

5

Factors To Look For When Choosing A Cosmetic Provider

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5 Things to Look for When Choosing a Cosmetic Provider

[Insert three or four lines here for intro]

1- LICENSURE

All providers should post a copy of their credentials. All medical providers should have a state license. MDs, PAs and NPs should be board certified by a national certifying organization, and that certification must be current. Most of these professionals must take and pass a national certifying exam every 6-10 years. Providers are required by law to wear a name tag or a jacket with their name embroidered in plain sight. Physician assistants who are currently board certified will have a “-C” after their name. Estheticians and cosmetologists should also display a current state license.

2- CLEANLINESS

Any practice that provides invasive procedures (tattoos, lasers, injections etc.) must comply with strict state and county laws to avoid contamination. Infections like hepatitis are easily spread from counter

tops, door knobs and bathrooms. Your provider's office should be well lit and obviously EXTREMELY clean. All procedures should include steps to maintain sterility including the use of gloves, counter drapes and disposable covers. All sharp instruments should be opened just before use and immediately disposed of after use in appropriate containers.

3- OWNERSHIP

Any business that provides a service that has been determined by the state of NC to be medical in nature must be owned by a licensed medical professional (MD, PA, NP). Salons or day spas owned by unlicensed individuals that bring in medical providers to do injections or lasers are likely breaking the law. If you have a question, contact your state medical board for clarification.

4- QUALIFICATION

Be sure that any person who touches you has been properly trained to do so. To save money, some medical practices have been known to do their own "in house training". The person doing your chemical peel, fat-melting procedure or laser may have been the receptionist one month ago. Don't ever be afraid to ask for documentation of training and be sure that your provider has proven experience with that procedure.

5- RESULTS

Every cosmetic procedure from chemical peel to breast reduction should start with a full consultation which includes benefits and risks. Be sure the medical provider has reviewed all of your medical history including medications. Before and after photos should be provided for you and ALL of your questions should be answered. You should never be asked to sign a consent form for any procedure until you have had adequate time to gather information. A reputable provider will give you verbal and written expectations regarding before and after care.

The best method of finding a competent cosmetic provider is to ask your friends. Word of mouth continues to be the most reliable way to find a trustworthy professional. Twenty-first century women are confident and comfortable discussing cosmetic procedures with no sense of shame. Ask the questions; do the research, and then go out there and take care of yourself.

For more than 20 years, Mary Lee Cudd has helped patients achieve a sense of inner peace and confidence through comprehensive medical and aesthetic procedures.



Élan Med Spa is a medically-based practice focused on procedures that promote wholesome self-image and wellness. Blending the integrity and science of medicine with the sophistication and art of a spa, Mary Lee Cudd, PA-C, envisioned for many years a place to practice medicine just like this. Knowing they are in the capable hands of a licensed medical provider, her clients have

grown to trust and depend upon her plastic surgery expertise. Add to that her ability to build strong relationships, and it all leads to a remarkable foundation for this exciting venture.

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