

Northbridge Wellness Clinic

Botox protocol

Botox appointments involve a registered health practitioner prescribing and administering the toxin after a consultation, consultations will be with a registered health practitioner (medical practitioner, dentist, nurse practitioner) authorized to prescribe injectables.

The practitioner will be explaining risks and obtaining informed consent prior to treatment. The practitioner will take your full history, explain potential risks, and ensure the procedure is safe and right for you.

The prescriber is responsible for arranging the safe transportation and provision of the botulinum toxin from a supplier to the patient, ensuring the patient is not involved in this process.

Specific dosage and administration guidelines vary by indication and are detailed in the Pharmaceutical Benefits Scheme (PBS).

The practitioner will adhere to maximum dose limits per interval to prevent potential adverse effects. When initiating treatment, the lowest recommended dose should be used and adjusted as needed.

The responsible practitioner must provide clear written instructions for aftercare.

This may include avoiding strenuous exercise for 24 hours, keeping upright for 4 hours after treatment, and avoiding tight-fitting headwear on the forehead. You should be provided with information on the follow-up care that will be provided and what to do if you experience unexpected side effects.

The practitioner will ensure the product used is registered on the Australian Register of Therapeutic Goods (ARTG) to confirm it is legal for supply in Australia.

Emergency Protocol

The practitioner should have processes in place to manage any complications or medical emergencies that may arise.

A Botox emergency protocol focuses on having trained personnel, a well-stocked emergency kit with epinephrine, oxygen, and antihistamines, a clear plan for identifying and responding to complications like anaphylaxis, vascular occlusion, or infection, and thorough patient assessment and documentation processes. The priority is to call for emergency services and administer immediate first aid.

Developing Emergency Protocols

Developing emergency protocols will equip practitioners with the knowledge required for handling emergencies in aesthetic clinics. Practitioners should familiarise themselves with protocols covering every potential complication, including anaphylaxis, visual loss, vascular occlusion, and other acute reactions like infections or allergic responses. These protocols are outlined by reliable industry bodies, such as the [Aesthetic Complications Expert Group \(ACE Group\)](#) and [Complications in Medical Aesthetic Collaborative \(CMAC\)](#).

To ensure emergency preparedness in cosmetic clinics, robust protocols should outline clear instructions around identifying, assessing, and managing complications. These guidelines should also clearly state the roles and responsibilities of clinic staff.

Key considerations of an emergency protocol may include keeping:

Up-to-date and easily accessible emergency contact information

In the event of a serious complication where a transfer or additional medical help is required, it's important to make sure emergency contact information is up-to-date and easily accessible. This includes contact information for emergency medical services, nearby hospitals, and specialist providers who can assist with complication management.

Well-organised emergency equipment

Ensure that the clinic has a well-organised stock of essential medical supplies and equipment, such as epinephrine auto-injectors, oxygen therapy devices, and emergency medications. Each emergency kit should include a detailed list of contents with expiry dates attached. Clinic owners should check these kits monthly, to ensure all items are within their expiry dates and keep an eye on stock.

In the event of a medical emergency, it's best practice to keep both digital and printed copies of the protocols readily available in the clinic. Establishing a referral process for urgent situations is also vital for ensuring patient safety. Most importantly, safety protocols should be reviewed and updated annually to ensure they remain current and effective.

Training and Drills

Training for aesthetic emergencies and implementing drills is one of the most crucial factors in crisis management. Not only will this build confidence and competence, but it will also enable practitioners to handle emergencies swiftly and effectively.

Clinic owners should organise regular training sessions and simulations that cover a wide range of scenarios to ensure every complication is covered. Both online and in-person training is required to ensure clinic staff understand how to recognise and respond to aesthetic complications.

Practitioners should also consider enrolling in [specialised courses](#) and training programmes to help them better manage complications and keep up-to-date with the latest safety protocols in cosmetic surgery.

Communication During Emergencies

Safety protocols in cosmetic surgery should also cover patient communication. From a patient's perspective, experiencing a complication can be distressing, to say the least. This is why clear and effective communication with both the wider clinician team and the patient is vital.

When a [complication arises](#), using too much medical jargon can overwhelm the patient, so make sure you're explaining the situation in a clear and calm manner. Explain the next steps and course of action clearly and concisely to put the patient at ease and alleviate any anxiety they may be feeling.

Rather than making any immediate decisions, practitioners should [consult with colleagues](#) and external specialists to decide the best course of action. Making your colleagues aware of the situation will also ensure there are other professionals ready to support and provide assistance should the situation escalate.

Legal and Ethical Considerations

Crisis management in aesthetics requires both clinic owners and aesthetic practitioners to follow the [legal standards of care](#). This involves obtaining informed consent from the patient, maintaining patient confidentiality, keeping comprehensive documentation of the situation, and reporting incidents to the relevant authorities.

Having well-prepared emergency protocols and keeping accurate written records can protect you and your patients legally and ethically. For example, if legal action were taken against you or the practice, having robust protocols in place would help prevent any dispute about what may or may not have happened in the emergency situation. Plus, these protocols play a crucial role in prioritising patient safety in all aesthetic procedures undertaken in the clinic.

Equipment and Supplies

As mentioned above, having a well-equipped, organised and up-to-date emergency medical kit is essential. Conduct regular checks to ensure all the essential equipment is included, such as epinephrine auto-injectors, oxygen, first aid kits, and emergency medications. These checks also help to ensure supplies are up-to-date, functional, and readily available.