



Five Essential Steps Before Plastic Surgery

Cosmetic surgery is first and foremost an elective procedure therefore, when considering any type of plastic surgery, it is imperative to prepare you for the process entirely. Below are some facts to consider, general advice to ponder, and possible research tools to utilize on your own and within doctor dialogue.

Do Your Homework

Researching the procedure you are considering is in your best interest. This will allow you to weigh both the benefits and the risks of the procedure but also help gather an understanding of the procedure and all of its entities.

Ask Questions

During your initial consultation, the doctor will communicate with you, one-on-one, to clearly gain an understanding of what you, as a patient, are hoping to achieve. An interactive and collaborative effort works best to promote a shared understanding of the desired results. The surgical plan will be explained in full detail by the doctor who will also describe the anticipated outcome of the surgery. However, it is up to you to ask tough questions. Referring back to the pre-consultation research you gathered, be sure to ask the doctor to clarify specifics in order for you to obtain a complete awareness. It is also highly recommended at this time to discuss your full medical history, making sure that your candidacy for plastic surgery coincides with your general health history.

Be Informed

The Plastic Surgery Institute of San Francisco offers a patient outreach program to connect potential surgery patients with former surgery patients. This relaxed and casual communication is confidential and offers the potential patient a grasp of what to expect from a person who has experienced the procedure firsthand. The Patient Coordinator can arrange this confidential communication based upon request.

Have Realistic Expectations

Discussing your expectations of the outcome of your surgery with the doctor is just as vital. Understanding side effects, the risks and benefits, recovery time, and what to anticipate plays an important role when considering plastic surgery. Most importantly, we believe that the physical feature is only a problem when the patient perceives it as such, therefore, the expectations of the patient must be realistic, serious, and studied.

Choose a Board Certified Surgeon

Board Certified Surgeons are members of different plastic surgery societies and are highly qualified, trained, and properly certified. These surgeons adhere to a strict code of ethics, receive continuous education and operate only in accredited facilities.