

Helpful Hints

Print this page and keep it accessible. Our hope is that it will help you in the decision making process of pursuing cosmetic surgery!

Finding a Plastic Surgeon

Are you interested in pursuing cosmetic surgery but not sure how to find a plastic surgeon?

Cosmetic surgery is a ***major life event!*** Finding a qualified plastic surgeon can be challenging. Do not underestimate this key part of the journey to ***redefining you!*** Consider this advice:

Ask a friend or relative:

If a friend has had a wonderful outcome and was pleased with the care they received the chances are that you will be satisfied too.

Ask your family doctor or a nurse:

Doctors and nurses have had the opportunity to see the work of plastic surgeons in their community. Ability is paramount! Plastic surgeons are more than physicians and surgeons they are artists. As a matter of fact, many plastic surgeons in addition to “creating” in the operating room, paint or sculpt or enjoy other artistic hobbies!

Seek a Plastic Surgeon who is board certified by the American Board of Plastic Surgery:

There are many boards that sound official but the American Board of Plastic Surgery is the board certification credential that you, as a patient ***must*** seek when selecting the doctor to perform your surgery.

Questions to ask when scheduling your consultation

You've been thinking about having cosmetic surgery for sometime. It is an important decision. When you decide the time has come to take the next step and call for an appointment, ask questions! Expect the staff to be polite, enthusiastic, informative and accommodating.

- ***Is the doctor certified by the American Board of Plastic Surgery?*** Be wary of other board certification even if it sounds similar or better.
- ***What is the surgery fee?*** What does the fee include? Does the cost include the facility, anesthesia, garments and implants?
- ***What is the consultation fee?*** Is the consultation fee deducted from the surgical fee?
- ***Is the doctor punctual?*** If so, expect to be seen on time or wait no longer than 15 minutes.
- ***How many procedures has the doctor performed?*** It is important to know that the doctor has a great deal of experience performing the procedure you are interested in.

Checklist for your meeting with a plastic surgeon:

- Is the physician certified by the American Board of Plastic surgery?
- Did the surgeon *listen* to your concerns and make you feel at ease?
- Did the physician explain procedures, risks, and options in detail and in a way that you understood?
- Were questions answered thoroughly?
- Were recovery and postoperative care addressed?
- Did the doctor convey realistic expectations?

Questions to ask at your consultation:

- Will I be awake or asleep for surgery?
- May I see pictures of patients who have had the same procedure?
- Would it be possible to speak with patients that have had the procedure I am interested in?
- Will surgery be performed in the office or hospital?