

# Be Safe Checklist

## Expect

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- ↘ To be seen by a, doctor, nurse or dentist for your consultation and assessment
- ↘ Botulinum Toxin (commonly referred to as Botox) is a prescription only medicine.  
If you are considering anti-wrinkle injections, you MUST have a face to face consultation with a qualified prescriber (Doctor, Dentist or Nurse Prescriber) prior to having treatment
- ↘ To have sufficient time to consider all the information- avoid making hasty decisions
- ↘ To be treated by a doctor, nurse or dentist
- ↘ A follow up appointment if necessary or desired

## Ask Questions

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What is this treatment/product?

How does it work?

What are the side effects/risks?

What are the alternatives I might consider?

What results can I expect?

What will I look like immediately after?

How long will the results last?

How many treatments will I need and in what time frame?

Are you able to treat complications, should they occur?

What happens if I am not happy with the result?

Is it painful?

How do you minimise pain?

What aftercare am I expected to perform?

What will it cost and what are the payment terms?

## What to Check

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You may check the qualifications of a doctor ([www.gmc-uk.org](http://www.gmc-uk.org)), Nurse ([www.nmc-uk.org](http://www.nmc-uk.org)) and dentist([gdc-uk.org](http://gdc-uk.org))

Ask to see the unopened box of product/ medicine to be used and make a note of it for future reference, should you later see another clinician.

## Be Safe

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- ↘ Do not proceed with treatment if you do not feel comfortable with the practitioner
- ↘ Do not proceed with treatment if you do not fully understand the information you are given
- ↘ Take the necessary time to make your decisions do not be hurried into the treatment
- ↘ Ask the practitioner to show you the product in its unopened package prior to treatment.
- ↘ Make a note of the practitioner's name and product used for future reference
- ↘ Ask for copies of before and after photographs for your reference
- ↘ Do not have treatment in your home, at 'parties' or exhibitions or in environments that are clearly not clean or appropriate.