



Information to help you if you want a cosmetic procedure

A cosmetic procedure is treatment or surgery
to change something about the way you look

Working with doctors Working for patients

General
Medical
Council



What is this booklet about?

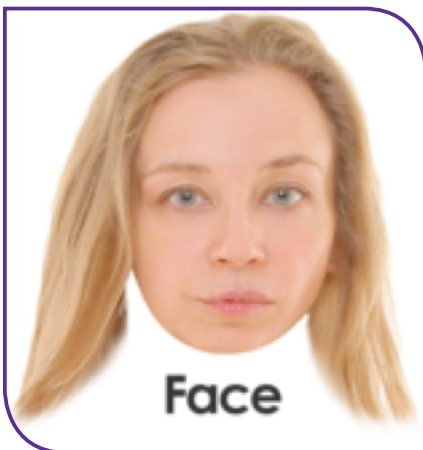
This booklet will help you if you want to get a cosmetic procedure.

There is more about cosmetic procedures below.



This booklet will help you know:

- what should happen
- what to do and how to keep safe.



What is a cosmetic procedure?

A cosmetic procedure helps you change something about your body or the way you look.



You may see a doctor or other medical person to do this.



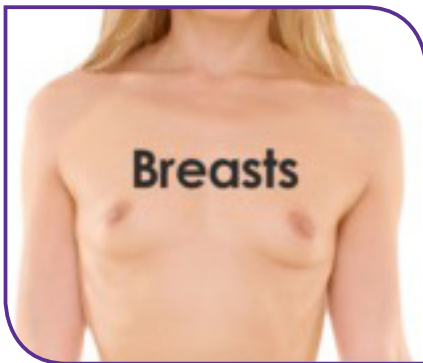
You will have treatment or surgery.

This may be at a clinic or hospital.

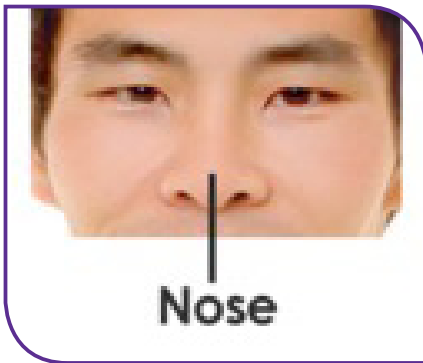


Some cosmetic procedures are:

- Botox. This is an injection to make lines and wrinkles on your face look less clear



- Changing the size of your breasts



- Changing the shape of your nose



- Taking away extra fat on your body. This is called liposuction



A list of things you can do before you have a cosmetic procedure

Talk to people you know first or your doctor to see what they think



Find out more about:

■ the procedure you will have

■ the person doing the procedure



■ the place you will get the procedure done.



Visit the place and talk to the person doing the procedure.

Ask them questions and make sure you have all the information you need.



There is more about what you can do below.

1 Find out more about the procedure you want to have

There is more information on the NHS Choices website:

bit.ly/NHSChoices_cosmetic.



2 Find out more about the place you will get the procedure done

If you are having big treatment or surgery

There are some groups that check hospitals and clinics to make sure they are OK.



The hospital or clinic you want to go to should be on their list.

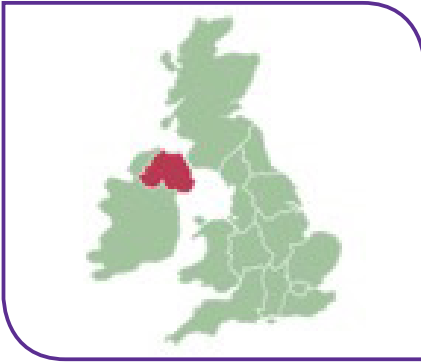


You can check by looking on their website:

England

The Care Quality Commission

www.cqc.org.uk



Northern Ireland

The Regulation and Quality Improvement Authority

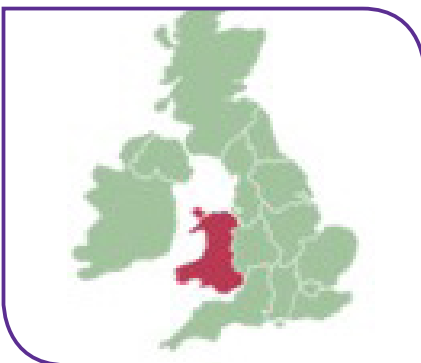
www.rqia.org.uk



Scotland

Healthcare Improvement Scotland

www.healthcareimprovementscotland.org



Wales

Healthcare Inspectorate Wales

www.hiw.org.uk

If you are having something smaller, like Botox

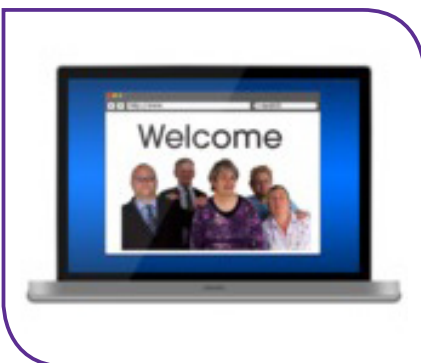
You can check these websites to see if the place you want to go to is on their list:

Save Face

www.saveface.co.uk

Treatments You Can Trust

www.treatmentsyoucantrust.org.uk

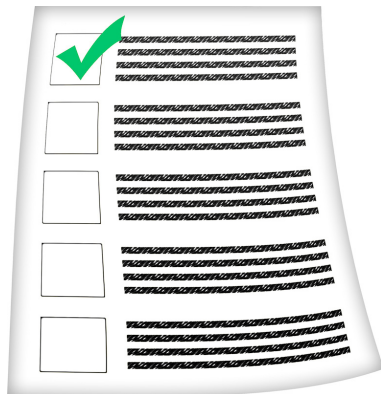




If you are getting a procedure in another country

You may want to think about things like:

- Will the procedure be safe?
- Will there be any language problems?
- Will it be easy to get more treatment afterwards if I need it?
- How much will it all cost?



3 Find out more about the doctor who will do the procedure

You can check if the doctor is on our list of doctors who can work in the UK.

The list is on our website at:

www.gmc-uk.org/register



Some treatments are not done by doctors. The NHS Choices website has some advice about this.



4 Meet the doctor doing the procedure

Make sure you speak to the person doing the procedure. Not someone else.



Here are some questions you could ask them:

- Will you do the procedure?
If not, please can I meet the person who will
- Have you done this procedure before?
- What will happen and how long will it take?
- How long will it take to feel OK again afterwards?
- How will the procedure help me and what changes will there be?





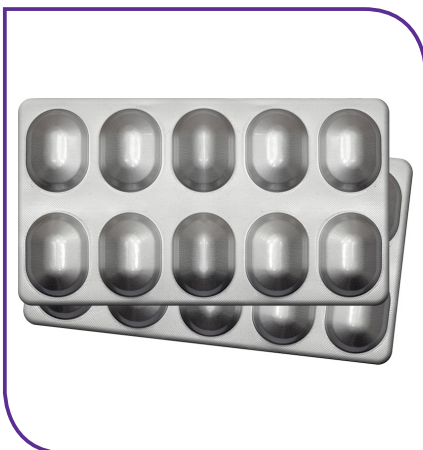
- How long will the changes last for?
Will I need the procedure again?
- How will you make sure the procedure is safe?



- What problems could there be?
- What happens if something goes wrong?



- What will be done about it?
- What are all the costs?
For example, if I need the procedure again.



Tell the doctor doing the procedure about any medicine you take or health problems you have.

They may want to speak to your usual doctor.

You can say no. But it means the doctor may not have all the information they need.



What the doctor doing the procedure should do

They should:

- check you are happy to have the procedure. You can say yes or no
- give you all the information you need about the procedure and any problems
- answer your questions and explain things again if you need them to
- give you enough time to decide
- tell you if they don't want to give you the procedure and say why.



They can say no if they want to.

You can ask another doctor what they think if this happens.



You can say yes or no to a procedure.

You can change your mind at any time.



After the procedure

Your doctor should make sure:

- you know what to do after the procedure and what to do if there are any problems



- you have the right medicine or things you need to look after yourself



- you have something in writing to say what the procedure you had was.

This can help if there are any problems.



Other things to know

The doctor must not give you treatment to do yourself. For example, Botox.

It should be done by someone safe.



If you are unhappy with the procedure

Talk to the people who gave you the procedure first.



Tell us if you think the doctor is unsafe or may hurt people.



How to get in touch with us

Email: gmc@gmc-uk.org



Website: www.gmc-uk.org



Phone: 0161 923 6602

Easy words by Making it Clear.
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