

# How to Prepare for Your Plastic Surgery Consultation

It's completely normal to feel overwhelmed before your consultation. Preparing ahead of time can help you feel more confident and at ease. To get the most out of your plastic surgery consultation, use the suggestions in this guide.

## Before Your Appointment: What to Bring & Prepare

- ✔ Writing things down before your visit can make the consultation feel easier and more productive. Bringing your notes helps us understand you better and focus on what matters most to you.
- ✔ A list of your allergies (medications, latex, food, etc.)
- ✔ A list of your medications, vitamins and supplements that you take, including dosages.
- ✔ A detailed medical history including any ongoing health issues or concerns.

## Meeting Your Surgeon

At the consultation, your surgeon will ask questions regarding your medical history, previous surgeries or treatments, medications and medical conditions, etc. Sharing information about any existing conditions is important, as it helps us plan safely for anesthesia, pain management, and recovery.

Your surgeon will discuss your desired goals and what you can expect from the procedure of interest.

Your surgeon will perform a physical exam depending on the type of surgery being considered. This helps us better understand your anatomy and identify areas you'd like to improve.

# Deciding on Surgery

You will explore the available treatment and surgical options together so you can decide what feels right for you. Surgeon will walk you through the technique, possible risks, aftercare, and what recovery may look like. Here are some questions that you may want to ask to help you decide about going ahead.

## Questions about the procedure itself

1. Why do you suggest this particular surgery for me?
2. What will happen during the procedure?
3. What kind of anesthesia will be used?
4. Can I combine this procedure with another procedure? (if relevant)
5. How long will the operation take?

6. Will I have drains? If so, where and for how long?

7. Are there alternatives or options to this surgery?

8. Will I have dissolvable or removable sutures?

9. What are the possible risks and complications?

## Questions about surgery results

1. What results are realistic for me?

2. Do you have before-and-after photos of patients like me?

3. Where will scars be, and how visible will they be?

4. What can I do to help my results last as long as possible?

5. Will I need additional procedures in the future?

## Questions about recovery, aftercare & follow-up

1. What can I expect during recovery?

2. What happens if I'm not happy with my results?

3. What aftercare do you provide?

4. How will my pain be managed after my operation?

5. Will I need someone at home to help me with my recovery?

6. How do I take care of scars?

7. When can I go back to work or resume regular activities?

8. Do I need to make my own post-surgery follow-up appointments?

9. How can I contact you if I have questions after surgery?

## Quick Consultation Tips

1. Don't be afraid to ask questions.

2. Bring photos that show the kind of result you're hoping for.

3. For breast surgery, think in terms of volume rather than cup size, as cup sizes vary between brands.

