

# NON-SURGICAL COSMETIC PROCEDURE CHECKLIST

## Before Your Appointment

- ☐ Research the clinic and practitioner and check reviews
- ☐ Confirm the practitioner is registered with a [PSA-accredited register](#) - follow the link and enter the practitioner's surname
- ☐ Check their professional qualifications ([GMC](#), [NMC](#), [GDC](#), [GPhC](#)) - follow the link and check the practitioner's details
- ☐ If you are considering Botox, you MUST have a face to face consultation with a qualified prescriber (doctor, nurse prescriber, dentist or a prescribing pharmacist) prior to having treatment. Even if a non-qualified person, such a beautician, is doing your injections

## During Your Consultation

- ☐ Your medical history will be taken, and a consent form provided
- ☐ You'll be informed about expected results and how long they might last
- ☐ Immediate effects post-treatment will be explained
- ☐ Possible complications and their management will be discussed
- ☐ Aftercare instructions and expectations will be clearly communicated
- ☐ Before and after photos should be taken

## What to Look For in a Reputable Clinic

- ☐ The clinic is clean, professional, and well-maintained
- ☐ The treatment room provides a private, comfortable environment with adequate lighting and a proper treatment couch
- ☐ Hand washing and sanitizing stations are available
- ☐ Staff wear appropriate PPE (gloves) for your safety
- ☐ Surfaces and equipment are properly disinfected between clients
- ☐ Sharp waste is disposed of safely and correctly



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## Regarding Products and Equipment

- ☐ Unopened products should be shown before treatment, with the brand and LOT number. Take a photo for future reference, should you later see another clinician
- ☐ You can check that the product is an [MHRA regulated product here](#)

## During Your Treatment

- ☐ Your practitioner should always wear gloves when administering injections
- ☐ A new, sterile syringe and needle should be used for each injectable treatment
- ☐ The injection site should be thoroughly cleansed with an antiseptic solution before the needle penetrates the skin

## After Your Treatment

- ☐ Post-treatment care instructions are provided in writing
- ☐ Follow-up appointments are scheduled if needed
- ☐ Contact details are given for any questions or concerns

