



Fact Sheet: Medical Aesthetics

Medical aesthetic services are the provision of specialized procedures for the purpose of cosmetic treatment. These include treatments such as dermal fillers, volume enhancers, collagen stimulators, lipolysis, and neuromodulators such as Botox but could include additional treatments and/or procedures as this area of practice continues to evolve. The Nurses Association of New Brunswick (NANB) considers these to be [post-entry level procedures](#) for registered nurses (RNs) and nurse practitioners (NPs), and as such additional education is required to attain and maintain the appropriate competencies.

Before providing any medical aesthetic services, RNs and NPs must ensure clients understand the risks, benefits, and anticipated outcomes of treatment. The RN and/or NP providing these services must obtain a voluntary, valid, and current consent prior to performing a procedure on a client. For more information on consent, see [NANB's Fact Sheet: Consent](#).

It is important to note that some aesthetic services are not considered nursing practice, particularly those that do not need to be performed by a RN or NP (e.g. facials, waxing, piercings, etc). NANB does not consider such activities to meet the definition of nursing as outlined in the [Nurses Act](#) and individuals performing such services cannot use the title RN or NP, nor count these hours as nursing practice for registration purposes. Additional information on [use of professional title](#) can be found on the NANB website.

Medical aesthetics services may take place in various settings and are not benign procedures. They can pose potential risks to clients including adverse effects and an increased risk of morbidity. Appropriate support must be readily available to manage potential side effects and risks. RNs and NPs are expected to be prepared, and to react in a safe and competent manner at all times, including in an emergent situation. Proper equipment and employer policies must also be in place to support nursing practice. Additionally, each must work within their scope of practice and must consult and collaborate with an appropriate care provider when the needs of the client exceed their individual competence, scope of practice, or as required when clients are not achieving intended outcomes.

Registered Nurses

Medical aesthetic treatment decisions and prescriptions fall outside of the scope of RN practice. To support medical aesthetic procedures, there needs to be the direct involvement of an authorized prescriber and there must be a direct order or a [directive](#) prior to giving any medication or before performing any procedure. Changes to the treatment plan such as new injection sites or different dosages require reassessment of the client by an authorized prescriber with updated orders. RNs are expected to meet their [Standards of Practice](#) and their [Standards for Medication Management](#) when administering medications and/or substances by injection. Documentation of all nursing interventions is required as per NANB's [Standards for Documentation](#).



Nurses Practitioners

NPs can provide medical aesthetic services if they are competent to safely do so. Medical aesthetics are not considered entry-level NP practice and should not be prescribed or performed before receiving relevant education to acquire the necessary competencies and skills to be a safe, ethical, and competent provider. NPs must ensure they meet the [Standards for the Practice of Primary Health Care Nurse Practitioners](#). If considering self-employment in the field of medical aesthetics, NPs must make NANB aware of their self-employed practice. More information regarding self-employment can be found in the following documents: [Guideline for Self-employed Registered Nurses](#) and [FAQ Self-employment](#).

For more information regarding medical aesthetics, please contact NANB to speak with a nurse consultant at 1(800)442-4417 or email nanb@nanb.nb.ca.

Resourceful Links

The [Canadian Society of Aesthetic Specialty Nurses](#) provides members with opportunities to be professionally educated, trained and regulated to ensure patient safety in all aspects of aesthetic surgical and non-surgical procedures.

The [Canadian Nurses Protective Society](#) provides legal [considerations for providing cosmetic services](#).

Adapted from the Nova Scotia College of Nursing Nurses Who Provide Aesthetic Services to Clients Q&A.