



Check out the premises for basic **hygiene principles** like hand washing and sterile equipment

Don't pay for procedures until you have had a **consultation**



Choose a **reputable, safe** and **qualified**, and **insured** practitioner who is trained in the procedure you are undertaking



Avoid participating in **group** treatments, or events involving **alcohol**

Cosmetic Procedures Top Tips

Arrange a **pre-consultation** with the practitioner that will be performing the procedure - get some **information** to take away



Speak to a professional about the **outcomes** you can expect from a procedure

Make sure that you know how to obtain **aftercare advice** and support if things go wrong



Don't make **hasty decisions** or feel **pressured** into agreeing to treatments



Find out more at [nhs.uk/cosmetic-procedures](https://www.nhs.uk/cosmetic-procedures)



cut out and keep

