

Be Safe, Not Scarred – 8 Things You Need To Check Before Having Lip Fillers

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Hyaluronic acid (HA), is a substance injected into lips to make them look plumper and fuller. But if the person holding the needle isn't a trained clinician, you could end up scarred for life.

Anyone can buy hyaluronic acid gel and inject it into someone's lips. This is because there are no laws in the UK that regulate people who carry out non-surgical cosmetic procedures, such as lip fillers. The Professional Standards Authority runs a Government-backed programme called Accredited Registers which lists professionals you can trust to treat you safely.

So how can you be sure you're in safe hands? Remember, no treatment is ever completely risk-free. But following this checklist should ensure your hyaluronic acid injection is administered by a healthcare professional with specialist training, in a clinical environment.

- 1 Choose a safe practitioner from one of the **Professional Standards Authority for Health and Social Care's** registers, using the site below.
- 2 Always go for a consultation. Professionals will ask for your age, full medical history and discuss all risks and complications with you, before they will agree to do lip fillers. If they don't, this is a red flag.
- 3 Take your time. Don't let anyone pressure you into having lip fillers done there and then. Healthcare professionals will respect that you need time to go through all the information, before making a decision.
- 4 Ask for copies of before and after photographs. It's a good idea to have photos of you smiling and frowning, too, so you can compare the difference when your face is animated.
- 5 Note down which hyaluronic acid product is being used for your lip fillers as well as the clinician's name. This is in case you want to have your lip filler done with a different practitioner at a later date.
- 6 Ask the person giving you lip fillers to show you the hyaluronic acid in its unopened packaging, before they inject you. There are over 100 brands on the market, such as Juvederm and Restylane. But not all products are the same, and legitimate brands are not available for general sale on the internet.
- 7 There should be no problems with you booking a follow up appointment. It's worth asking if the practitioner is able to treat complications, if they occur.
- 8 Never agree to have lip fillers done at home, at someone else's home, at 'parties' or exhibitions, or in places that aren't clean and clinical.