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: