

✅ Safe Aesthetic Treatments Patient Checklist

How to use this checklist

This checklist is designed to help you make safe, informed choices about aesthetic treatments. Read through all the sections to understand what good practice looks like. Each item includes a simple question you can ask your practitioner to see whether they meet that standard.

You do **not** need to ask every question in one consultation—this is not an interrogation. Choose 2 or 3 that feel most important to you or relevant to the treatment you're considering. Most good practitioners will welcome these questions and appreciate your interest in safety.

The goal is not to test or trick your practitioner, but to start a transparent, respectful conversation. If a practitioner becomes defensive or avoids answering reasonable questions, that could be a red flag.

This is your face, your health, and your future. You deserve clear answers and excellent care.

Brought to you by the Safe Aesthetic Treatments Campaign by Dr. Bela Horvath
Updated in line with 2025 UK aesthetic safety reforms

Use this checklist to make sure your aesthetic practitioner meets essential safety and ethical standards. These questions help you choose a provider who puts your health first.

🧑🏻🔗 Qualifications, Licensing & Experience

Sample questions to ask:

- Is the practitioner medically trained and qualified to perform aesthetic treatments?
 - Ask: “Can you tell me about your training and qualifications for this treatment?”
- Will they be able to demonstrate compliance with the upcoming national licensing scheme (expected under the Health and Care Act 2022)?
 - Ask: “How are you preparing to meet the new licensing requirements?” (expected under the Health and Care Act 2022)?
- Do they regularly attend professional training or mandatory CPD (Continuous Professional Development)?
 - Ask: “Can you give examples of your recent professional training or courses?” (Continuous Professional Development)?
- Do they have valid and appropriate aesthetic medical indemnity insurance?
 - Ask: “Can you confirm that your insurance covers aesthetic procedures?”

Treatment Safety & Emergency Preparedness

Sample question to ask: “How do you handle emergencies or complications during a procedure?”

- Are they familiar with modern injection strategies (e.g. MD Codes or similar)?
 - Ask: “What techniques do you use for facial filler treatments and why?” (e.g. MD Codes, cannula technique)?
 - Do they explain possible side effects and serious complications honestly?
 - Ask: “What are the potential risks and how would you manage them if they occurred?”?
 - Are they trained and equipped to handle rare but serious issues like vascular occlusion?
 - Ask: “What emergency measures do you have in place for rare complications?”
 - Do they have up-to-date CPR certification and keep emergency drugs/equipment on hand?
 - Ask: “Do you have emergency medication and equipment available on site?” and keep emergency drugs/equipment on hand?
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Product Safety & Hygiene

Sample question to ask: “Do you use original, approved products and can I see the packaging before treatment?”

- Are only original, regulated products used—within expiry and with visible packaging?
 - Ask: “Can I see the packaging of the product you're going to use?”—within expiry and with visible packaging?
- Are products stored following manufacturer guidelines?
 - Ask: “How do you store your products between uses?”
- Are treatments carried out in a clean, hygienic, licensed premises?
 - Ask: “Is your clinic or premises licensed and regularly inspected for hygiene?”
- Is the treatment area thoroughly cleaned with appropriate skin disinfectants?
 - Ask: “What steps do you take to disinfect the treatment area before and during the procedure?”
- Are sterile techniques used, including sterile packs, gloves, and equipment?
 - Ask: “Can you explain your sterile technique during treatment?”

Ethical Consultation & Informed Consent

Sample question to ask: “Will you explain all the risks and options before I decide to go ahead?”

- Was your face or treatment area assessed individually, not just “sold” a treatment?
 - Ask: “How do you decide what treatment is right for me?”
 - Were your concerns and expectations taken seriously in the plan?
 - Ask: “Can you show me how you’ve included my goals in the plan?”
 - Were risks, benefits, alternatives, and the option to do nothing explained clearly?
 - Ask: “Can you go over the possible outcomes and other options with me again?”
 - Did you complete a medical history form, and were contraindications discussed?
 - Ask: “Did anything in my medical history raise concerns about treatment safety?”
 - Did they ask you to sign an informed consent form after discussing the details?
 - Ask: “Can I have a copy of the consent form to review?”
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Honest Communication & Ethical Advertising

Sample question to ask: “Can I take some time to think about the treatment before booking?”

- Were you offered enough time to reflect and ask questions, not pressured to decide?
 - Ask: “Is it okay if I take a day or two to think about it before booking?”
 - Were before-and-after photos realistic and representative (not misleading)?
 - Ask: “Can I see unedited before-and-after photos of your real patients?”
 - Did their marketing avoid exploitative language or unrealistic beauty standards?
 - Ask: “Do you think this treatment is necessary for me or just desirable?”
 - Did the practitioner set clear expectations about results, maintenance, and downtime?
 - Ask: “How long will the results last and what follow-up care will I need?”
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Safe Injection Technique (for dermal fillers)

Sample question to ask: “Do you aspirate before injecting and use a new product if needed? If no, why?”






- Do they aspirate (pull back before injection) in high-risk areas to check for blood?
 - Ask: “Do you always aspirate before injecting in areas with higher risk? If no, why?”
 - Do they inject slowly and limit the bolus size (typically no more than 0.3 ml)?
 - Ask: “How much product do you inject at a time and why?”
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Legal & Data Privacy

Sample question to ask: “How do you store and protect my personal and medical data?”

- Are your personal and medical records stored securely and in line with UK data laws?
 - Ask: “How do you protect and store my medical and personal data?”
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Red Flags to Watch Out For

-  No mention of licensing, training, or CPD
 -  Refusal to share product info or packaging
 -  No visible emergency setup or first aid knowledge
 -  High-pressure sales tactics or unethical offers
 -  No consent form or medical screening
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You deserve safe, ethical treatment from a trusted professional.

If something doesn't feel right—ask questions or walk away.

Dr. Bela's campaign promotes transparency, training, and trust in aesthetics.