

Check it!

Checklist for your consultation with the surgeon.

Think carefully before having cosmetic surgery.

Take this checklist to your consultation with the surgeon performing the procedure. Discuss each topic with your surgeon to help you make the decision that is right for you before having surgery.



Your surgeon and hospital

Meet the surgeon who will be performing your procedure.

We strongly advise that you choose a surgeon who is on the General Medical Council's specialist register for the area of practice relevant to your procedure. Find out more at www.rcseng.ac.uk/cosmeticsurgery

The surgeon should be fully insured to carry out the procedure in the UK. You can ask to see details of your surgeon's insurance.

Make sure the hospital is registered with the relevant regulator. Find a list of regulators on our website.



Your costs

Find out about all the planned and possible costs...

...including costs of future surgery and complications. What happens if you change your mind after you have paid some or all of the costs?



Your treatment options

Tell the surgeon performing the procedure what you want to change and why.

Let them know what you would consider to be a successful result. Discuss the possible benefits and risks of all treatment options and find out if the surgeon can give you the results you want. Only the operating surgeon should advise you about the procedure and take your consent.



Your procedure

Find out what the procedure will involve, the likely results, when you will see them and how long they will last.

Will surgery need to be repeated in the future? Where and when will the procedure take place and how long will it take? If you are thinking of having implants, check with the operating surgeon that they meet national safety guidelines. Find out if the implants will need to be replaced in the future.



Possible risks and complications of your procedure

Like any surgical procedure there are risks as well as benefits to weigh up.

Find out what could go wrong with the procedure you want, how likely it is to happen and what can be done to correct it. Ask your surgeon what the most common complications have been in their experience for this procedure, how often these have occurred and what the surgeon did to correct them. Consider how you would cope if anything went wrong.



Your aftercare

Find out what to expect after surgery including recovery time, how long the pain is likely to last and what you will and will not be able to do after surgery.

Find out what dressings and wound care will be needed after the procedure, who will do it and where it will be done. Ask what your aftercare package will and will not cover, how you will be looked after and how long the surgeon and hospital will continue to support you.

What will happen if something does not go to plan and who will pay? What will happen if something goes wrong immediately afterwards or if you are not happy with your outcome? Is there immediate access to care? The NHS is unlikely to help you, unless you have a serious complication which needs emergency or life-saving treatment.

Before you have surgery, make sure you have the contact details of a named doctor who can deal with any problems after the procedure.



Remember

- Don't be afraid to ask questions.
- Never feel rushed or pressured into giving your consent to have surgery by special offers that are for a limited time only, or any discounts in price such as two-for-one deals. Cosmetic surgery should not be offered as a prize. If you feel any pressure at all from staff or the surgeon, or if they are not willing to discuss everything with you, go somewhere else.
- Only the operating surgeon should advise you about the procedure and take your consent for surgery.
- You can change your mind at any point and you can ask for a second opinion from another surgeon.
- Take at least two weeks after your consultation with the surgeon performing the procedure to think things through before surgery.

Use this space to write down any notes