



**MEDIA RELEASE**

## **MORE AUSTRALIANS TAKING RISKS WITH NON-SURGICAL COSMETIC TREATMENTS**

### ***Number of consumers admitting to having treatments at home doubles***

The latest finding from the Cosmetic Physicians College of Australasia (CPCA) annual survey has found that one in ten Australians (10 per cent) admit to having non-surgical cosmetic treatments performed in a home environment, rather than at a doctor's clinic<sup>1</sup> - almost double the number compared with the 2015 survey.

The survey, which has been monitoring Australians' attitudes to non-invasive cosmetic medicine for the past nine years, found that whilst the number of home treatments had risen, 87 per cent of those who had received non-surgical cosmetic treatments had visited a doctor with a focus on cosmetic treatment or visited a beauty salon for treatment.

Dr Catherine Porter, spokesperson for the CPCA said "It's alarming and surprising to see the rising number of Australian consumers who are having non-surgical cosmetic treatments performed in a home setting. We are seeing a huge increase in consumers wanting injectables, laser treatments, microdermabrasion, all of which, unfortunately, are becoming more frequently administered in unsafe environments. The risk to patients of infection, or worse, through visiting unaccredited practitioners is incredibly high – and that's why the recent warning by NSW Health is so timely. What our most recent survey highlights is that this problem is likely to be nationwide."

Last week, NSW Health warned that people who have had cosmetic treatments in unregulated, unlicensed premises are putting themselves at risk of blood-borne viruses such as hepatitis B, hepatitis C and HIV.

The majority of cosmetic medical procedures should only be carried out by a registered medical practitioner, a nurse practitioner, or a registered nurse under a doctor's supervision. All injectables - muscle relaxants and dermal fillers - are 'S4 medications', which means they must be prescribed and administered by a qualified medical practitioner or a nurse under a doctor's supervision.

"When you see a registered practitioner, you know you are receiving care from someone who is not only appropriately trained, appropriately insured, and held to account to national standards, but someone who sources their products from legitimate suppliers. If you see someone who is not registered, they've more than likely illegally imported the medication via the Internet, or other

---

<sup>1</sup> NineRewards survey of 1,020 Australians, commissioned by the Cosmetic Physicians College of Australasia, May 2016

means. These products are not TGA-approved so you will have no idea what is actually being injected,” Dr Porter said.

The CPCA said that the dramatic rise of in-home treatments was driven, in part, by the advent of hand held lasers for hair removal and skin improvement.

“It is highly advisable that you consult a doctor before opting for these home devices. These hand-held devices are less effective and cover less skin area than doctors’ lasers. If you decide to treat yourself, it is imperative that you follow the instructions to the letter because over-treating the same area can cause welts, blisters or scars. For treatments of conditions like serious acne scarring, you should always seek treatment from a doctor who has a focus on cosmetic medicine.”

**Patients interested in finding a qualified doctor with an interest in non-invasive cosmetic medicine can visit [www.cPCA.net.au](http://www.cPCA.net.au).**

**-ENDS-**

#### **About the Cosmetic Physicians College of Australasia**

The CPCA represents the largest body of doctors who perform non- or minimally-invasive cosmetic medical treatments in Australia. Incorporated in October 2014, the CPCA emerged from an earlier organisation - the Cosmetic Physicians Society of Australasia (CPSA).

The CPCA extended the role of the CPSA by taking the form of a traditional college with regards to education, training and ethical practice standards. The CPCA’s objectives include developing and maintaining high standards of learning, skills and conduct in cosmetic medicine to help safeguard the public. The CPCA will also support public education and awareness of the benefits of cosmetic medicine.

**For further information or to request an interview with a CPCA spokesperson, please contact Res Publica:**

Lucy Willatt | [lwillatt@respublica.com.au](mailto:lwillatt@respublica.com.au) | 02 8297 1514

Baden Parker-Brown | [bparkerbrown@respublica.com.au](mailto:bparkerbrown@respublica.com.au) | 02 8297 1512