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• **LifestyleHealth** One day's training is all that is needed to administer Botox -- sometimes less



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One day's training is all that is needed to administer Botox -- sometimes less



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BY [Rosemary Black](#)



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Woman having an injection. (Charlie Schuck/Getty)Getty CreativeOriginal Filename: 80117705.jpg

These days you can get Botox anywhere: The spa, the salon or even the dentist.

Reports of unsanitary storage conditions and hairdressers and beauticians being able to inject patients with the paralyzing substance after less than half a day's training have resulted in not-so-pretty results for Brits hoping for a more youthful appearance, the [Daily Mail](#) reported Tuesday.

In the [U.S.](#), all that's needed to inject Botox is a weekend's training. Sometimes, even less.

Doctors tell the Daily News that the best advice is to find out who should do the job, not just who is qualified.

"Unless you know the person's reputation, their skill level, and how many patients they treat a week, you have to be careful," board-certified [NYC](#) plastic surgeon [Dr. Steven Pearlman](#) told the News.

The injectable can be injected by a medical doctor or dentist, or by a physician's assistant or registered nurse, so long as they're under a doctor's supervision. But doctors, PAs and nurses need only to take a weekend course in order to start administering Botox.

[Dr. Joseph Niamtu](#), a board-certified oral maxillofacial surgeon and spokesperson for the [American Academy of Cosmetic](#)

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One day's training is all that is needed to administer Botox -- sometimes less

[Surgery](#), calls the rules on who can inject Botox "lax."

Plastic surgeon told the News that he can teach a registered nurse or physician's assistant how to inject [Dysport](#), which is similar to Botox, in just a day. "You see people opening up spas and injecting Dysport and Botox and facial fillers," Fiorillo says.

"I'm starting to see a lot of dentists giving Botox, too."

Fiorillo says consumers need to pick someone who could handle any complications from the muscle paralyzing poison.

While many complications are temporary, they can be disfiguring -- sometimes permanently.

In 2008, '[Dancing with the Stars](#)' viewers [were horrified](#) by actress [Pricilla Presley](#)'s puffy face, which she admitted had been altered with injectables.

"Watching the show, you can see that a whole group of things has gone wrong," former president of the [American Society for Dermatologic Surgery](#) Dr. Rhoda Narins told the News. "There is no movement at all in her face, no expression. No expert in Botox would leave you like that.

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