



Checklist

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# How to Prepare for Your Plastic Surgery Consultation





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# Introduction: Prepping for Your Consultation

If you're considering getting plastic surgery, a consultation is a great opportunity to meet with a surgeon, ask any questions you have, and make a plan for addressing your unique concerns. You want the relationship between yourself and the surgeon you choose to be a partnership; trust is key! You're entrusting a surgeon with your face or body, so of course you want to make sure you have done your part to ensure your experience and results are the best they can be.

To get the most out of your plastic surgery consultation, it's important to educate yourself on the procedure you're interested in and prepare any questions you may have for the surgeon. This checklist includes tips for how to prepare for your plastic surgery consultation, what you should bring with you, and a helpful list of example questions to ask the plastic surgeon(s) during your appointment.



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# Research Your Procedure Ahead of Time

Research the cosmetic procedures that interest you in advance of your plastic surgery consultation to learn the associated benefits, risks, and costs. There are different resources to check out based on your area of interest. For facial procedures, reference the [American Academy of Facial Plastic and Reconstructive Surgery](#) site. For body procedures, look to the [American Society of Plastic Surgeons](#) and [RealSelf](#) (a leading and trusted source for people considering an elective cosmetic treatment) to connect with board-certified plastic surgeons in your area.

As you do your research, keep in mind that [your surgeon should be certified by a board within their specialty area](#). Doctors can technically claim to be “board-certified” and still perform cosmetic surgery, even though they are certified by an unrelated board, such as ophthalmology.

**Before your consultation, learn more details about the plastic surgeon, such as:**

- ☐ Is the plastic surgeon board-certified? If so, by which board?
- ☐ Does the surgeon specialize in your procedure of choice?
- ☐ What training and experience does the surgeon have?
- ☐ Are before and after pictures of the surgeon’s work available?
- ☐ Is there a proactive patient care team to support you?



- ☐ Review before and after photos. Make it a point to read and/or watch patient testimonials to learn about the experiences others have had with the surgeon.
- ☐ Check the Department of Health for license verification and view the doctor's license status, disciplinary actions, and licensure date to ensure you're being provided with accurate information on their professional background.



# Start Your Plastic Surgery Journal

At Clevens Face and Body Specialists, we encourage our patients to start a journal before the consultation. A plastic surgery journal is a place to keep track of thoughts and feelings about the procedure and to express your hopes and excitement.

- ☐ Catalog a list of questions to ask your surgeon during your consultation to ensure you leave with the answers you need.
- ☐ Write about concerns and expectations to share with your surgeon when you meet. It's important to be honest and open so you can get the best results.
- ☐ Include photos that demonstrate how you want to change your appearance. Photos can be of yourself and areas you'd like to improve or of celebrities or athletes who have features you'd like to emulate.



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# What to Bring to Your Consultation

**Bring the following items to your plastic surgery consultation to make the most of your visit:**

- ☐ Your plastic surgery journal, complete with a list of questions to ask.
- ☐ A complete list of current medications and supplements you take, including vitamins and herbs, as well as a breakdown of your drug and alcohol usage.
- ☐ A detailed medical history including any ongoing health issues or concerns.
- ☐ Photos to provide visual examples of the results you're looking to achieve, including photos of yourself when you were younger, if your goal is to address signs of aging.

**If you're interested in breast augmentation, you should:**

- ☐ Think about breast size in terms of volume and not cup size. Cup sizes vary from bra to bra, so it's hard to pinpoint exactly what you want based on those terms. During your fitting, you will probably try on a sports bra with implants of various sizes to see which you prefer.
- ☐ Bring form-fitting T-shirts, tank tops, and any other clothing that shows how you might look after surgery.

**Lastly, here are a couple of considerations for the day of your consultation:**

- ☐ For breast and body consultations, you may choose to wear loose-fitting clothes that are comfortable and easy to remove so you can show the plastic surgeon your areas of concern.
- ☐ For facial plastic surgery consultations, wear little or no makeup.

# Questions to Brainstorm Before Your Consultation

Below are some key questions that may be asked or that you may want to ask during your consultation.



## Questions About Your Feelings

- ☐ What is your desired timeframe for having a procedure? (Tip: Plan ahead. The best surgeons typically have schedules that can book out significantly in advance.)
- ☐ How long have you been thinking about this? Why have you decided that now is the time to move forward?
- ☐ Are any special events coming up that will impact your decision to have a procedure or your desired timeframe?
- ☐ Who else is involved in helping you reach your decision? Will they be able to join you at the consultation?
- ☐ What is it that bothers you about your appearance?
- ☐ How is this concern affecting your life?
- ☐ How do you think surgery will address the problem?
- ☐ Will surgery change your feelings about yourself?
- ☐ How do you think your new image will make your life better?
- ☐ What anxieties or fears do you have about the procedure?
- ☐ What needs to happen for you to be happy with your outcome?





## Questions About the Procedure

- ☐ Are you seeking a surgical or nonsurgical solution?
- ☐ Does your surgeon's assessment align with your procedures of interest? If not, do you understand why not?
- ☐ Does the surgeon specialize in the procedure you're interested in?
- ☐ How often does the surgeon perform the procedure?
- ☐ Does the plastic surgeon offer facial computer imaging?
- ☐ Will the surgery take place in an accredited ambulatory surgery center (ASC) or in the office?
- ☐ What kind of preparation will you have to make at home?





- ☐ How long will the surgical procedure take?
- ☐ Will you have to undergo anesthesia, and if so, what kind?
- ☐ What is the expected level of discomfort after the procedure? How will your doctor help you manage it?
- ☐ What kind of medication will you take before and after the procedure?
- ☐ What medication and dietary restrictions will you have before and after the procedure?
- ☐ Are there any potential side effects or risks of complications?
- ☐ Will you need at-home care after surgery? If so, who will be your caregiver?
- ☐ Who is the medical team who will provide your post-operative care in the office? Learn more about the medical team and how each team member will provide support post-surgery, from the front desk to the nursing staff.



- ☐ When will you be able to resume normal activities?
- ☐ What results are reasonable to expect? (TIP: Set realistic expectations—plastic surgery is not simply a fountain of youth! Be ready to adjust your expectations as you learn more.)
- ☐ How long can you expect the results to last? (TIP: There are various ways to address the same concern. However, some results are more long-lasting than others.)
- ☐ What other procedures (if any) could be performed at the same time to enhance your result? What procedures are commonly combined with yours?
- ☐ What is unique about the surgeon's approach to this procedure?
- ☐ Are there alternative procedures that could address your concerns?
- ☐ Does the surgeon have hospital privileges in the unlikely event of an emergency?
- ☐ Can you speak with a former patient who had a similar procedure?



Be wary of procedures that promise to be pain-free; if it sounds too good to be true, it most likely is.



## Questions About Payment

- ☐ What is your plastic surgery budget?
- ☐ How much will the recommended procedures cost? TIP: Don't sacrifice quality over costs. Typically, the cost of corrective surgery is much higher.
- ☐ What [payment options](#) are available to you?
- ☐ Are you charged more based on your payment method?
- ☐ Will insurance cover the procedure?
- ☐ What is included in the fee and what is not included?
- ☐ Are anesthesia and facility fees included or will they cost extra? Are laser fees included?
- ☐ Will you be charged more if the surgery takes longer than estimated?

Be wary of procedures that promise to be pain-free; if it sounds too good to be true, it most likely is. The quality of your final result is normally directly correlated to the cost as well as the quality of surgery that is performed. With that said, the surgeon who you choose to work with matters—this is an investment in yourself, which is exactly why it's so important to do your due diligence by researching the procedure and the specialist before you move forward.



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Whether you're ready to move forward with a cosmetic procedure or you're just curious and looking for more information about what's available to you, we can help. Schedule your consultation at Clevens Face and Body Specialists to meet with one of our specialists and get answers to any questions you have about the procedures that interest you.

[Schedule Your Consultation](#)



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