

Guidelines for Medical Spas

INTRODUCTION

As spas increase in numbers and with the growth in the field of medical esthetics, there is an increasing trend for medical esthetic procedures to be offered in spa facilities. There are many esthetic treatments that can easily be performed in a non-medical facility. However, it is important for patient safety that medical standards are adhered to in these facilities. The following are minimum standards that should be complied with for any non-medical facility offering medical esthetic treatments.

FACILITY REQUIREMENTS

In order to offer a safe treatment the facility must:

- Have a private treatment room for the practitioner and patient
- Have a sink for hand washing with hand sanitizer in each treatment room
- Have a sharps disposal container for injectable biomedical waste
- Provide clean linens or similar material for treatment chair/bed for each patient
- Provide a contact number to patients for any follow up or complications
- Maintain a clean treatment room

SERVICE PROVIDERS OF INJECTABLE MEDICAL ESTHETIC TREATMENTS

- Must be a licensed medical doctor with valid College of Physicians and Surgeons Registration for the province in which treatments are offered. The physician must also be a current member of the Canadian Medical Protective Association and have informed the CMPA in writing of their provision of the medical esthetic procedures

AND/OR

- A registered nurse with valid registration with the Nursing Association for the province in which treatments are offered. For nurses providing services, a licensed medical doctor with valid College of Physician and Surgeons registration must supervise the procedures.

PROCEDURAL CONSIDERATIONS

- The practitioner must wash or sanitize hands prior to any medical esthetic treatment
- For any injectable treatment:
 - The practitioner must wear gloves
 - Sterile needles, syringes and products must be used
 - All needles and any expired injectable product must be disposed of in a biohazard container which is removed by a biomedical waste disposal service.
- For Botox treatments:
 - Unused Botox must be stored in a refrigerator at a temperature of 2 to 8 degrees C or in a freezer at a temperature of -5 degrees C or less
 - Botox must be reconstituted in a sterile manner with sterile normal saline.
 - Reconstituted Botox must be stored in a refrigerator at a temperature of 2 to 8 degrees

PATIENT CONSIDERATIONS

- Before commencing a medical esthetics procedure, a practitioner must:
 - Determine contraindications for treatment
 - Describe to the patient the proposed treatment and the risks of the procedure
 - Answer any questions from the patient concerning the proposed treatment
 - Obtain a written consent from the patient to provide the proposed treatment
- The practitioner must maintain confidentiality of all patient information
- The practitioner should provide clear instructions for follow up care and contact information for any complications, preferably in a written format

HEALTH CARE RECORDS

- There must be an indelible clinical record for each patient which documents:
 - The patient's name, address, phone number and birth date
 - The date of each treatment provided and the name of the practitioner providing treatment
 - Health history
 - Treatment notes documenting the treatment provided, area treated, quantity/settings used in treatment and, if applicable, the lot number of product used
 - Any complications of the treatment must be recorded in the patient chart
- The health care records must remain in the spa facility until it is necessary to destroy or transfer the record.
- All medical files must be filed separately from spa records
- The record should be retained in a safe and secure place for at least 10 years after the date of the last treatment entered in the patient's record
- If the applicable retention period has passed and a facility elects to dispose of a health care record, it may do so by destroying the physical record by utilizing a paper shredder or by complete burning of the record.