



# ANBLPN

Association of New Brunswick Licensed  
Practical Nurses

# AIAANB

L'Association des Infirmier(ère)s Auxiliaires  
Autorisé(e)s du Nouveau-Brunswick

*The Association of New Brunswick Licensed Practical Nurses is the regulatory body for Licensed Practical Nurses (LPNs) in New Brunswick. Our mandate is protection of the public by promoting the provision of safe, competent, ethical, and compassionate care by its registrants.*

## **Fact Sheet: Aesthetic Nursing**

Recently, nursing professionals have been entering into the practice area of aesthetics in growing numbers. Many consider administering cosmetic injectables a low-risk procedure, however this is not true. Annually, reports have shown that clients have been harmed during cosmetic procedures (CNO, 2020). Nursing professionals must understand the risks associated with these procedures and the importance of ensuring they are providing these services in a safe, competent manner and in an environment with appropriate supports in place. This fact sheet will address the most common questions surrounding aesthetic nursing and what you should consider prior to engaging in this practice.

### **What are aesthetic nursing services?**

Aesthetic nursing services refers to the delivery of specialized procedures for the purpose of cosmetic treatments. These treatments include, but are not limited to; dermal fillers, volume enhancers, collagen stimulators, lipolysis, and neuromodulators (i.e., Botox).

Aesthetic nursing services differ from personal aesthetic services. Personal aesthetic services may include applying make-up, providing facials, manicures or pedicures, body or ear piercing or methods of body hair removal. These types of cosmetic services do not need to be performed by a nursing professional and therefore do not meet the criteria for active nursing practice.

### **Do I need to obtain additional education before taking part in aesthetic nursing services?**

Yes, aesthetic services are considered a beyond entry-level competency for Licensed Practical Nurses (LPN) as this education is not part of the practical nursing curriculum. LPNs wishing to engage in these practices must ensure they obtain the required education and clinical mentorship in collaboration with their employer.

### **Where can I obtain the education required for medical aesthetic nursing?**

As a regulator, ANBLPN does not offer, endorse, or recommend a specific training course for this area of practice. It is the responsibility of the nursing professional to ensure that the education they receive includes the core competencies required to administer aesthetic procedures safely (CLPNA, 2020).

It is recommended that LPNs collaborate with their employer to ensure they receive the theory and clinical mentorship in areas such as:

- Anatomy and physiology;
- Specific assessments of the dermatology client;

- Medications, pharmacology, and technique for specific treatments;
- Management of expected outcomes of client receiving services; and
- Management or unexpected outcomes (complications, adverse events) of client receiving services.

## Once I obtain the necessary education and mentorship, can I practice these procedures independently?

LPNs who practice aesthetic nursing must do so in collaboration with the health care team. The consultation and collaboration must be done with a physician or nurse practitioner who specializes in aesthetic procedures, and they must be authorized to prescribe the aesthetic treatments.

The physician or nurse practitioner must be physically on site during aesthetic procedures for immediate consultation with the LPN as necessary. Due to the practice context of this area, it is not appropriate to obtain this consultation via telephone or electronic methods. On-site availability of the physician or nurse practitioner is required as interventions to manage any adverse effects of the procedure may go beyond the scope of practice of the LPN providing the procedure (CLPNM, 2020).

## What components must be in place before I administer aesthetic nursing procedures?

Once you obtain the necessary education you must also ensure that several components are in place before you provide any aesthetic nursing procedures. To keep your clients safe from harm you must ensure:

- The client has been assessed by the authorizing prescriber;
- You possess the proper authorization (valid order or medical directive); and
- The authorizing prescriber is on-site and readily available for immediate consultation

Furthermore, the medical directive must be written and provide the following information:

- Name and description of the procedure/treatment/intervention being ordered;
- Specific client clinical conditions/circumstances that must be present prior to the treatment being implemented;
- Clear identification of any contraindications for implementing the directive; and
- The name and signature of the authorizing prescriber who is approving and taking responsibility for the directive (CSASN, 2015).

## Am I required to obtain consent prior to administering the aesthetic service?

Yes, obtaining informed consent is required prior to implementing any intervention or treatment on a client. As with any other nursing intervention, clients must first understand the risks, benefits and expected outcomes of the treatment (CLPNA, 2020). Consent must be informed which includes an explanation of the intervention, alternative procedures, benefits and potential risks or complications (CSASN, 2015). Consent must be voluntary, and the client must be given the opportunity to ask questions pertaining to the treatment.

## Am I required to document the aesthetic services I perform?

Yes, LPNs are required to document any procedures they have performed. LPNs are expected to follow their [Documentation](#) standards and ensure their documentation is accurate, timely, factual, and confidential. LPNs are also expected to follow any employer policies that are in place pertaining to documentation.

## Does aesthetic nursing services count towards my active LPN practice hours?

Any hours worked providing medical aesthetic services can be counted towards your active LPN hours providing your practice meets the definition of nursing services (NSCN, 2020). Personal aesthetic services such as facials, manicures, tattooing, body hair removal etc. that do not require administration by a regulated health professional may not be used towards active LPN hours.

## Are there any aesthetic nursing procedures that are not within the scope of an LPN?

Yes, LPNs may not provide:

- Laser treatments that cut the skin (i.e., removal of skin layers):  
Cosmetic laser therapy that removes layers of skin must be done by a dermatologist or physician due to the risk of pain, bruising, swelling, burning, blisters, infections, or permanent scarring.
- Sclerotherapy (other than superficial veins):  
Sclerotherapy is commonly used to treat varicose veins and involves injecting a liquid or foam substance that interacts with the lining of vessels resulting in a controlled thrombophlebotic reaction. Though it is often deemed safe, there have been numerous reports of serious adverse events occurring as a result (Yiannakopoulou, 2016). These adverse events include hyperpigmentation, thrombophlebitis, pain, ulcer formation, hypertrichosis, and acute ischemia. Due to these risk factors, physicians must provide this procedure.

## Can an LPN provide Platelet Rich Plasma Therapy (PRP)?

Platelet Rich Plasma (PRP) treatments is the process of obtaining a sample of the client's blood and then centrifuging it to separate the red blood cells from the plasma which results in platelet-rich plasma fraction or fibrin matrix (Health Canada, 2019). It is often used to promote wound healing and relieve joint pain, however, more recently it is being used for cosmetic purposes to decrease wrinkles and promote collagen formation.

According to Health Canada, PRP meets the definition of a "drug" under the Food and Drugs Act and the preparation falls under the scope of practice of medicine and dentistry and must be conducted by "practitioners". A practitioner is a person who is regulated and entitled to treat clients with prescriptions drugs. As LPNs fall under this definition, they can provide PRP. However, the necessary education and competence must be obtained, the client must be first assessed by an authorizing prescriber, an order or medical directive is required, and the physician or nurse practitioner must physically be **on site** during the treatment.

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