

*So, you are considering an*

# AESTHETIC TREATMENT?

THE EXPERTS OFFER SOME  
SOUND ADVICE

## WHAT THE EXPERTS ARE SAYING

### *At a glance:*

Dr Maureen Allem suggests the following when it comes to choosing the right specialist for you:

- Research the different anti-aging, non-surgical doctors and clinics online. Their websites will give you an indication of their professionalism, experience and the procedures they offer.
- Visit the Aesthetic and Anti-ageing Medicine Society of South Africa (AAMSSA), [www.aestheticdoctors.co.za](http://www.aestheticdoctors.co.za).
- Call the practice to find out how many patients are seen per month and how long it has been established. The receptionist should be able to answer all of your questions.
- Ask your friends if they have had a good experience with this clinic/doctor.
- Find a doctor with a special interest and expertise in anti-aging procedures, and who does these procedures every day. To be classified as an expert with experience, one needs to have done at least 10 000 hours.
- Make sure that only a qualified medical doctor experienced in anti-aging procedures injects your Botox or dermal fillers, not a therapist or beauty consultant. A qualified doctor has an in-depth knowledge of facial muscles, arteries and veins, which is crucial for these procedures. A proficient injector will have performed injectables on at least 2 000 patients.
- The aesthetic doctor should be able to give you a full evaluation and a plan of what non-surgical procedures need to be done over the year. This should include an assessment of your skin, and non-surgical treatments besides Botox and fillers.
- Avoid “gypsy injectors” – doctors who rotate to different beauty clinics or spas. These doctors have no fixed clinics of their own, no dedicated back-up staff, website or fixed-line contact numbers. Should anything go wrong at the time of treatment (such as infiltration of a blood vessel or an anaphylaxis), they may not be adequately equipped to deal with this. It will also be more difficult to return on short notice for a corrective treatment.
- Choose a clinic that has a variety of anti-aging devices, not just one laser device to treat all problems.