



Specialist jabs

With Dr Catherine Stone, as seen on TV One's *10 Years Younger*

Danger of letting a 'nurse injector' call the shots

Q My beauty therapist is a nurse and she's just started doing Botox, but I read about a nurse getting in trouble for not working with a doctor. Am I safe having treatments with her?

A Botox is a prescription medicine and must be prescribed by a doctor if a nurse is to administer the treatment. Legally, the nurse must be supervised by a doctor – but different clinics interpret the term “supervised” differently.

I believe the best practice has a doctor who specialises

in injectable cosmetic treatments, and does nothing else. Their whole focus is training and researching the best techniques to achieve beautiful, natural looking results for clients.

You will often receive a more thorough education and assessment from these doctors, and you will usually have more choices as they often have a comprehensive range of techniques and products available, and are more likely to tailor your results to enhance your best features, rather than a “one technique fits all” approach.

NZCAM, the New Zealand College of Appearance Medicine, recommends that if a doctor is supervising a nurse injector, that the doctor must

be on site in the same building when the nurse is injecting, and at a minimum, the doctor must see you before you receive your first treatment.

As a medical procedure, you must also give informed consent and receive education on the effects and safety of Botox treatments prior to your first treatment.

There is an art to Botox treatments – it needs to be placed in the correct place in certain muscles at an appropriate dose to get the best results. Most of the major concerns about Botox treatments, such as frozen faces or droopy eyes, occur when the person administering the treatment is inexperienced or poorly trained.

QUESTIONS FOR CATHERINE? WRITE TO wdaynz@acpmagazines.co.nz OR
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