

# **BEAUTIFUL BY CHOICE**

**The guide to finding a qualified Plastic Surgeon**

Download and print this booklet.

Take it with you for your Plastic Surgery consultation

Fill in the blanks and make the best choice for you

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## Check-List For Finding The Right Plastic Surgeon

1. Is your Surgeon board certified by The American Board Of Plastic Surgery (ABPS)?

This is the only board recognized as having the authority to certify Plastic Surgeons in America. The certification process is rigorous and involves completing an accredited training program, then passing oral and written examinations. You can easily contact the ABPS and ask if a surgeon is board certified by calling (215) 587-9322 or visiting [www.abplsurg.org](http://www.abplsurg.org).

Board certified? YES \_\_\_\_\_ NO \_\_\_\_\_

2. Is Your Surgeon a Member Of The American Society For Aesthetic Plastic Surgery? (ASAPS)

Membership in this prestigious society means that your surgeon is a board certified Plastic Surgeon who has been recognized by his or her peers as having significant experience in Cosmetic Plastic Surgery. Through this society's meetings we continue the lifelong commitment to learning. ASAPS membership is by invitation only. To make sure your Surgeon is a member you may call ASAPS at (888) 272-7711 or visit the website at [www.surgery.org](http://www.surgery.org).

Member of ASAPS ? YES \_\_\_\_\_ NO \_\_\_\_\_

3. Does Your Surgeon Have Local Hospital Privileges ?

Regardless of which Surgery Center or office- based procedure room your surgeon operates in, he or she should have privileges at a local hospital to do the same procedure. This ensures that they could manage any potential complications that may arise. Call the hospital and ask for the "Medical Staff Office" to inquire about privileges.

Hospital privileges ? YES \_\_\_\_\_ NO \_\_\_\_\_

4. Surgical Facility.

Where is your operation to be done? For safety purposes procedures involving anesthesia should only be done in accredited facilities such as outpatient surgery centers or hospitals. Always ask your surgeon where the procedure will be done and check by calling that facility about their accreditation.

Name Of Surgical Facility \_\_\_\_\_

Accredited Facility ? YES \_\_\_\_\_ NO \_\_\_\_\_

5. Thoroughness

After your initial consultation you should feel that your surgeon has been very thorough in asking questions about your goals, actually listening to your answers, examining the areas involved, and discussing options. If you do not feel you have all your questions answered you should have a second consultation or get a second opinion from another Plastic Surgeon.

My Surgeon was thorough YES \_\_\_\_\_ NO \_\_\_\_\_

6. Do You Have All The Details ?

Before surgery your surgeon should discuss all the details of your operation. What is your procedure(s) called? What type of anesthesia will you get and who is giving it? What is the total cost of the procedure including operating room, surgeons fee, and anesthesia?

I can answer these questions YES \_\_\_\_\_ NO \_\_\_\_\_

## **YOUR INITIAL PLASTIC SURGERY CONSULTATION**

1. It is usually best to describe the problem(s) you would like corrected to your Plastic Surgeon and then let the Surgeon suggest options and procedure(s) to improve upon the problem area(s). Take a moment to write down what you would like to have corrected.

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2. What procedure(s) did the Surgeon suggest to you for achieving your goals?

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3. Are there any other surgical options available that would also meet your needs?

4. How many of these procedures has your surgeon done? \_\_\_\_\_

5. How often does your Surgeon do these procedures? \_\_\_\_\_

6. What are the possible risks associated with this procedure?

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7. Recovery period

How much time off work? \_\_\_\_\_

What restrictions on activities? \_\_\_\_\_

How many follow-up visits and when? \_\_\_\_\_

When can I drive a car? \_\_\_\_\_

How long until I am completely healed? \_\_\_\_\_

8. What pain pills will I be given after surgery? \_\_\_\_\_

9. Do I need to get prescriptions filled before surgery? \_\_\_\_\_

10. What is the Surgeon's policy on revisions? \_\_\_\_\_

\_\_\_\_\_

11. What is the **total** cost for the surgery?

Surgeon's fee \_\_\_\_\_

Operating room \_\_\_\_\_

Anesthesia \_\_\_\_\_

Any other \_\_\_\_\_

Total cost \_\_\_\_\_

**Finally,**

After your consultation you should feel like you have a good rapport with your Surgeon. You should feel that he or she listened to your concerns and really understands your goals.

Before agreeing to the surgery, ask yourself these questions –

Am I comfortable with the experience of this Surgeon?

Did the office staff make me feel at ease?

Do I feel like I can ask questions of the Surgeon and staff?

If the answer to any of these questions is “no” you should schedule a second consultation before surgery or seek a second opinion with another Surgeon.

By following this outline before surgery you are maximizing your chances of having your expectations met and being happy with the final outcome.

Wishing you all the best and congratulations on being “**Beautiful By Choice**” .

Sincerely,

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