

The top 5 questions to ask before an aesthetic treatment

Want to look younger, look fresh or change your facial proportions or facial features? Make sure to ask the right questions before your aesthetic treatment.

There are many reasons why you might want to have an aesthetic treatment. Perhaps you want to look younger, or just want to look fresh. Other reasons could be that you want to change or enhance specific facial features or modify your facial proportions.

Before the treatment you will always have a consultation with your healthcare practitioner so that he or she understands your needs and aspirations. The consultation is immensely important. Your healthcare practitioner has to fully understand your objectives and expectations in order to achieve the best possible result. Here are the top five questions you should ask before an aesthetic treatment.

1. What happens during the treatment?

At a glance, many aesthetic treatments might seem to be more or less the same, as is the case with treatments with different hyaluronic acid fillers. However, depending on your individual needs and wishes, aesthetic treatments vary a lot.

The better you understand the treatment procedures and why your healthcare practitioner uses a specific filler, the better you will know what to expect of the treatment and what can be achieved. This question will also prepare you emotionally, so that you will have a positive treatment experience.

2. How do you personalize your treatments to each patient?

An aesthetic treatment should always enhance your own unique beauty and never distort it. Therefore, the treatment must be personalized to you and your own facial features. For example, if you want to look younger, there are many ways to achieve this goal. Maybe you want to look younger with a skin treatment that makes your

skin look fresh? Or perhaps you feel that you have sagging skin and want to restore your facial features? A simple wish to look younger is actually quite complex. What you need in order to look younger will be different to what your friend or a celebrity needs. It is therefore essential that your aesthetic treatment is personalized to you and to no one else.

3. How long will the results last?

A great advantage of treatments like hyaluronic acid fillers is that they do not last forever. The way you want your facial proportions to look like today might change in the future. If you are young, you might just want to look fresh, while later in life you might wish to sharpen your facial features. Consult with your healthcare practitioner. He or she will inform you how long your own aesthetic treatment will last.

4. What are the possible side effects?

You should always collect information about the side effects of an aesthetic treatment. With hyaluronic acid filler treatments, common side effects can include redness, bruising and swelling at the treatment site. Depending on your specific treatment and situation, side effects will be individual to you. This is why you should always ask your healthcare practitioner about the potential side effects and the duration of potential side effects associated with your own treatment.

5. What should I do before and after the treatment?

An aesthetic treatment should be personalized to you. Therefore, you must investigate, not only in general terms what you should do before and after the treatment, but what is relevant in just your case. This is an important question to ask your healthcare practitioner during your consultation.

What is the difference between a good and a bad consultation?

During a good consultation, your healthcare practitioner should fully understand your objectives and expectations. It will also ensure that you will understand what can and cannot be achieved.

If you have a bad consultation, where your concerns are not discussed thoroughly, you and your healthcare practitioner might misunderstand each other. You might end up having a treatment that is not personalized to you and your expectations of the treatment might not be met.

Whether you want to look younger, look fresh or want to change your facial proportions or facial features, it is essential to spend time on the consultation so that you're fully satisfied with the result.

Please make sure that your treatment is prescribed by a qualified healthcare practitioner in accordance with your individual treatment needs and health condition

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