

BE SAFE CHECKLIST



EXPECT

- To be treated by a doctor, nurse, dentist or prescribing pharmacist because, if something goes wrong, you will need a qualified prescriber to manage
- 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
- To have sufficient time to consider all the information, avoid making hasty decisions
- Expect to answer questions about your medical history and to read a consent form
- A follow up appointment if necessary or desired

ASK QUESTIONS

- ✓ What is your full name?
- ✓ What are your qualifications?
- ✓ 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?
- ✓ How long will the results last?
- ✓ What will I look like immediately after?
- ✓ How many treatments will I need and in what timeframe?
- ✓ What could go wrong and if it does, how will you look after me?
- ✓ Are you able to treat complications, should they occur? (Only qualified prescribers can direct the necessary management- make sure you have met the prescriber and they are local)
- ✓ What happens if I am not happy with the result?
- ✓ What aftercare am I expected to perform?
- ✓ What will it cost and what are the payment terms?

WHAT TO CHECK

- ☑ Check your practitioner is on a PSA accredited register
- ☑ You may check the professional qualifications of your:
 - Doctor via The GMC
 - Nurse via The NMC
 - Dentist via The GDC
 - Prescribing Pharmacist via The GPhC
- ☑ Ask to see the unopened box of product/ medicine to be used and make a note of the brand and the LOT number (take a photo) for future reference, should you later see another clinician
- ☑ **READ** any documents you are asked to sign, and ask questions if you don't understand

BE SAFE

- ➡ Only seek treatment from a doctor, nurse, dentist or a prescribing pharmacist
- ➡ Do not proceed with treatment if you do not feel comfortable with the practitioner or the environment
- ➡ Do not pay for treatments in advance of a consultation with your 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 for information in writing to take away
- ➡ 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