



# How To Talk To Your Loved Ones About Your Decision To Have Plastic Surgery



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Each year, millions of people have plastic surgery to improve their appearance and help them look as good as they feel. In fact, nearly 20 million cosmetic procedures were performed in 2018 alone—and that number is on the rise.

But despite its ever-increasing popularity, plastic surgery is still a taboo topic for some people. If you're considering plastic surgery and are nervous about what your friends and family might think, this guide is for you.

We will offer advice to help you navigate sensitive topics such as who should know about your plans and when and how to share the news. With the right resources and the right support, you can work through your loved ones' concerns as you make the best decision for you and your future.



## Breaking Down Common Fears and Objections

A decision as personal as plastic surgery can be difficult to make when you feel like you're on your own. The conversation sometimes spans difficult subjects, such as feeling reluctant to spend the money on yourself, or perhaps you're feeling self-conscious about your appearance and want to make a change.



Dealing with others' perceptions of cosmetic procedures may also be difficult. Unfortunately, a stigma sometimes exists that plastic surgery is a vanity treatment or is excessive—which couldn't be further from the truth. Your well-meaning friends and family members also may express concerns about your health and safety, or they might say they don't think you need a procedure because they love you just the way you are.

Then, of course, there are the [costs associated with plastic surgery](#). This is sometimes the biggest challenge for people deciding whether to move forward with a procedure. However, many different financing options are available to help you fit your procedure into your budget and make your dreams a reality. A wide array of both surgical and nonsurgical treatments have made cosmetic procedures more affordable than ever. In fact, a study by [Aesthetic Surgery Journal](#) found that the mean annual household income per cosmetic patient was \$60,976.

Navigating all these subjects may be challenging but, ultimately, shouldn't be a barrier that prevents you from getting a procedure that will change your life and how you feel about yourself.





## Determining Your Why: Motivation For Having Plastic Surgery

When considering plastic surgery, be clear on why you want the procedure in the first place. People make this decision for a number of different reasons.

For example, your motivation might be:

- Changing your looks on the outside to reflect how you feel inside
- Changing something about your appearance that has always bothered you
- Other major life changes or periods of transition (i.e., an upcoming reunion, divorce, wedding, or anniversary)
- Getting your body back after children and/or weight loss
- Restoring your confidence and self-esteem
- Helping your child (if procedure is for them) avoid social issues
- Boosting your career by helping you feel empowered
- Because it will make you happy—the most important reason of all!





## Deciding Whom To Tell About Your Plastic Surgery (and When)

An early step after you've decided on plastic surgery is choosing whom you will trust to discuss your plans. Identify the "safe people" in your circle who will support you, and consider sharing with them first.

First and foremost, not every procedure warrants discussion—minor, in-office procedures with a faster recovery time can easily be kept private. With an experienced specialist, results should be completely natural-looking—meaning you don't need to share your personal decision with anyone if that's what you prefer. Rest assured that your confidentiality and privacy will never be breached.

In many cases, when someone undergoes a procedure they might also choose to make other subtle changes to their appearance, like a new hair color or clothing style. In combination, these changes help the results of your procedure blend into a fresh new look. Even if friends and family notice something is different, they find it difficult to identify what exactly has changed.

That said, the support of family and friends certainly helps before and after your procedure, and especially during the recovery process. Most patients tell their significant other, and some also choose to share with their children, parents, and other close family members and friends. You may want to tell your spouse ahead of your plastic surgery consultation and invite them to come along with you as well.







# How To Navigate Conversations About Plastic Surgery

Although navigating all of the different concerns that come with plastic surgery can be difficult, certain steps help make it easier:

## Have all the facts

Doing your research is important—both for your own knowledge and so you can share with loved ones information about:

- Your procedure of choice
- The type of facility where your procedure will be performed
- The low risk involved when your surgery is performed by an experienced plastic surgeon who specializes in the cosmetic procedure that interests you

By sharing exactly what to expect from recovery, results, potential side effects, and other important details, you can ease some of your loved ones' concerns.





## Don't turn it into an argument

Be prepared that your loved ones may not agree with your decision, especially when you first share the news. Try to hear out their opinions without getting angry or defensive, which will likely only cause an argument. Use “I feel” statements so nothing seems offensive or directed at your loved ones. Acknowledge the potential for others’ beliefs and personal opinions to differ from yours.

## Be honest and up-front

Telling your loved ones the truth about why you want plastic surgery is usually the most effective approach. Explain your reasoning, express how the procedure will make you happy, and be honest about your feelings. Articulate if you need support and be specific with the type of support that will be most helpful to you. Remember, plastic surgery is deeply personal—it’s an investment in yourself and your future!

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If you're struggling to articulate your feelings about plastic surgery, these real patient testimonials may help you get started:

"After having my first child, getting back to pre-baby weight and size was hard for me. Despite exercising every day, running, lifting weights, I couldn't get rid of the extra belly flab. The CoolSculpting definitely jump started me feeling better about myself. It was not night and day but little by little the inches came off and I felt more confident. Coupled with continuing a heavy workout routine, I feel much more like myself. Painless procedure and a calming atmosphere that let me nap (without an infant or husband around). Will definitely do again!"

- Clevens Face and Body Specialists patient



*not an actual patient.*





*not an actual patient.*

"I had eyelid surgery, and it is the best thing that I have ever done for myself. I had so much excess skin around my eyes and looked tired all the time. I just didn't like the way I looked. After a consult with Dr. Clevens at Clevens Face and Body Specialists, I knew I was in great hands. It has been five months since the surgery and my eyes look so much better. All that excess skin is gone, and everyone tells me how rested I look. I am so happy and grateful!"

- Clevens Face and Body Specialists patient



## Share information about your surgeon

Looking into your surgeon's background, education, and experience is important, both for planning your procedure and easing the concerns of friends and family members. Share accolades and relevant expertise with your loved ones to offer some peace of mind about the results.

Additionally, patient testimonials (such as those shared above), before-and-after photos, current statistics, and information about the specific procedures that interest you are great resources to help your friends and family get on board.



## Include loved ones in the process

Having these conversations with family members and including them in the process is the best way to gain their support. Consider inviting important loved ones to your plastic surgery consultation so they feel involved and can ask questions. Also, ask your surgeon to connect you with previous patients to hear their perspectives; be sure to include those close to you in these conversations. Real-life success stories can be very reassuring—for you and your family members!

## Explore your aftercare options

Different procedures have different recovery periods, and though your loved ones will ideally provide care for you after surgery, that won't always be the case. Sometimes, family members are apprehensive about helping with your recovery. If you encounter reluctance, asking about assistance with overnight nurse care may ease their minds, as well as learning more about the post-operative care team and what support is included. At Clevens Face and Body Specialists, we offer our patients overnight private duty nursing care and a safe, comfortable place for overnight recovery.



## Let the decision be yours

When all is said and done, your primary motivation for plastic surgery should always be yourself. Don't have a cosmetic procedure for someone else. Before you make such a big decision, consider whether the timing and cost are personally right for you.

Moreover, be prepared both physically and mentally—are you healthy enough to undergo surgery and aware of the expectations and risks involved? Also, be sure to do your research and ask questions to learn about the recovery period and likely results of the procedure that interests you. This will help you better understand what to expect and provide a realistic idea of the outcome.

## Other Helpful Plastic Surgery Resources

<https://www.realself.com>

<https://www.aafprs.org>

<https://www.drclevens.com>





## Take the First Step To Look and Feel Your Best

You're likely to encounter a few fears, and possibly even an objection or two, on your plastic surgery journey, but in the end, achieving the results you love will make it all worthwhile. If you're interested in plastic surgery and want to learn more about your options, meet with an experienced surgeon who specializes in your procedure of choice. [Schedule your plastic surgery consultation](#) to take the next big step toward looking and feeling your best.



"Thank you for the excellent surgical work you did on my lips. I have received numerous compliments since my lips have healed. This surgery has had a very positive effect on my self-confidence and has given me a brighter outlook for the future. I would like to extend my gratitude to you and your team for all of their help, patience and encouragement throughout the process."

- M.Y., Palm Beach, FL





# Meet the Face and Body Specialists

Clevens Face and Body Specialists is a comprehensive plastic surgery group and medspa serving Melbourne, Merritt Island, Orlando, and the Central Florida area. All of our providers are specialists in their areas of expertise, meaning they each spend all of their time focused on treatments in their specialty areas. If you choose Clevens Face and Body Specialists for a cosmetic procedure, you can have complete confidence knowing you're in the hands of the most experienced providers around.

If you have questions about the costs of plastic surgery or any of the procedures we offer at Clevens Face and Body Specialists, we'd love to answer them.

**Schedule Your Consultation To Learn More**

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