mr Ion has worked at the Chelsea and Westminster Hospital as well as in private practice. Since 2012, he has retired from NHS practice and dedicated his focus to aesthetic surgery and medicine interventions.

Mr Ion has a keen interest in the advancements technology brings to medical and surgical development. As the current president of the British Society of Rhinoplasty Surgeons, he has initiated a training course in technology-assisted rhinoplasty to share knowledge and expertise in this field.

Furthermore, he has developed evaluation and management protocols for facial and neck contouring and rejuvenation, utilising 3D imaging to provide both qualitative and quantitative assessments of the face and neck shape.

lucianion.co.uk



Jag Chana FRCS(Plast)

Mr Jag Chana is one of the UK's leading Consultant Plastic Surgeons. Based at the Fitzrovia Hospital, he undertakes a broad range of surgical and non-surgical work for both private and NHS patients, specialising in breast surgery and Rhinoplasty (nose surgery).

Mr Chana graduated in Medicine with a distinction in Surgery from London University in 1991. He undertook his training in London, gaining a scholarship from the British Association of Plastic Surgeons (BAPRAS) to train for a year at a specialist state-of the art hospital in Taiwan, in complex forms of facial surgery, a result of which, he is now not only an invited Professor but a large part of his work today is devoted to facial plastic surgery, including facial rejuvenation surgery and Rhinoplasty.

jagchana.co.uk

Rajan Uppal FRCS(Plast)

Mr Uppal is a leading plastic surgeon in London and who specialises in Preservation Rhinoplasty and the Push-Down technique. He has 18 year's experience in complex open and revision rhinoplasty. He is reviewer for the British Journal of Plastic Surgery (JPRAS) and Plastic and Reconstructive Surgery. He is a member of BAAPS council, ASPS, ISAPS and BAPRAS. He has published articles on Rhinoplasty and is an invited expert lecturer at a number of International Rhinoplasty courses. Mr Uppal is a member of the American Society of Plastic Surgeons (ASPS). He is also a Full member of the British Association of Plastic,



Reconstructive and Aesthetic Surgeons (BAPRAS) and the British Association of Aesthetic Plastic Surgeons (BAAPS). Tatler and the Aesthetic industry have rated Mr Uppal as one of the top plastic surgeons in London. He also specialises in Mini Face lift, Eye Bag Removal, Tummy Tucks, Specialist Breast Surgery and many more procedures. Mr Uppal also has an NHS practice in DIEP breast reconstruction.

rajanuppal.com

How to apply

Before submitting a formal application, the applicant is asked to liaise with one of the Programme Directors for the scheme.

Applicants are asked have an informal conversation about the skills they wish to develop and the reasons for wishing to be attached to the Programme Director approached. Applicants may also provide the Programme Director with a log book of aesthetic procedures, so that targeted exposure to areas of deficit may be considered, together with details of any research work to be carried out.

Programme Directors will assess whether they are best placed to provide the training and support required and sign a 'Statement of Support' (ANNEX A) if they are willing to support the application.

Applicants are then invited to come for interview to be held once a year.



Please submit:

Curriculum vitae

- BAPRAS/BAAPS trainee membership number (or another national organisation)
- Signed 'Statement of Support' from nominated Programme Directors

These documents should be submitted to

Jc@jagchana.co.uk

contact@lucianion.co.uk and

Rajan@rajanuppal.com



To be eligible for consideration, Fellow applicants must be:

- a plastic surgery trainee at the time of undertaking the Fellowship, or
- a senior surgeon, or
- a consultant

Assessment

Assessment is by the program directors and team.

Terms and Conditions

Prior to the start of the Fellowship the Fellow must establish a Learning Agreement with the Programme Director.

An example of the Learning Agreement is available at ANNEX B.



A weekly timetable will be provided to the Fellow at the start of the Fellowship although this is subject to change.

Here is a typical timetable:

- 4 operating half days per week
- 2 half-days outpatient session per week
- 1 half-day session dedicated to audit and research

An illustrated example of a proposed timetable is available to successful candidates.

Time may be allocated for individual tutorials on the various aspects of the aesthetic surgery syllabus including aesthetic medicine.



The unit will try to expose the Fellow to a minimum number of cases as detailed below. This ensures that all plastic surgery trainees should, in association with aesthetic training in their rotations, be able to get experience in a variety of cosmetic surgery.

- 20 Breast procedures
- 10 Truncal procedures
- 20 Facial and Peri-orbital procedures
- 7 Nasal aesthetic procedures
- 5 Ear aesthetic procedures



The Fellow is encouraged to utilise the time for maximum educational benefit.

The Fellow will work within the unit(s) for a period of three months. A total of two weeks (including bank holidays) annual leave is permitted.

It is the responsibility of the Fellow to possess up to date documentation prior to commencing the Fellowship. This will include GMC registration, medical indemnity and CRB checks. It should be noted that without this documentation having been cleared by the relevant Hospitals and Clinics that the trainee may not gain entrance to clinical areas.

Prior to starting, the Fellow is encouraged to undertake some study to maximise the benefits of the Fellowship. The Aesthetic Surgery Journal provides a very useful starting point for up to date and practical articles on Aesthetic Surgery.

Appropriate practical experience and training will be provided through direct assisting.



By mutual agreement, it is envisaged that one of the Consultants within the programme may take on the role of mentor for the first 3 years following the Fellow's progression to Consultant post if relevant.

Clinical Skills

During the fellowship the Fellow will become proficient in the pre-operative outpatient assessment of patients requesting aesthetic surgery, and the peri-operative management. This includes the markings of patients undergoing a number of procedures, including breast reduction, abdominoplasty and facial rejuvenation. It is expected that the Fellow will assist in theatres and may undertake parts of procedures, including intra-operative markings, suturing and where possible parts of procedures. Specific areas of training should be identified by discussion with the Fellow and a logbook review.

Audit, Research and Presentations

The Fellow will undertake an audit or research project on an aspect of the Unit's practice following discussion with the program directors. The Fellow will produce a report at the end



of their Fellowship. This report will be submitted for presentation at international meetings such as the BAAPS and BAPRAS meetings.

Assessment

At the end of the Fellowship the Fellow will meet with the Programme Directors for a discussion of both the Fellow's progress and of the Unit's delivery of aesthetic training. Following satisfactory review the Fellow will be awarded a Certificate in Aesthetic Training.



Annex A- statement of support

To be printed on the Unit/ Clinic headed paper:

I / We the undersigned are willing to supervise Should they be appointed to the London Aesthetic Fellowship.

I/We have discussed the applicant's career aspirations and am/are satisfied this Fellowship is able to provide the training required by the applicant to achieve their aims.

Signed

.....(Programme Director)



Annex B- learning agreement

Learning Agreement for Aesthetic Fellow

Fellow:

Programme Director:

Knowledge

The Fellow agrees to undertake background reading on all aspects of aesthetic surgery, this to include relevant articles in the Aesthetic Surgery Journal.