

choosing your surgeon is your responsibility

It's the single most important
decision to increase your
chances of the best result

Good Surgeons have
fewer complications



Cosmetic Surgery
from Consultant Plastic Surgeons

YOUR NEXT STEP

- 1 Questions to ask yourself about your expectations and motivation
- 2 Understand the operation
- 3 Questions to ask your surgeon - his credentials
- 4 Observations to make at your consultation
- 5 The risks of surgery
- 6 The recovery from surgery
- 7 Questions to ask about the cost
- 8 The final decision - make **SURE**
- 9 Booking

1 QUESTIONS TO ASK YOURSELF ABOUT YOUR EXPECTATIONS AND MOTIVATION

- 1 Why am I thinking of having cosmetic surgery?
- 2 Why now?
- 3 What am I hoping to achieve?
- 4 Can I achieve what I want? Is there any other way?
- 5 Is it medically safe for me?
- 6 Is it psychologically appropriate?
- 7 Will I invest enough time to research and get enough knowledge about the surgery?
- 8 Do I know what decisions have to be made?
- 9 Do I know enough to make the right decisions?

It's my choice. It's my responsibility.

2 UNDERSTAND THE OPERATION

- 1 List what you need to know - the TOPICS.
 - a) Who is the ideal patient for the operation?
 - b) What procedures are available?
 - c) What preparation is required?
- 2 A surgeon can only work with the tissue you bring. Don't be swayed by 'window shopping' photographs on the internet or in glossy brochures.
- 3 List the things you like and things you don't like.
- 4 Remember the more you know about your intended operation the better you are able to judge the information a surgeon or nurse gives you.

The more you learn, the more you know, the better your chances of making good decisions.

3 QUESTIONS TO ASK YOUR SURGEON - SURGEONS' CREDENTIALS

- 1 Does your surgeon have the FRCS (Plast)?
- 2 Did your surgeon have a specialist cosmetic surgery training?
- 3 Does your surgeon super specialise in certain areas of cosmetic surgery?
- 4 Can your surgeon offer different options for the procedure you are interested in?
- 5 Is your surgeon a member of BAAPS?
- 6 Does your surgeon have admitting rights to more than one hospital?
- 7 Does your surgeon have annual appraisals?
- 8 Is your surgeon's work regularly audited?
- 9 Does your surgeon have English malpractice insurance?
- 10 Ask about the operation
 - 1) The procedures possible.
 - 2) Why is a particular procedure appropriate for you?
 - 3) What are the gains? What are the possible compromises?
 - 4) What are the complications?

It's only by having prior knowledge that you can judge the validity of the answers.

4 OBSERVATIONS TO MAKE AT YOUR CONSULTATION

- 1 Is the practice efficient and polite?
- 2 Do they ring and write back as promised?
- 3 Do they offer you consultations with a surgeon and/or a nurse consultant?
- 4 Is the information they send you well presented and informative or is it sales promotion?
- 5 Does the initial information tell you about the surgeon, the hospitals and the anaesthetists?

5 THE RISKS OF SURGERY

- 1 Every operation has risks. Medical complications are not totally preventable but some surgeons have fewer complications than others.
- 2 It's your surgeon - and his team's responsibility to provide you with the information - it's your responsibility to use it.
- 3 It's your surgeon and his team's responsibility to make sure you know what to expect after surgery.
- 4 The more you know what to expect and what is normal the less concerned or frightened you will be if it happens.
- 5 If it's a surprise it's a problem which may make you anxious. It may be innocent or it may be a medical complication not all of which can be forewarned.

6

RECOVERY - ESSENTIALS

- 1 Follow your surgeon's preparation for surgery instructions.
- 2 Get someone to bring you to hospital allowing yourself plenty of time - check the Admission Time with your plans.
- 3 Follow your surgeon's post-operative instructions.
- 4 Feel positive.
- 5 If you are a Day Case stay close to the hospital on the first night.
- 6 If you are a Day Case make sure someone takes you home and stays with you for the first night.
- 7 Take medication as directed.
Never take aspirin.
Remember painkillers can make you feel sick and constipated and should not be taken on an empty stomach.
- 8 Drink plenty - stay hydrated.
- 9 Eat well - not large amounts.
Vitamins and protein are needed for repair.
- 10 Resume normal activity as soon as possible but don't overdo it especially in the first 48 hours even if you feel great.
- 11 Looking in a mirror has never helped anyone to heal faster.
- 12 Make sure you know the average time required to return to work.

7 QUESTIONS TO ASK ABOUT THE COST

- 1 What is covered? What is not covered e.g. anaesthetist, hospital, dressings, prostheses, drugs, photography?
- 2 What are the extras - e.g. an extra night in hospital?
- 3 What happens if you have a complication immediately after surgery?
- 4 What happens if there is a complication long after surgery?
- 5 What happens if you are unhappy with your surgery?
- 6 How long will you be followed up for and do you pay?

The best results need a surgeon who takes time and extra care. Costs and quality of result need to be considered carefully by the patient.

8 CHOOSING YOUR SURGEON IS YOUR RESPONSIBILITY

- 1 It's the single most important decision to optimise your chances of the best result.
- 2 The surgeon changes your body for ever. You will look at it every day.
- 3 A good surgeon has fewer complications.
- 4 Make **SURE** before you make your final decision on cosmetic surgery
 - S** Surgeons' credentials and practice.
 - U** Understand what is involved - the positive benefits judged against the possible risks.
 - R** Recovery Time.
 - E** Expectations and expense now and later.

9 BOOKING

Please use our central telephone number 020 8735 6060.

Our helpful Nurse Consultants will talk you through the procedure in which you are interested and take you through the next step.

how to contact us

Tel: 020 8735 6060

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