

Your Breast Augmentation Consultation Guide

Whether you are ready to meet with Dr. Jeffrey Rockmore now or are still narrowing your options, your surgical journey begins with a consultation. Use this guide to plan for your breast augmentation procedure, choose your surgeon, and make the most of this important milestone.

Breast Augmentation at a Glance

Surgery Type: **Outpatient**

Duration: **1-2 hours**

Anesthesia: **General**

Recovery: **5-10 days**

Cost: **\$8,600+**

Insurance: **Not covered**

BEFORE THE CONSULTATION

Have you checked your...

- ☐ **Calendar?** Can you take enough time off from work or school to recover? Do you have any upcoming events you'll need to plan around?
- ☐ **Readiness for surgery?** Have you talked to your primary care physician? Besides a clean bill of health, you may need to adjust any meds or treatment regimens before pursuing surgery.
- ☐ **Financing options?** See if you pre-qualify for a personal loan or health care credit card to finance your procedure if necessary.
- ☐ **Surgeon's credentials?** Board certification is a must, but so is the certifying body. Ensure your plastic surgeon is certified by the American Board of Plastic Surgery (ABPS).
- ☐ **Surgeon's reviews?** Reading [real patient reviews](#), particularly for your procedure, can help you decide whether to proceed with a consultation.



Do you have...

- ☐ **A thorough understanding of your procedure?** Have you researched your surgery options and know what to expect before, during, and after your procedure?
- ☐ **Realistic expectations?** Do you understand what breast augmentation can and cannot accomplish and what your incisions and scars may look like after the procedure?
- ☐ **Reference photos for how you would like to look?** Check your surgeon's [before-and-after gallery](#) and go online to find photos that capture your ideal outcome.
- ☐ **A support system in place?** Surgery is a big commitment and is best undertaken when you have people around you who can help and encourage you during your recovery.
- ☐ **A list of questions to ask your surgeon?** Write them down in advance (or use the ones below) so you can get the answers you need.
- ☐ **Pertinent medical information handy?** You may need to provide information such as current medications (name, dosage, frequency), supplements, allergies, prior surgeries (location, date, practice), and relevant personal and family medical history.

AT THE CONSULTATION

At Your Consultation

- ☐ Arrive early to fill out paperwork (or see if you can do it online beforehand). Rockmore Plastic Surgery uses the Symplast Patient App for your convenience.
- ☐ Wear comfortable, loose-fitting clothing that is easy to remove. Your surgeon will need to examine your breasts, take measurements, and establish a baseline with photos.
- ☐ Remember that you don't need to commit to surgery right away. It's OK to think about it or get a second opinion.

Questions To Ask Your Plastic Surgeon

- ☐ Am I a good candidate for breast augmentation at this time? If not, what needs to change?
- ☐ Do you offer breast augmentation with fat transfer? When would you recommend fat transfer over implants?
- ☐ How do you determine the best implant size and shape for my proportions and lifestyle?
- ☐ From least to most invasive, what are my treatment options and their limitations?
- ☐ How often do you perform breast augmentations?
- ☐ How do you and your patient care team support patients before and after surgery?
- ☐ Does the quote for the surgery include the facility and anesthesia fees and other expenses?
- ☐ What type of surgical facility do you use? Who administers my anesthesia?
- ☐ How do you mitigate risk with my procedure? How will you handle a complication?
- ☐ What do you wish your breast augmentation patients knew before going into surgery? Are there any common misconceptions about the procedure or outcomes I should know?





AFTER THE CONSULTATION

After Your Consultation

Did you feel comfortable at your plastic surgeon's office? Was it clean and well organized, and was the staff courteous and professional?

☐ Yes

☐ No

Were you comfortable talking to your surgeon? Would you feel supported and heard by them if you had future concerns or questions?

☐ Yes

☐ No

Did your surgeon explain your options clearly and answer your questions? Do you feel confident moving forward with them, or do you still need more information?

☐ Yes

☐ No

Did you feel rushed or pressured to make a decision? If your surgeon recommended another procedure or suggested combining or staggering treatments, do you understand why?

☐ Yes

☐ No

Did your surgeon understand your concerns and goals for your breast augmentation? Are you in alignment regarding your treatment plan and desired outcome?

☐ Yes

☐ No

At Rockmore Plastic Surgery, we develop an individualized and collaborative treatment plan to help our breast augmentation patients celebrate their femininity. [Dr. Jeffrey Rockmore](#) has performed over 6,000 breast procedures and takes a 3-dimensional approach to breast enhancement, leading to the most flattering and natural-looking results.

If you want to meet with an experienced ABPS-certified plastic surgeon to discuss your breast augmentation options, please call (518) 901-2644 or fill out [our form online](#).

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