

10 Questions to Ask Before Having Plastic Surgery

Written by Kacie Asher

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Increased self-confidence, body positivity, life satisfaction and the role of attractiveness play a part in why many people undergo plastic surgery. According to the [American Society of Plastic Surgeons](#), 1.8 million cosmetic surgical procedures were completed in 2018. In addition to cosmetic procedures, many surgeons perform reconstructive procedures to correct birth disorders, trauma, burns and disease. The decision to seek out plastic surgery is a personal decision that involves research, time and several consultations with a certified surgeon. Scottsdale-based plastic surgeon Dr. Richard J. Brown, M.D. shares his top questions to ask before having plastic surgery.



Is my plastic surgeon board-certified by the American Board of Plastic Surgery?

"In the United States of America, if you are not board-certified by the American Board of Plastic Surgery you are not a plastic surgeon. This is the most important question you should ask and if the answer is no you need to consider if that is truly right for you."

When is surgery right for you?

"You have to understand your motivations for having surgery so that you can make good decisions for yourself."

How do I discuss with my family and friends about having surgery?

"If you can open lines of communication with family and friends, then you can involve them in the process. You will want and need their support."



How do I manage expectations?

"One of the most important things I do with new patients is sort through their expectations and try to manage them. The surgeon and patient have to agree on what's realistic or the patient won't be happy with the results."

How can I afford surgery?

"It's important to consider how you're going to finance what you want without mortgaging your house."

How do I know if I am a good candidate for plastic surgery?

"You should be in good health and in the right mental state to have your procedure. Your surgeon should order certain pre-operative tests, take a thorough medical history and perform a medical examination."

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Does my surgeon have hospital privileges for plastic surgery?

"If a hospital will not award privileges to a surgeon for plastic surgery, then that is a very strong indication that they are not board-certified."

Where does my surgeon perform the surgery?

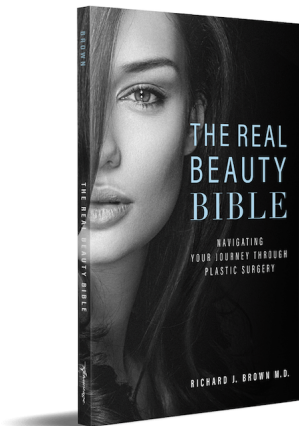
"You should make sure that your surgeon operates in a facility that is accredited by one of the accrediting institutions in America."

What happens if I am not happy with my results?

"Every surgeon handles this one different. There are financial obligations to consider as well as the whole gamut of what is involved in having another possible procedure."

What can I expect after surgery for recovery?

"Having a good idea of what your limitations might be and being able to ask for help after surgery is important to avoid a high-stress recovery."



Consultation Tips:

Consider these useful tips when attending consultations.

It is important to feel comfortable and confident at your surgeon's office. Take into account how the staff welcomes you and if a teamwork element is present. The staff should have a deep respect for the surgeon and happily answer all your questions with ease.

Dr. Brown advises to plan ahead with a budget of \$200 to \$500 per consultation. Treat your appointment like an interview when choosing your surgeon. It's important to understand not every surgeon will choose you to be their patient.

When you have chosen your surgeon, you should feel deep in your heart that you are making the right choice in every aspect of the experience.

Check out Dr. Richard J. Brown's [website](#) to learn more about his newly released book or to book an appointment.