

COSMETIC AID

Thinking about Cosmetic Injections? Follow this checklist first:

Checklist for Cosmetic Injections

Cosmetic injections are serious medical procedures. They involve injecting a substance under your skin to change the appearance of lines, wrinkles, volume, and proportions. However, if used incorrectly, they can cause skin breakdown, blindness or even death.

If you are thinking about cosmetic injections, this checklist will help you to research all the aspects you need to consider to get the safest treatment.

Book a consultation

Ensure your treatment provider has a range of photos to show you to demonstrate their work and style. This will also show you their experience (it takes a lot of clients to produce a portfolio of work).

Your treatment provider should be able to fully explain the process of the treatments you are interested in, in language you fully understand.

You should be able to ask questions and not feel forced into any treatment you don't feel completely comfortable having. Make a list of questions of your all your concerns so you can make an informed decision of your options to best solve the issue that bothers you.

Ensure that all the possible risks and complications are fully explained to you. You should fill out a consent form and a medical history form before you undertake any procedure.

Check that your injector is a registered medical professional in New Zealand
A quick way to check that your cosmetic injector is a well-trained cosmetic professional is to search on the CANN website (Cosmetic Appearance Nurses of New Zealand) cann.co.nz

You can also find a plastic surgeon or dermatologist or NZSCM doctor to ensure you have an experienced injector for your treatment.

Some dentists are also trained in cosmetic medicine.



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Check that your treatment provider is experienced in cosmetic injections

It is extremely important that you make sure your treatment provider has appropriate training and experience when providing your treatment. Administering cosmetic injections into the wrong area of the face can have serious consequences, leaving you disfigured, and even causing blindness or death. Ask your treatment provider how much experience they have and what their qualifications are. Access the registered websites to ensure they are authentic medical professionals.

Research the risks

Ensure you have all the risks explained to you and the aftercare and potential complications to be aware of are pointed out to you with a way to contact the provider if you need post-care attention.

Research the products

New Zealand medical practitioners are not allowed to advertise brand names so ask about the products that will be used. Avoid any products that are counterfeit and are not on the New Zealand Register of Therapeutic goods:

<https://www.medsafe.govt.nz>

Some clinics have been involved in the illegal importation and use of dangerous counterfeit products. Cheaper products imported from overseas can be difficult to identify and may pose health risks.

Do your research and ensure that the product is registered in New Zealand. If it sounds too good to be true, it often is!

Report any unexpected side effects.

As with most medical procedures, there will be a range of side effects that are considered normal for cosmetic injections. These side effects should be explained to you and may include redness and swelling of the skin.

It is important for prescribers to report unexpected side effects to the TGA. You can also report problems experienced as a result of a cosmetic injection directly to the TGA.

