

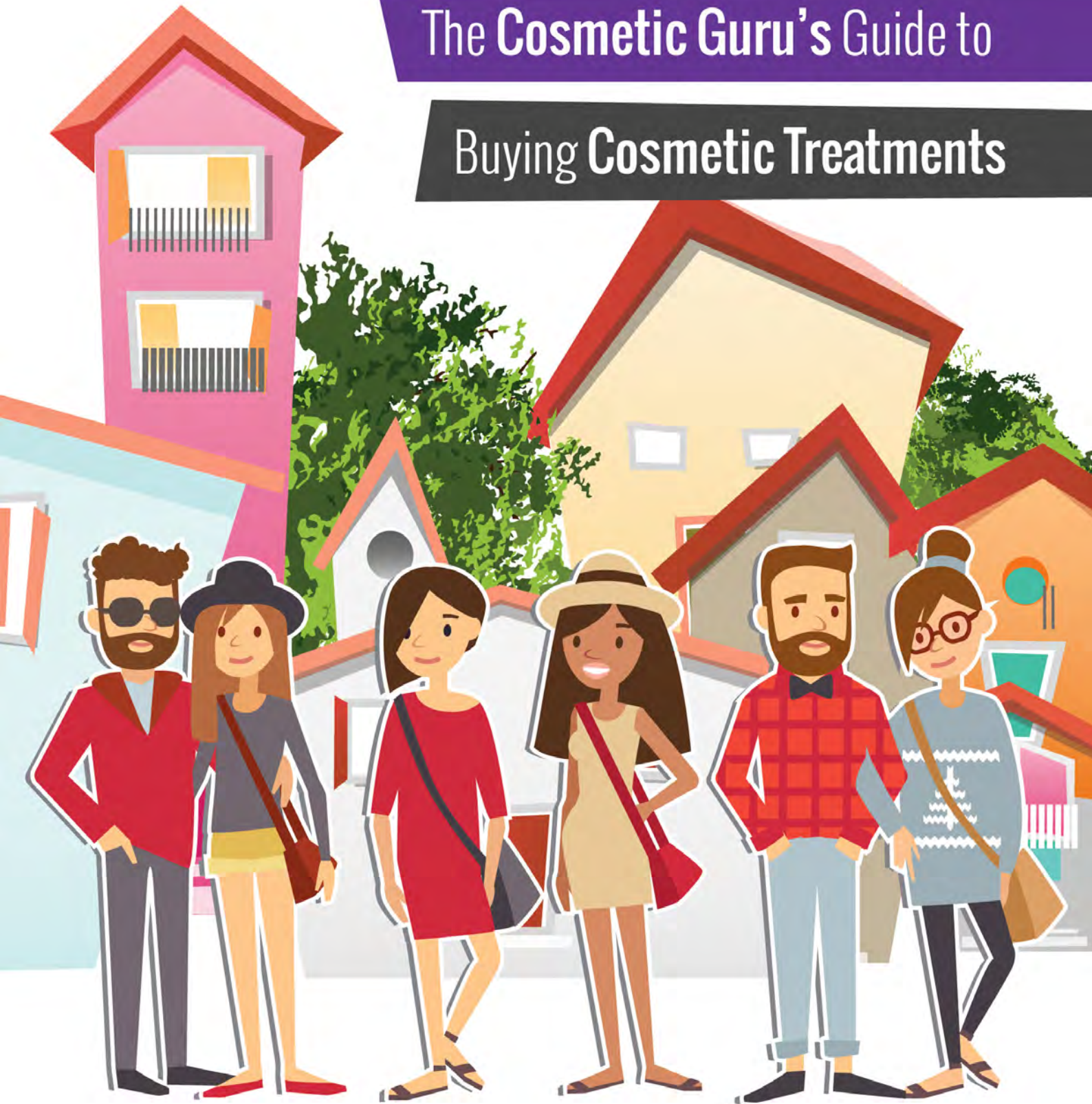


CONSULTING ROOM

The Cosmetic Guru

The Cosmetic Guru's Guide to

Buying Cosmetic Treatments



An educated decision is the right decision...

Hi there!

So, you're probably reading this because you're interested in seeking out a clinic for some kind of cosmetic treatment. Well, you're in the right place!

Let The Cosmetic Guru, brought to you by Consulting Room, guide you through the process of gathering information about surgical and non-surgical cosmetic treatments and products, as well as cosmetic dental services, hair loss solutions and laser eye surgery, and help you towards making the best decision on purchasing such services through a UK or Ireland based clinic.

This guide will give you suggestions about how you may approach selecting a clinic or practitioner who provides any cosmetic procedure that you decide to undertake, the questions you need to think about asking and the things you need to consider to make sure that you make the right decision and choice for you, and you alone.



Before We Begin...

Ask yourself, why are you interested in having a particular treatment or procedure? There are numerous reasons why people choose to have medical, non-surgical and surgical cosmetic procedures or treatments for their face, body, teeth, hair or eyes. At the end of the day it's crucial that you are making the right decision for you.

You should be having the procedure because YOU want to make changes.

No treatment should be undertaken on the insistence, suggestion or gift of anyone else, whether that's a partner, friend, family member or even a practitioner or your employer. Ultimately it's your body and your health and you should not be persuaded to do anything by, or for, someone else.

Also, do not be tempted to be led by the actions of celebrities, social media trends or a desire to look like a particular idol of yours. It could end up being something that you later regret.

There is nothing wrong in having a procedure to enhance how you feel about the way people perceive you. If you feel more attractive after a treatment, this has been linked with an increase in self-esteem and more successful interpersonal relationships and more confidence in work and life situations.

Whatever your reasons for wanting to undertake a treatment or procedure, it is important that you make a realistic appraisal of what it is that you would like to change and the improvements that can be achieved.

Practitioners are not miracle workers after all, so make sure your expectations are realistic for the treatment in question.

It's also worth thinking about whether you have any health issues that you may suffer from which are going to impact on anything you choose to have done, or the expected results from it. It's not paramount, but if you do have health issues you may wish to have a chat with your own GP to discuss whether

they could cause concerns for you and your plans. It may also be worth considering whether you need to make any different lifestyle choices before you embark on your journey with a cosmetic treatment, for example reducing your alcohol intake, giving up smoking, eating more healthily and taking more exercise.

Similarly, this is not a decision to be taken lightly or on a whim, you must give it considered thought and even take extra time after speaking to a practitioner to think over your plans – this is referred to as a cooling off period, and will certainly be required if you are considering any surgical procedure.

If you think that you would like to discuss how you feel about your body, and the area(s) that bothers you, with a professional, before making an appointment at a cosmetic clinic, then you may wish to consider having a session with a counsellor or other specialist with experience in appearance anxieties. This does not mean to say that you may have a mental health issue, such as body dysmorphia, simply that sometimes getting to the route of our anxieties can help to decide if your current course of action to have cosmetic treatment is actually the right choice for you.

Let's Get Started...

Knowledge is power, so educate yourself.

Learn about your treatment options, their limitations, risks and likely results.



Do your own research on ConsultingRoom.com and explore the available options for cosmetic surgery, beauty and medical aesthetic treatment, hair loss solutions, cosmetic dentistry and laser eye surgery procedures. Read detailed information about what to expect and how they work. Compare recovery times, costs and your suitability for treatment – Do you have the budget for it? Can you



take time off work if required? Will it address the concerns that you have?

This may take you some time, but it is well worth informing yourself about what is available – this will help you to ask the right questions if you decide to go further and book an appointment for a consultation with a treatment provider.

Read reviews and experiences left by other members of our Cosmetic Community. You can always leave a comment to ask them more about how a treatment worked for them or what it felt like. But remember, seeking proper medical advice is paramount so if you think of any particular questions, note them down ready for those all-important consultations before treatment.

You may also wish to ask friends and family, especially those that may have undergone any cosmetic procedures before. They may be able to tell you more about what they experienced, and give you any recommendations on clinics and practitioners to contact based on their good experiences. (Of course, if they had a bad or disappointing experience, as well as asking them why, you may also wish to avoid the clinic that they visited).

Look through the Clinic Search directory for those practitioners providing the treatment that you're interested in within your local area, or further afield if you're prepared to travel for your treatment(s) and follow-up appointments.

Draw up a shortlist of clinics or practitioners to contact.

Many different types and specialties of practitioner are able to offer cosmetic treatments for the face, body, teeth, hair and eyes, so it's important to know more about which qualifications you should be looking for when considering a practitioner for treatment.

Looking for practitioners who are listed with medical regulators and who belong to various specialty organisations can help you to verify the credibility of those who you are considering seeking treatment from. It cannot prove, endorse or accredit their skills and qualifications however, but we'll come to that later on when we look at questions to ask.

Ensure that any doctors, nurses or dentists are registered with their regulating bodies – the General Medical Council (GMC), the Nursing and Midwifery Council (NMC) or the General Dental Council (GDC), as well as the Irish Medical Council for Doctors practicing in Ireland.

Plastic and cosmetic surgeons ought to have the FRCS (Plast) acronym appended to the end of their name to denote their training in plastic surgery and fellowship of the Royal College of Surgeons (RCS).

The Royal College of Ophthalmologists (RCO) recommends that doctors performing laser eye surgery should be registered ophthalmologists with specialist training in laser refractive surgery.

A trichologist, who can diagnose and treat diseases and disorders of the hair and scalp, may not be medically qualified, but is a specialist in the scalp and hair and should be registered with the Institute of Trichologists. Those performing hair transplant surgery should be GMC registered doctors with specialist training.

There is no government backed regulator for beauty therapists, but you can at least check if they belong to any trade associations such as BABTAC or HABIA which carry some assurances.

Other places to look include medical specialty organisations such as the British Association of Aesthetic Plastic Surgeons (BAAPS), the British Association of Plastic, Reconstructive and Aesthetic Surgeons (BAPRAS), the Irish Association of Plastic Surgeons (IAPS), the British College of Aesthetic Medicine (BCAM), the British Association of Cosmetic Nurses (BACN), the British Association of Dermatologists (BAD) and the British Association of Cosmetic Dentistry (BACD).

A detailed list of associations is available at the end of this guide.



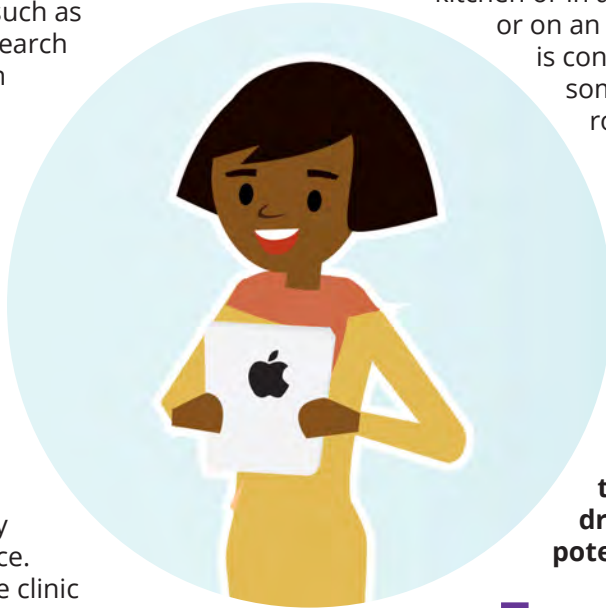
Can't I just use Google?

Searching for cosmetic treatment providers using words such as 'cosmetic surgery' in a search engine like Google™ can bring up a confusing plethora of websites from clinics and practitioners around the country. In some cases, the results shown may be from paid for, sponsored or advertised links. This can make it difficult to screen for a local clinic or practitioner, or find those who don't actually have much web presence. Picking the result for the clinic who has paid the most to highlight their services in search engines such as Google may not be the right choice for you.

Similarly, it's important to highlight the dangers of just relying on a flashy website or social media pages as a way of picking a provider. Checking credentials, accreditation and regulatory compliance is paramount.

Seeking out price based deals, such as Groupon or Wowcher style offers, may simply not get you the service or treatment result that you're expecting so should generally be avoided. The same can be said for bargain deals often advertised on social media platforms such as Facebook, Twitter and Instagram. In such cases the practitioner may be lacking in training and qualifications and simply be after a 'fast buck'.

For example, you should be wary of a clinic or practitioner offering 'Botox' (botulinum toxin) for £50, this is far too cheap for the genuine treatment, (below the actual cost price of the toxin itself) - so what could the reason be? Are they lacking in training so pitching it at a very low price? Are they watering down the strength of the dose that you get so the treatment is less effective? Are they buying counterfeit, fake or generic products via the Internet? As you can see the potential dangers are evident. Therefore, choosing a low price or deal as your priority is not the best way to go about buying a cosmetic treatment.



Do not be tempted to have any kind of treatment in an unsuitable environment – for example at your home or someone else's, for example in a kitchen or in a 'party' style setting or at an event or on an exhibition stand – even if the price is considerably cheaper. Similarly, having something surgical performed in a room that doesn't seem adequately equipped or sterile is ill-advised. Be advised that any offer that recommends sharing treatment with others, such as half a syringe of a dermal filler product, is very dangerous and risks infection with blood-borne diseases.

Depending upon the number of local clinics available in your area, and the sort of treatment that you are seeking, you should draw up a shortlist of at least 3 potential providers to contact initially.

Emailing or telephoning a clinic...

Your first contact with a cosmetic treatment provider is likely to be via email, social media interaction or via the telephone.

Anything which uses text alone, such as email, text messaging or social media posts and comments is a great start to the interaction, but is very impersonal and will usually result in limited transfer of information. Ideally, and if you feel that you are happy enough to pick up the phone for your first contact with them, we would recommend speaking directly to someone who can help you on your journey.

Your call will generally be answered by a receptionist or medical secretary. They may not be able to answer all your questions over the phone, but they should be able to transfer you to someone who can, or arrange for someone to call you back with the information that you require.

Similarly, they may invite you in for an informal chat or consultation to discuss your concerns and options – sometimes these appointments are available for free, depending on the practitioner and the type of treatment that you are seeking. Aspects



such as the price and the specific type or amount of treatment that you may require can really only be answered after a consultation, so don't feel too concerned if you only get a guide price over the telephone and are recommended a consultation appointment. Even if you go, you don't have to have treatment with that clinic.

Written information, such as a guide or brochure which explains treatments and what to expect, as well as more information about the clinic and its practitioners should be available from them to post or e-mail to you.

Here are some suggested questions to ask in your first telephone contact. This may help you to initially screen your shortlisted clinics and decide which ones you want to make an appointment with. It is neither an exhaustive list of questions that you may choose to ask, nor a list of questions that you must ask.

- Can you provide me with some more information on the "treatment" that may help me?
- Do you have a clinic brochure?
- Who carries out the "treatment" and what are their qualifications and experience?
- How many times have they performed the "treatment"?
- Where is the "treatment" carried out? (At the clinic or in another clinic location or hospital?)
- Are you registered with any national regulators?
- Does your clinic and the practitioner have medical indemnity insurance?
- Would I be able to see before and after photographs or patients that you have treated?
- Can you give me some idea of the cost of "treatment"?
- If the cost is high, you may wish to ask if the clinic offers any finance options.
- If I book an appointment for a consultation, who

will I see and is there a consultation fee? How much is that and is it refundable if I go ahead with "treatment"?

Make notes whilst you're on the phone and try and objectively rate the answers that you were given, and your overall first impressions about the helpfulness or professionalism of the clinic staff that you spoke to. You may choose to make an appointment for a consultation during the call, or suggest that you will have a think and decide later. The choice is yours.



First visit to a clinic...

Setting foot inside a medical cosmetic clinic, albeit to discuss having an elective procedure (rather than being treated for a health altering medical condition), can feel like a daunting exercise the first time that you do it. You are bound to feel a little nervous of the unknown.

Normally the first face you will see is a receptionist or clinic manager as you arrive. They will undoubtedly help to put you at ease and may offer you some refreshments whilst you complete any paperwork required by the clinic.

The person you will initially see to discuss any cosmetic treatment will depend on the particular set up of the clinic (and the treatment itself). It may be that you will not see the practitioner, (the doctor, surgeon, dentist, nurse, aesthetician etc.) who may subsequently carry out the treatment, but a patient adviser or sales consultant instead. This is particularly the case in larger clinic chain businesses who offer cosmetic surgery or laser eye surgery. They see many individuals on a daily basis, so practitioners are left to carry out operations rather than get involved with initial discussions, but will be present at second-stage consultations. In most smaller clinics, who offer non-surgical medical aesthetics or cosmetic dentistry services, you will usually consult with the person who treats you.

If you see a patient adviser, they will often have expert knowledge about the treatments that the clinic offers and be able to answer many, if not all, of your questions. They should be able to put you



at ease about the procedure you are thinking of having and explain all the potential risks. Do bear in mind though that they are probably still trying to “sell” to you and will work on commission if you go forward to have a consultation with their surgeon and have the surgery.

You should not feel at all pressurised into having any treatment, and with surgery particularly, there should be a “cooling off period” of at least two weeks between your consultation (with the actual surgeon who will perform the procedure and not the patient adviser) and any surgical procedure you may decide to have.

Clinics and medical practitioners are not allowed by law to hurry you into making a decision, or make you think that if you don't sign today then you won't get the price that they're offering, or pressure you into having more than one operation as that way there is a discount. So if this happens we advise that you just walk away!

It is important, however, that you meet the practitioner who will be carrying out your treatment before you finally commit to anything. This is particularly important if you are going to have any form of cosmetic surgery. The first time you meet the surgeon should not be on the day of your operation!

How to prepare for your first appointment

- Take a list of questions you may have for the practitioner or a patient adviser.
- Take a list of any medications that you are taking for reference; (taking certain medicines can mean that you may be unsuitable for certain treatments due to adverse effects).
- For some treatments it is also important to know if you have any medical reasons which would prevent you from having the procedure. Please be prepared to answer any questions relating to your past medical history, your family's medical history (if appropriate) and inform the practitioner if you are pregnant or currently trying for a baby, or have recently given birth – it may be important.

- For cosmetic surgery, medical aesthetic and hair loss procedures it can be useful to bring some photos to provide a visualisation for the practitioner of the results that you desire. This could include photographs of yourself from a few years ago to highlight the more youthful lines you wish to try and recapture, or the hairline you once had. Ideally don't take in celebrity photos hoping that you will be able to look like them. By all means use them as a way of highlighting results that you DON'T desire.
- Be prepared to sign a consent form for any treatment that you may subsequently agree to undertake – but please ensure that you read it properly first.

Things to watch out for in your first visit to a clinic:

- Beware of a practitioner or patient adviser who fails to listen to your concerns, or fails to bring the risks and complications of your chosen procedure to your attention.
- Be wary if they start pointing out other areas of your face or body that they may be able to treat that you are not concerned about.



- Remember, just because you have your heart set on a particular product being used or a treatment being performed, it doesn't mean your practitioner will agree. This isn't necessarily a bad thing as they may recommend something different which will more effectively treat your concern. However, you should be prepared if that happens, and not just blindly agree to the 'new' option if you are unsure that you know enough about it or want to have it done. Feel free to

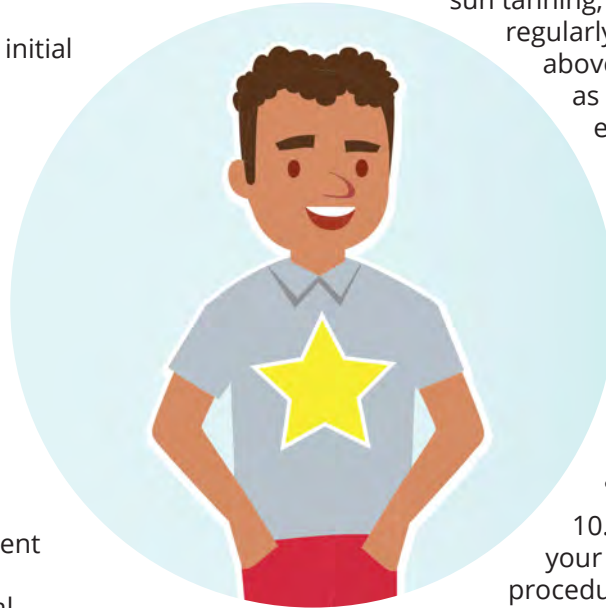
tell the practitioner that this is new information and that you'd like to go away and do some more research, or read the guidance documentation that they have given to you before you decide to go ahead.



- Trust your instincts. Look at how clean the clinic is, the friendliness of the reception staff, how much time you have for your consultation and whether they try to rush you into a decision. If you have a bad feeling about someone or something - there's usually a reason and you should just leave.

Below is a list of suggested Questions to Ask during an initial consultation for cosmetic treatment, (ideally with the practitioner). It is not an exhaustive list and not all of these questions will be appropriate for you. It is meant to be a useful guide so that you can highlight the questions that you do wish to ask at your consultation.

In addition, you may want to think about additional, more detailed questions, which are pertinent to individual treatments or procedures, such as surgical variations, the choice of techniques or products used for dermal filling, breast augmentation, dental implants, laser eye surgery or hair transplantation for example.



6. Will I need to take any time off work? If so how long?
7. What can I do pre-treatment or pre-surgery to ensure that I achieve the optimum results?

(Consider this if you smoke, engage in regular sun tanning, eat unhealthily, do not exercise, regularly drink alcohol in quantities above recommended guidelines etc., as lifestyle changes can have an effect on improving outcomes for many treatments, so taking advice, acting on it and even delaying treatment may be important).

8. How many of the procedures, that you are interested in, do they perform every month?
9. Can I view your before & after treatment photographs?
10. May I speak with any of your patients who have had similar procedures? Do you have a patient/referral list so that I may call them?
11. Do you offer any treatment guarantees (i.e. another procedure if this one doesn't work?) Can I have this in writing?
12. Will I see the same practitioner for follow-up evaluation of my results at a later date?
13. Are costs quoted all inclusive, or are there any additional extras?
14. Can I have a full written quotation outlining all of the costs of the procedure, and any additional costs, if I need any subsequent treatment or surgery to deal with problems or improve on any initial results?
15. Does the clinic offer finance options?
16. Who is the (sales) contract with? The clinic or the individual practitioner/surgeon?
17. Who is responsible if there is a problem?
18. Is the practitioner resident in the UK or visiting from abroad? Do they have UK practicing permissions and medical indemnity insurance cover?
19. Has the practitioner ever been involved in any medical malpractice complaints? If yes, find out the details.

Examples of general questions to ask if you are thinking of having either non-surgical or surgical cosmetic treatments administered by a medical practitioner.

1. Ask what treatment options are suitable for you for the area that you are interested in improving?
2. How do they compare in terms of expected results, longevity of results, pain/discomfort, recovery time, safety, risks and cost?
3. Are there any medical reasons why you would not be suitable for any of these procedures?
4. How often, if at all, will the procedure need to be repeated?
5. What will happen on the day of my treatment/surgery?



Additional questions if you are considering more extensive surgical procedures, or those requiring an anaesthetic.

1. For plastic/cosmetic surgeons only – are they on the UK specialist register for Plastic Surgery (have FRCS(Plast) after their name) – if not, why not?
2. Are operations performed under general, light sleep sedation or any other anaesthesia? Which is preferred and why?
3. Is the consultant anaesthetist on the UK specialist register?
4. Must I abide by any special diet, both pre-operatively and post-operatively?
5. Where will my operation be performed? Does the surgeon have an affiliation with a particular hospital? It is registered with the Care Quality Commission (England) or other national regulators?
6. What is your protocol for post-operative care? Will I need to have an overnight stay in hospital/ clinic after my surgery? What level of pain/ discomfort can I expect to experience?
7. What can I do post-surgery to ensure that I achieve the optimum results?
8. If I were to choose to undergo the surgery and I had a complication, what support can I expect? Is help available after hours as well? What if the practitioner is a non-UK resident?



Rating a clinic or practitioner...

You may or may not schedule a date for treatment at the end of a consultation, (for some non-invasive, cosmetic treatment options, such as those within medical aesthetics, you may be able to embark on treatment after the consultation has completed, if you wish) - you are by no means obligated to have or book an appointment to pursue a treatment, and as we recommend that you visit more than one provider (especially for cosmetic surgery procedures) it is advisable for you to think about your choices first.

Following your consultation with a practitioner (i.e. the person doing the procedure) you should have enough information to consider, and you should also be able to request a second meeting, if need be, should you feel that you need to ask any additional questions in order to reach a decision.

Again, it can be useful to jot down a few notes both during and after the consultation. This is helpful, especially when you are going on several consults, as recommended. It's very easy to get mixed up!

In order to make an objective comparison between different clinics and practitioners we suggest that you compare qualities such as:

- Attitude of staff
- Appearance and cleanliness of the clinic/ hospital
- Patient information materials that you were given and/or shown
- Whether the consultation was relaxed, yet informative
- The qualifications, experience and training of the practitioner
- Whether all your questions were answered
- Whether a client referral list was available or if you were able to view before and after treatment photos for other clients.

From this you should be able to decide for yourself what your overall satisfaction rating would be for the clinic and practitioner and how confident you would feel in visiting them for the treatment that you are considering.





Sun, sea, sand and surgery...

What about going abroad for treatment?

It's easy to be tempted by the idea of 'sun, sea, sand' and a quick 'nip and tuck'; combining a holiday with a whole new-you. Sadly, it's not always as easy or as glamorous as it sounds, and there are some important things to consider if you're thinking of having cosmetic surgery, cosmetic dentistry, hair transplantation or laser eye surgery abroad.

Making your decision based solely on the reduced price of some treatments that are available abroad is not a wise choice. Depending on how far overseas you're considering going, Europe or indeed further afield, these considerations become more and more important.

In most cases any pre-treatment discussions or counselling is done in the UK via some kind of broker, a non-medical salesperson acting as a third-party between you and the clinic. Usually, you will not meet the practitioner or surgeon who will carry out the procedure until you arrive in the country, and often not until before the treatment, which you have generally already committed to (and paid for), actually happens. This is not ideal as you have no medical consultation before you spend money to step on a plane, no time to go away and think about it or cool-off, and you can't easily back out if you change your mind, especially if getting a refund will be difficult.

If you're set on this option, and you can afford to, make a trip abroad just for the consultation with the actual practitioner, before committing yourself to anything. Consider taking someone with you when you meet with them, together with a note of any questions you'd like to ask during the consultation. You can then discuss your impressions together afterwards, go home and properly think it through before deciding whether to proceed or not.

Alternatively, try to use clinics abroad who have



links with a UK based clinic so that consultations can be done with a UK based practitioner or with the actual individual who will treat you when you go abroad, if they make regular trips to the UK clinic for consultations.

It's important that you understand exactly what is being provided as part of any package deal, including any before and after care. You will need to know where a procedure will be carried out, and where you will be cared for in the recovery phase – sometimes you can be left to your own devices in a hotel, which is not ideal, especially if you have travelled alone. Knowing who will be there to look after you, if anyone, and what their clinical qualifications are is key.

While abroad, you must be able to communicate with the person who will be treating you in order to ask questions and understand the answers. Will you need a translator?

You need to be able to ask them about their qualifications and expertise in the procedure you are interested in. You may want to ask how many times they have performed the operation, what the risks of the procedure are, and how often complications occur. Not all countries have the same regulatory framework as those in the UK and Ireland, so standards may vary considerably. Remember that any UK based regulators who are responsible for regulating and checking private practitioners and/or clinics, do not cover procedures carried out abroad or vet the practitioners involved. Unfortunately, they will not be able to help you if you have any problems whilst overseas.

Going abroad for a cosmetic treatment is just like going abroad for business or a holiday, you will need to think about travel insurance policies. Not all standard travel cover includes help if something goes wrong during or after an elective medical procedure, so you should look to take out a bespoke policy and tell any insurance broker about your exact plans for treatment.

The European Health Insurance Cards (EHIC), which replaced the old E111 system, does not cover you for going abroad for medical treatments. It is designed to reimburse the cost of state-provided healthcare services for emergency treatment that becomes necessary whilst you are abroad in the European Economic Area (EEA), following illness or accident. The EHIC will not cover your medical expenses if you are going abroad specifically to have treatment and then end up in a local hospital.

It's important to also check whether the practitioner and clinic abroad have insurance which covers your procedure and whether it takes into consideration that you are from another country.

Asking what will happen if something goes wrong either during or after the procedure could be a game-changer.

For example, what follow-up care is available at the clinic should there be complications while you are abroad? How will you get back to England if you need to? If you have complications on your return to England, do they have arrangements with a UK clinic to care for you or will you just be left to seek emergency help from the NHS? The latter can be a traumatic experience.

Normally with any cosmetic treatment, there is a need to return to the clinic to check how the results have gone and whether any further treatment or revision is required. Factoring in the cost of a repeat trip abroad is often forgotten or simply ignored in the end due to expense, which could affect the long-term effect of the treatment.

Although it may cost a little more to have certain cosmetic treatments in the UK, we believe that the risks (and unexpected costs) of going abroad, make staying on home soil for treatment a preferable and more advisable option.



Things to remember...

- Do it for you
- Don't feel rushed or under pressure
- Cheap is not always the best option
- Do your own research about the treatment and learn as much as you can
- Speak to more than one clinic or practitioner
- Ask as many questions as you need to feel comfortable in your decision
- If it doesn't feel right, or you don't fully understand what you have been told, then don't do it

I hope that you have enjoyed our ultimate guide to buying cosmetic treatments.

Like all things in life, there are often many clichés that sum up what you should and shouldn't do, and choosing to have an elective cosmetic treatment brings out a few which are worth remembering.

Caveat Emptor – Buyer Beware, this is a service that you are buying, just like any other, but it affects your health and well-being, make sure you are satisfied that the person or business that you are buying it from will provide you with the result and care that you expect to receive. Putting price as your priority is not the smartest way to go about buying cosmetic treatments.

If – *'something sounds too good to be true'*
– then it probably is.

And – *'being forewarned is forearmed'*
– so do your research and learn, check things out, get your questions ready, and satisfy yourself that you are making an educated decision, and the right decision.

Goodbye!



Useful Resources

Below you will find a list of links to other online resources and organisations who can help you when researching treatments and practitioners for a cosmetic treatment for your face, body, eyes, teeth or hair.

Body Dysmorphia

NHS Choices: www.nhs.uk/conditions/Body-dysmorphia/pages/introduction.aspx

Body Dysmorphic Disorder Foundation: bddfoundation.org

Regulators

Care Quality Commission (England): www.cqc.org.uk

Health Inspectorate Wales: www.hiw.org.uk

Regulation and Quality Improvement Authority (Northern Ireland): www.rqia.org.uk

Health Improvement Scotland: www.healthcareimprovementscotland.org

General Medical Council (GMC) – Doctors: www.gmc-uk.org

Irish Medical Council – Doctors: www.medicalcouncil.ie

Nursing and Midwifery Council (NMC) – Nurses: www.nmc.org.uk

General Dental Council (GDC) – Dentists: www.gdc-uk.org

Organisations for Medical Professionals

British Association of Aesthetic Plastics Surgeons (BAAPS): www.baaps.org.uk

British Association of Plastic, Reconstructive and Aesthetic Surgeons (BAPRAS): www.bapras.org.uk

British College of Aesthetic Medicine (BCAM): www.bcam.ac.uk

British Association of Cosmetic Nurses (BACN): www.bacn.org.uk

British Association of Cosmetic Dentistry (BACD): www.bacd.com

British Association of Dermatologists (BAD): www.bad.org.uk

Irish Association of Plastic Surgeons (IAPS): www.plasticsurgery.ie

British Society for Refractive Surgery (BSRS): www.bsrs.co.uk

Royal College of Ophthalmologists (RCO): www.rcophth.ac.uk/patients

Institute of Trichologists: www.trichologists.org.uk

British Institute & Association of Electrolysis: www.electrolysis.co.uk

Society of Permanent Cosmetic Professionals (Micropigmentation): www.spcp.org

British Association of Beauty Therapy & Cosmetology: www.babtac.com

Hair and Beauty Industry Authority: www.habia.org.uk

Voluntary Registers

Save Face: www.saveface.co.uk

Treatments You Can Trust: www.treatmentsyoucantrust.org.uk

Campaign Groups

Safety in Beauty: www.safetyinbeauty.com

Disclaimer: *Please note that the Consulting Room (the Cosmetic Guru) – www.consultingroom.com - provides this document to help guide you in your research with appropriate advice and treatment related guidance for purchasing cosmetic surgery, aesthetic medical treatments, cosmetic dentistry, hair loss solutions and laser eye surgery. We are not a definitive information resource, however, and cannot guarantee that any of the guidelines suggested will result in you getting the right advice or treatment for you or your expected result from treatment. All information contained within this document is carefully researched and maintained for accuracy of content. Please note that for prospective purchasers of any cosmetic treatment, information and guidance provided does not substitute an in-depth consultation with an experienced practitioner.*

