

MEETING YOUR SURGEON

BEFORE YOU LEAVE HOME:

- Research your procedure ahead of time; visit www.americanboardcosmeticsurgery.org/procedure-learning-center/ to research your topic of interest.
- If you're looking into breast or body procedures, be sure to wear clothing and underwear that will make disrobing comfortable and practical. (You'll be asked to undress relevant portions of your body and don a patient gown while the doctor and nurse step out of the room.)
- Write down any questions you have for the surgeon. For a comprehensive list of suggested questions, visit www.americanboardcosmeticsurgery.org/patient-resources/choosing-a-cosmetic-surgeon/.
- Have your medical history information ready, including medical problems that run in your immediate family, and bring it with you. To make things easier, ask if you can fill out your medical paperwork beforehand.

ARRIVAL AT THE SURGEON'S OFFICE:

- Is the office clean, organized, and professional? YES NO
- Is the staff friendly, courteous, and happy to see you? YES NO
- Is the atmosphere warm and inviting? YES NO

WHILE YOU WAIT TO MEET THE SURGEON:

- Fill out all paperwork accurately; the more comprehensive, the better!
- Be certain to share any and all medical conditions, which can help ensure proper planning and safety before, during, and after your procedure.
- Give a full list of medications and supplements you take and anything you ingest to support your health, including herbs, teas, and vitamins.

MEETING WITH YOUR SURGEON:

- Does your surgeon make you feel welcome and at ease? YES NO
- Does he/she listen to your concerns and offer feedback? YES NO
- Does the surgeon understand your expectations? YES NO
- Does he/she help you understand your options? YES NO



IMPORTANT QUESTIONS TO ASK YOUR SURGEON:

- Am I a good candidate for my procedure of interest? If not, what is keeping me from being a candidate?

ANSWER _____

- How many times have you performed this procedure?

ANSWER _____

- What are the risks?

ANSWER _____

- What are the benefits?

ANSWER _____

- What board certification(s) do you hold?

ANSWER _____

- Where will the surgery take place?

ANSWER _____

- Is the surgical facility accredited?

ANSWER _____

- Do you have hospital privileges? If so, where?

ANSWER _____

- Who performs anesthesia and what are their qualifications?

ANSWER _____

- What type of anesthesia is required for this procedure?

ANSWER _____

- What are the credentials of your surgical staff?

ANSWER _____

- How would you respond if an emergency were to occur during surgery?

ANSWER _____

- Have you helped patients with similar physical qualities and concerns? Can you show me before and after photos of their results?

ANSWER _____



DURING THE PHYSICAL EXAM, MAKE MENTAL NOTES:

- Is the doctor courteous and professional? ___ YES ___ NO
- Did the doctor seem to understand your areas of concern? ___ YES ___ NO
- Does the surgeon understand your expectations? ___ YES ___ NO
- Does he/she help you understand your options? ___ YES ___ NO

FINANCIAL PLANNING:

- If you need to finance your procedure, ask about the available options during your consultation. (Be sure to note if you are given courteous help and guidance for applying.)
- Reference our cosmetic surgery pricing calculator (www.americanboardcosmeticsurgery.org/pricing-calculator/) to see average cosmetic procedure prices for your region.
- Most surgeons require an initial down payment when you schedule your procedure and payment in full prior to the date of surgery. If this is a concern, be sure to discuss financing options during your consultation.

ADDITIONAL NOTES:

