



CHARLOTTE  
PLASTIC SURGERY™

**FOR YOUR INFORMATION**

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## **Botox Vacations: Why They Should Be Avoided**

Vacation season is upon us, and whether you've chosen to unwind on a cruise or at a spa or resort, there is one increasingly popular amenity you should avoid while on vacation – the cosmetic injection.

According to the American Society for Aesthetic Plastic Surgery, the demand for Botox injections has increased more than 80 percent over the last five years. As demand increases, so have the locations at which it is offered, such as at upscale tropical resorts and spas, or on cruise lines – locations not nearly as safe as your local physician's office.

Cosmetic injections like Botox and Restylane are extremely useful in diminishing the appearance of fine lines and wrinkles. However, if performed incorrectly the intended results may not be accomplished, or worse, complications may result. Therefore, cosmetic injections should only be performed under the care of a board-certified plastic surgeon who you trust and with whom you have a consistent relationship.

A one-time encounter in a vacation setting deprives you of the long-term medical expertise you deserve. By having a cosmetic procedure performed in the office of an accredited plastic surgeon, your medical care is guaranteed if complications arise during or after a procedure.

It's also important to recognize that credentials and accreditation for a medical facility and its physicians vary by country, and therefore may not be as strict in other countries as they are in the United States. Additionally, offshore facilities may not offer the same FDA-approved products or safeguards for equipment, personnel and emergency procedures, as is required in the United States.

To ensure your safety, if you wish to have a cosmetic injection, contact a patient coordinator at Charlotte Plastic Surgery before you set off on vacation. It can be done safely in less than an hour, with virtually no downtime, under the care of a qualified board-certified plastic surgeon.

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