

## Selecting a Plastic Surgeon

The most important factor in the success of your plastic surgery procedure is the surgeon you choose. But how does one find the right person to trust one's face and body to? The following tips will help put you in the right place with the right plastic surgeon.

**1. Find a plastic surgeon with good outcomes.** Check with hospitals regarding board-certified plastic surgeons in your area, ask friends for recommendations, and ask potential surgeons for before-and-after pictures.

**2. Check a surgeon's credentials.** Select a doctor who is a member of the American Board of Plastic Surgery; this ensure that he is fully certified in the specialty of plastic surgery. To gain certification, a doctor has to graduate from an accredited medical school, complete at least five years of additional residency (usually three years of general surgery or its equivalent, and two years of plastic surgery). In addition, a doctor has to pass comprehensive written and oral examinations to earn certification by the American Board of Plastic Surgery.

**3. Schedule face-to-face consultations with the surgeons on your list.** It is important to get a feel for the surgeon's personal opinions on the type of surgery you should have, the cost of the procedure, and how satisfied you are with how the surgeon answers your questions.

**4. Ask the questions from the following list of any potential plastic surgeon:**

- Are you certified by the American Board of Plastic Surgery?
- Do you have hospital privileges to perform surgery? If so, at which hospitals?
- How many procedures of this type have you performed?
- Where and how will you perform the surgery?
- Is the surgical facility accredited or in the process of being accredited by a national or state-recognized accrediting organization?
- What are the risks of the procedure?
- What anesthesia and post-operative pain control will be used?
- How long will recovery be? What kind of help might I need during recovery?
- Will I need to take time off work? If so, how long?
- How much will the procedure cost? Will insurance cover any portion of the procedure? Is financing available?

**5. Look for the symbols that demonstrate excellence in plastic surgery care.** This symbol of excellence designated plastic surgeons who are active members of the American Society of Plastic Surgeons. Plastic surgeons who display whit symbol are certified by the ASPS and dedicated to the highest standards of patient care and continuing development of professional skills and competence. Look for this symbol to know you are dealing with a qualified plastic surgeon. Look for this symbol for assurance that your plastic surgeon is specialized in the aesthetic (cosmetic) procedures of plastic surgery.

**6. Call the American Society of Plastic Surgeons at (888) 475-2784 to receive a list of plastic surgeons in your area who are qualified to perform the procedure you desire.**