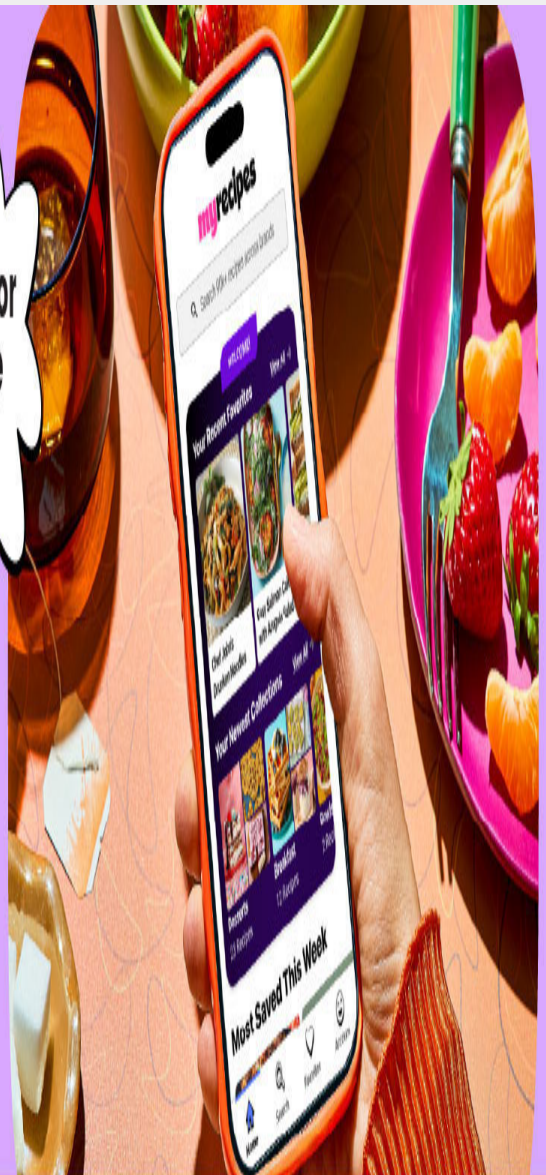




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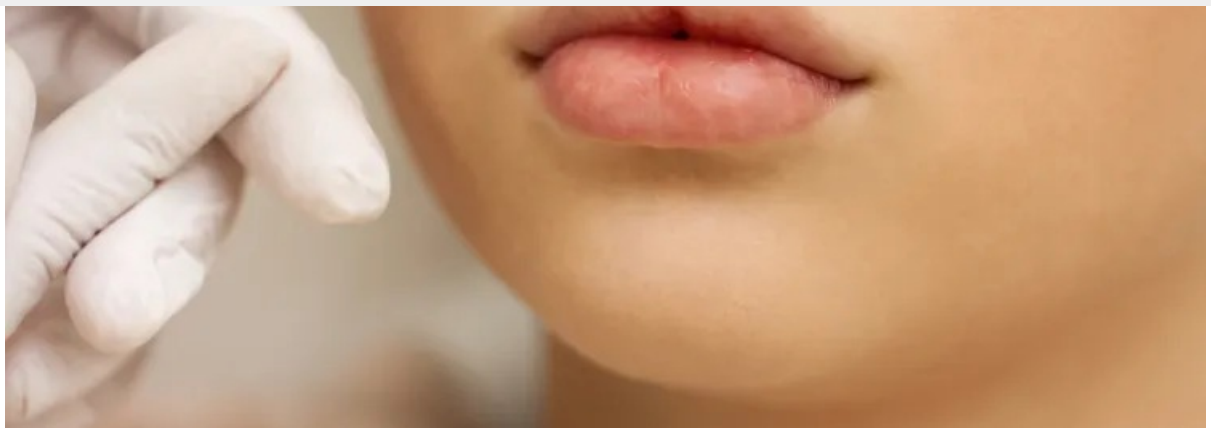
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## NEED TO KNOW

- Teenagers as young as 15 years old are seeking help for their botched Botox and filler procedures
- The Scottish government proposed legislation to put an age limit on these cosmetic procedures, in addition to stricter rules surrounding them
- PEOPLE spoke with two board-certified dermatologists and a board-certified plastic surgeon about the topic

Should there be an age limit on cosmetic surgery?

The Scottish government believes so, reported the [BBC](#), after it proposed legislation to make non-surgical treatments illegal for those under 18 and require procedures to be done in approved locations.

Teenagers as young as 15 are asking for help after Botox and filler treatments have gone wrong, per a charity. Advice Direct Scotland (ADS) says it is calling for stricter rules on cosmetic procedures after receiving hundreds of related complaints.

ADS, Scotland's largest independent digital advice agency, told Members of the Scottish Parliament (MSPs) looking over the proposals that it had noticed 430 problem cases in the last two years, which left customers £192,000 (approximately \$257,013) out of pocket.



Close up of woman receiving botox injection under eye



**Botox.**

Credit: Getty

"We have received complaints about some practitioners carrying out dermal filler and Botox injections on customers as young as 15, read the charity's submission to Holyrood's Health, Social Care and Sport Committee, a key legislative body of the Scottish Parliament.


"We have also received reports of some traders performing injections from their homes and public locations," read the proposal.

The organization added that Scotland is the worst European country for unqualified beauticians injecting customers with cosmetic treatments, reported BBC.

One case cited an upcharge for a facial filler procedure the client didn't initially request; and after the treatment, negative results presented, such as major swelling and fluid pooling beneath their eyes.



Woman at the beautician. The concept of injection cosmetology, anti-aging procedures.





**Cosmetic injection.**

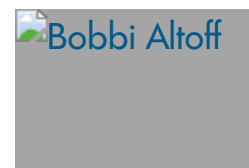
Credit: Getty

"Despite experiencing significant pain, investing considerable time, and paying for the procedure which they were not happy with, they found few mechanisms to hold the aesthetician to account," ADS wrote.

"The absence of a robust, industry-wide complaints or redress system meant that their options were largely confined to informal resolution," added the agency.

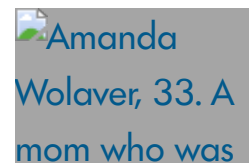
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While ADS is in favor of the new legislation, it wants the Non-surgical Procedures and Functions of Medical Reviewers (Scotland) Bill to be tightened to help protect consumers.

The organization also wants to increase public awareness on the issue and guidance for parents and guardians navigating these cosmetic decisions with their teenagers — especially when there's so much uninformed information on social media.

 Close up of woman receiving botox injection in lips



A woman receiving botox injection in lips.

Credit: Getty

While the Scottish government is requesting age restrictions on the aforementioned cosmetic procedures, [Dr. Ellen Marmur](#), board-certified dermatologist and founder of [MMSkincare](#), tells PEOPLE exclusively that “there is no single ‘right’ age to start tox or fillers.”

“It really depends on the individual’s skin, genetics and aesthetic goals,” she explains.

Dr. Marmur cites studies that show younger people “want tox for body contouring, such as the Barbie Tox slimming of the trapezius to confer a longer neck and less rounded shoulders or masseter tox to slim the jawline and prevent teeth grinding,” she shares.



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She says that fillers, meanwhile, are typically introduced later.

"Often in the mid-30s to 40s, when volume loss becomes more noticeable, young patients seek filler to enhance congenital facial asymmetries," she says, explaining, "Like if one cheekbone is strikingly higher than the other, or undereye deep hollows."

Dr. Marmur says she doesn't come across many high school students in her practice who seek filler, but shares that her high school student patients tell her about their friends who get lip filler. She notes filler to enhance jawline, chin and lips is more popular for college-aged students.

She emphasizes, "The goal should always be to enhance and restore, not overcorrect, and treatments should be tailored to the patient rather than their age."

 Stock photo of woman getting botox in forehead

Woman getting botox in forehead.

Credit: Getty

Dr. [Sachin M. Shridharani](#), MD, board-certified plastic surgeon and founder of [Luxurgery](#), tells PEOPLE that he's also seeing a younger crowd interested in "minimally invasive" procedures, like dermal fillers, accentuating a jawline or having slightly fuller lips.

"And now also on the regenerative side comes to using advanced skincare

products or microneedling with those products like the salmon sperm facial,” he adds. “These are the types of things that seem to be appealing and trending right now with a younger demographic.”

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[Dr. Hallie McDonald](#), board-certified dermatologist and co-founder of [ERLY](#), tells PEOPLE that “fillers are typically introduced later and should be used conservatively, only when there is true volume loss or structural change.”

“In my own practice, I am a conservative filler injector and prefer to replace volume lost with the aging process rather than augment or change someone’s natural anatomy,” she shares. “The goal should always be subtle, balanced and personalized.”

Her advice?



Woman at the beautician. The concept of lip augmentation, injection cosmetology, anti-aging procedures.

**Lip augmentation.**

Credit: Getty

“First, make sure they are properly trained and licensed, ideally a board-

certified dermatologist or plastic surgeon, or a highly experienced injector working directly under one. You should never bargain shop for injectables, and experience matters,” says Dr. McDonald.

“Patients should feel comfortable asking how long they have been injecting, what products they use, and why a certain treatment is being recommended,” she shares. “A good injector will prioritize facial anatomy, safety, and restraint, and will never pressure someone into treatment.”

Dr. McDonald warns, “If a consultation feels rushed or sales driven, that is a red flag.”

Social media should be consumed carefully, warns Dr. Marmur.

“It looks simple on Instagram and TikTok, like painting by numbers — but many of those popular videos show poor technique or misinformed injectors,” she says. “Patients should look for a board-certified dermatologist, plastic surgeon or a highly trained injector working under medical supervision with excellent knowledge of anatomy and years of experience.”

She suggests, “The best websites are AAD.org and ASDS.edu for their physician finders.

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