

General
Medical
Council



Easy
Read

**Information to help you if you
want a cosmetic procedure to
change the way you look**



Easy Read



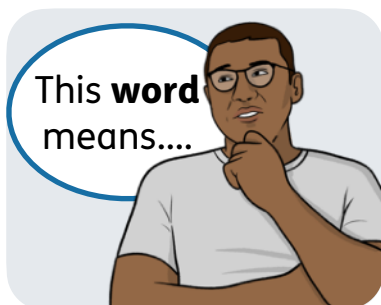
This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker. These are important words in the booklet.



Sometimes if a bold word is hard to understand, we will explain what it means.



[Blue and underlined](#) words show links to websites and email addresses. You can click on these links on a computer.

What is in this booklet

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About this booklet

General
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This booklet is from the General Medical Council (GMC).



It has information to help you if you are thinking about having a **cosmetic procedure**.

A **cosmetic procedure** is treatment or surgery to change something about the way you look.

This booklet will tell you:



- What should happen when you have a cosmetic procedure.



- What you can do to keep yourself safe.

About the GMC

General Medical Council

The General Medical Council (GMC) supports doctors, **physician associates** and **anaesthesia associates** to give good, safe care to patients.



Physician associates are part of the team that cares for patients.

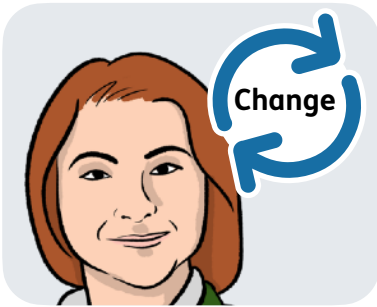
They are **supervised** by doctors - that means that doctors support them to do their job well.



Anaesthesia associates are part of the team that stops you from feeling pain when you have an operation.

They are supervised by **anaesthetists**. **Anaesthetists** are doctors in charge of stopping you feel pain when you have an operation.

About cosmetic procedures



A cosmetic procedure helps you change something about your body or the way you look.



You might see a doctor, physician associate, anaesthesia associate or other medical person to do this.



You will have treatment or surgery.

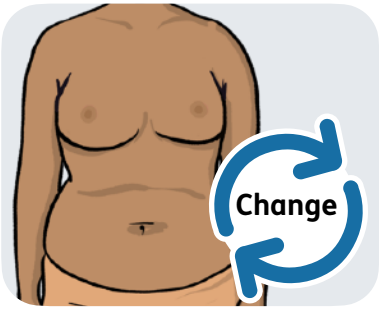


This might be at a clinic or a hospital.

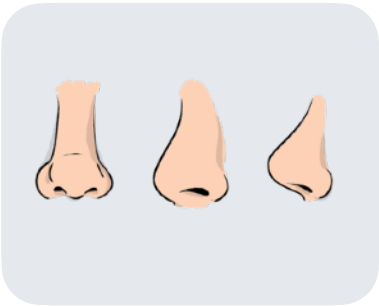
Some cosmetic procedures are:



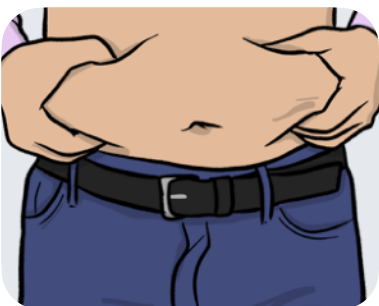
- **Botox.** This is an injection to make lines and wrinkles on your face look less clear.



- Changing the size of your breasts.



- Changing the shape of your nose.



- Taking away extra fat on your body. This is called **liposuction**.

Deciding to have a cosmetic procedure

Before you decide to have a cosmetic procedure you can:



- Talk to people you know to see what they think.



- Talk to your doctor, physician associate or anaesthesia associate.



- Find out more about the procedure you will have.

There is information on the NHS website:

www.nhs.uk/conditions/cosmetic-procedures/cosmetic-surgery

Before you decide to have a cosmetic procedure you can also:



- Find out more about the person doing the procedure.



- Find out more about the place you will get the procedure done.



- Visit the place and talk to the person doing the procedure.



- Ask questions and make sure you have all the information you need.

Finding out about the place where you will have the procedure

If you are having big treatment or surgery



There are some groups that check hospitals and clinics to make sure that they are OK.



The hospital or clinic you want to go to should be on their list.



You can check by looking at their website.



If the hospital or clinic is in England, look at the Care Quality Commission:

www.cqc.org.uk



For Northern Ireland, look at the Regulation and Quality Improvement Authority:

www.rqia.org.uk



For Scotland, look at Healthcare Improvement Scotland:

www.healthcareimprovementscotland.org



For Wales, look at Healthcare Inspectorate Wales:

www.hiw.org.uk

If you are having something smaller, like Botox

You can check these websites to see if the place you want to go to is on their list:



- Save Face

www.saveface.co.uk



- Treatments You Can Trust:

www.treatmentsyoucantrust.org.uk

If you are getting a procedure in another country

You may want to think about things like:



- Will the procedure be safe?



- Will there be any language problems?



- Will it be easy to get more treatment afterwards if I need it?

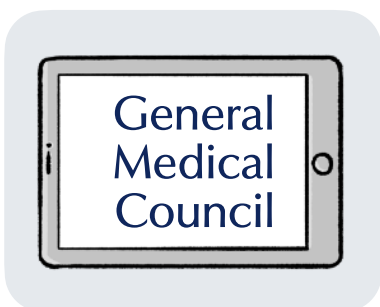


- How much will it all cost?

Finding out about the person who will do the procedure



You can check our list to see if the doctor, physician associate or anaesthesia associate who will do the procedure can work in the UK.



The list is on our website at:

www.gmc-uk.org/registration-and-licensing/our-registers



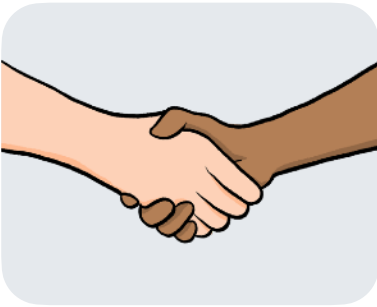
Some treatments are not done by doctors. The NHS website has some advice about this.

www.nhs.uk/conditions/cosmetic-procedures/advice/choosing-who-will-do-your-procedure



Make sure you meet the doctor, physician associate or anaesthesia associate who will be doing the procedure, and not someone else.

Here are some questions you could ask them:



- Will you do the procedure? If not, please can I meet the person who will?



- Have you done this procedure before?



- What will happen during the procedure?

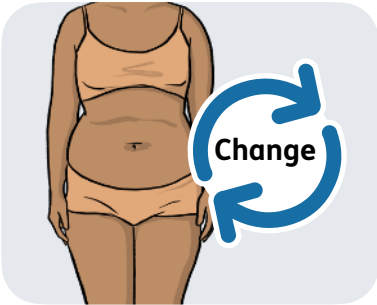


- How long will the procedure take?

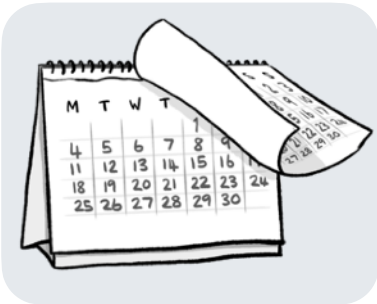
You could also ask:



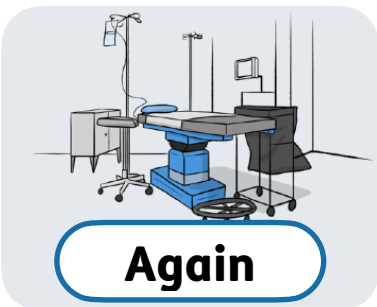
- How long will it take to feel OK again after the procedure?



- How will the procedure help me and what changes will there be?



- How long will the changes last for?



- Will I need the procedure again?



- How will you make sure the procedure is safe?

And you could ask:



- What problems could there be?



- What will you do if something goes wrong?

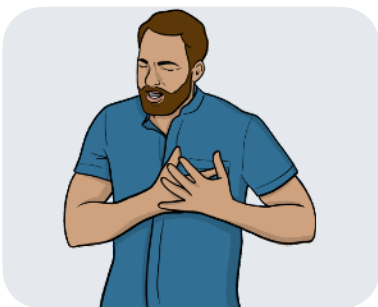


- What are all the costs? For example, if I need the procedure again.

You should tell the doctor, physician associate or anaesthesia associate about:



- Any medicine you take.



- Any health problems you have.



They may want to speak to your usual doctor or any other doctor, physician associate or anaesthesia associate that is treating you.



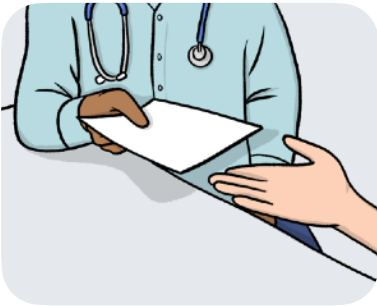
You can say no, but it means they may not have all the information they need.

What the person doing the procedure should do

The doctor, physician associate or anaesthesia associate doing the procedure should:



- Check you are happy to have the procedure. You can say yes or no.



- Give you all the information you need about the procedure and any problems.



- Answer your questions about the procedure, and explain things again if you need them to.

They should also:



- Give you enough time to decide if you want to have the procedure.



- Tell you if they do not want to give you the procedure and say why.



They can say no if they want to.



If they say no, you can ask another doctor, physician associate or anaesthesia associate what they think.

Remember:



- You can say yes or no to a procedure.



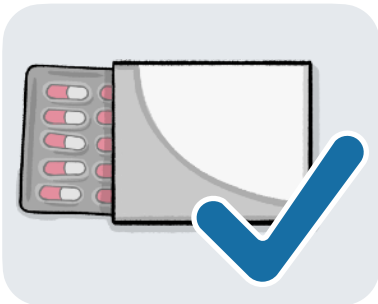
- You can change your mind at any time.

After the procedure

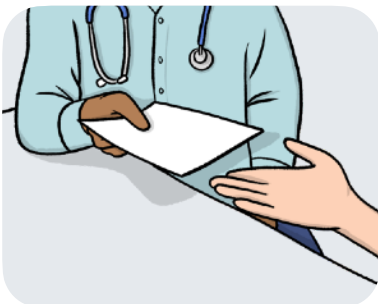
Your doctor, physician associate or anaesthesia associate should make sure that you:



- Know what to do after the procedure and what to do if there are any problems.



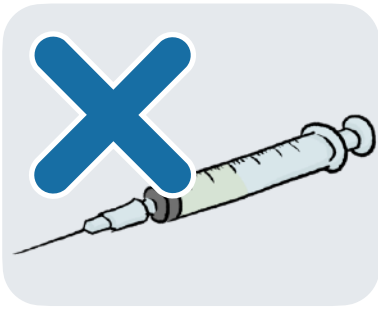
- Have the right medicine or things you need to look after yourself.



- Have something in writing to say what the procedure you had was.

This can help if there are any problems.

Other things to know



The doctor, physician associate or anaesthesia associate must not give you treatment to do yourself.



It should be done by someone safe.

If you are unhappy with the procedure



Talk to the people who gave you the procedure first.



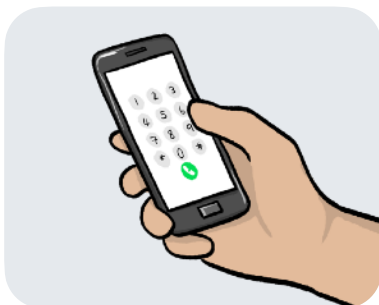
Tell us if you think the doctor, physician associate or anaesthesia associate is not safe or may hurt people.

Find out more

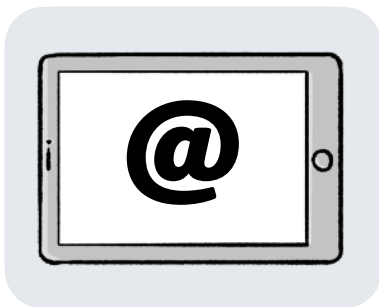


You can look at our website here:
www.gmc-uk.org

You can contact us by:



- Phone: 0161 923 6602



- Email:
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