
What's the best piece of advice you've been given during your career?



“A mentor once told me “Stay humble and hungry”. It’s important to stay grounded. I try to learn something new every day. I want to learn as much as possible about every facet of Aesthetic Medicine. I’m currently finishing an MSc in Aesthetic Medicine and helping to fuel my passion for this wonderful speciality. Will this make me an expert? No. It will make me better though. That is my goal. To be better than yesterday.

What has been your biggest challenge to date within your career and how did you overcome it?

“Career swapping. I was at the start of my Core Surgical Training when I was first introduced to Aesthetics. For several years I did both. I was a Clinical Fellow in Trauma & Orthopaedic Surgery by the time I decided I wanted to solely focus on Aesthetic Medicine. Leaving a speciality I had worked so hard for in pursuit of a future that wasn’t guaranteed wasn’t easy. I had however fallen in love with Aesthetics and that was enough to help me take the leap.

What excites you most about the industry?

“The potential. Our understanding of the ageing process has developed greatly over the years and I think will continue to do so. Technology is developing rapidly with more and more clever devices to help us lift, tighten, shrink and polish. The science of regenerative medicine is gaining so much ground that I can’t wait to see where it leads us.

Are there any new cosmetic trends you've noticed that are emerging?

“I think trends come and go. I don’t like them. We aren’t here to comply with celebrity endorsements. We’re here to diagnose and treat. The vast majority of my patients attend wanting to look and age well. There is such a positive drive for this, that it is both refreshing and a relief.

What challenges do you expect to see in the next year?

“Dealing with ongoing poor information from search engines and social media is creating health anxiety and can become challenging when offering treatment in clinic. I think we are also going to see ongoing issues with non-medical staff carrying out injectable therapies and the risks associated with this.

Why should someone medically qualify in aesthetic medicine?

“I believe only a doctor, nurse or dentist should perform injectable aesthetic treatments (toxin and fillers). Their training affords them the skill set to lead a consultation to assess a patient’s ideas, concerns and expectations. Their background enables them to identify red flags and decide whether to treat or not. Yes, some treatments are very straight forward, however being able to identify a complication and treat it distinguishes these professions from many others. If someone wants to perform injectable treatments then they should be trained appropriately as a doctor, nurse or dentist before their weekend injectable course. Sadly some of my colleagues are happy to train anyone. This is a terrible problem we face in Aesthetics.

What's your main piece of advice for someone looking to set up their own clinic?

“Start small. Set your targets high. Be prepared to work hard for a very long time. Be prepared to sacrifice a lot. Love every minute. If you don’t love it, you’ll not be happy.

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