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To ensure you get the most out of your consult, here is some advice for consult day:

1. Research your procedure ahead of time so you understand the basics.
2. If you are looking into breast or body procedures, be sure to wear clothing and underwear that is loose and easy to get out of for your examination. We provide you with a robe for your comfort.
3. Have your medical history information ready, including medical problems that run in your immediate family. Even better, you can complete the paperwork electronically for us, so we have everything we need. Give a full list of medications and supplements you take and anything you ingest to support your health, including herbs, teas, and vitamins.
4. When you arrive at the surgeon's office, make mental notes of the following:
 - a. Is the office organized and professional?
 - b. Is the staff courteous and happy to see you?
 - c. Is the atmosphere warm and inviting?
 - d. Does your surgeon and/or surgical consultant make you feel at ease?
 - e. Do they listen to your concerns and address them?
 - f. Do they understand your expectations?
 - g. Do they help you understand your options?
5. Write down any questions you have. Here are some suggested questions that we feel are important for you to ask:
 - a. Am I a good candidate for my procedure of interest? Explain why or why not.
 - b. How many times have you performed this procedure?
 - c. What are the benefits?
 - d. What are the risks?
 - e. What board certification(s) do you hold?
 - f. Where will the surgery take place?
 - g. Is the surgical facility accredited?
 - h. Do you have hospital privileges? If so, where?
 - i. Who will perform the anesthesia and what are their qualifications?
 - j. What type of anesthesia is required for this procedure?
 - k. What are the credentials of your surgical staff?
 - l. Financial Planning: If you need to finance your procedure, ask about the available options during your consultation.
6. Ask yourself the following, after you have finished your consult:
 - a. Has the doctor informed you of the available options for meeting your goals?
 - b. Did the doctor describe how they would specifically tailor the procedure(s) for you?
 - c. Has the doctor helped you understand what to expect?
 - d. Do you feel confident moving forward with surgery?