

Thinking about having cosmetic surgery?



Think carefully before having cosmetic surgery.

If you are thinking about having cosmetic surgery, here are some important questions that you should ask yourself to help you make the decision that is right for you.



What do I want to change and why do I want to have surgery?

What specifically do you want to change and why?

For example, if you want to have nose surgery, what exactly do you want to change about your nose? Why is it causing you an issue? Is it something that you have thought about for a long time, or has a specific event triggered you to want to have surgery?



Have I considered all the options?

Research the procedure you are considering.

There may be options that do not involve surgery that can give you the results you want. You can find more information about your procedure on our website.



Can surgery give me the results I want?

Be clear with yourself about what would make the procedure a success for you.

This is important because if you decide to go ahead, your surgeon can tell you if your expectations are realistic. Would you be content with a reasonable improvement, rather than perfection?



Am I expecting the surgery to change my life as well as my appearance?

Think about your quality of life and whether you think it will be improved as a result of surgery.

If you're feeling anxious about your relationships, social situations or work, changing your appearance might not be the answer.



How will I deal with any complications?

Any surgical procedure can have complications.

Consider how you would react if something did not go according to plan. Could you cope if there were complications or if you needed further surgery to change the initial result?



Can I afford the long-term costs of surgery? What if the surgery needs to be repeated or corrected?

The procedure you are interested in may need to be repeated to maintain the results.

You may need regular scans afterwards to check everything is OK. If something does not go to plan you may need further surgery. Think of the overall cost of having surgery, including planned and possible costs, not just the initial procedure.



Is now the right time?

Cosmetic surgery is a big commitment. Is now the best time for you to have surgery?

Are there things happening in your life that would negatively affect your recovery?



Take time to think things through

Having surgery is a big decision.

Never feel rushed or pressured into giving your consent. Be wary of surgeons or staff who try to convince you to go ahead.

Take plenty of time to make your decision. We strongly advise you 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