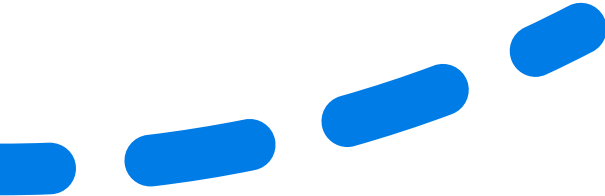




An expert guide to
help you decide
whether cosmetic
surgery is right for you



Every year thousands of people in the UK put themselves at serious risk by undergoing bad or inappropriate surgery that could be easily avoided by asking some simple questions about their treatment.



Poor surgery can have both physical and psychological consequences, so it is vital to make an informed choice and choose the right surgeon for the job.

This guide provides the key advice to consider before making a decision, so that if you are choosing surgery, you are choosing safely.

If you are considering cosmetic surgery

Following our 5 Cs for cosmetic surgery will help you decide if cosmetic surgery is the right choice for you.

1 Think about the **CHANGE** you want to see

Do your research. Find out all you can about the treatment/s you want. Be precise as to the change you hope to see and the reasons why. Be open to all your wishes perhaps not being achievable.

CHECK OUT potential surgeons

If you are thinking about cosmetic surgery, speak to your GP. Find a surgeon who has the right credentials and is on the appropriate [specialist register](#) with the GMC. Fully qualified Plastic Surgeons

3 Have a thorough **CONSULTATION** & ask the right questions

Your Plastic Surgeon will discuss and clarify the treatment options with you and then plan your treatment. Find out as much as possible by bringing along questions so you know the risks involved and feel comfortable with the surgeon who will be carrying out your surgery.

4 COOL OFF before you commit

You need to be confident about your decision to have cosmetic surgery. So after your initial consultation, give yourself some time to ensure that you want the surgery and to make sure you feel at ease with the surgeon who will be treating you.

Don't commit to surgery if you have any doubts that either the procedure, or the surgeon, is the right one for you. Often your surgeon will advise a second consultation before the final decisions are made.

Beware of pressure from free consultations, time sensitive discounts and other offers influencing your choices and decisions.

5 CARE about your aftercare



Aftercare can be just as important as the surgery itself, so make sure you know who to contact and how you will be looked after, especially if there are any complications or problems following your surgery or treatment.

Key questions to ask your surgeon before choosing cosmetic surgery

Who will operate on me?



What is your complication
& re-operation rate?

BAPRAS recommends... that you only visit

It is critical that you only visit a Plastic Surgeon – or other specialty surgeon – with the right credentials and who is listed on the GMC Specialist Register for the discipline in which they have trained.



To find out more about the register, including how to check if your surgeon is listed, visit the GMC's website:

www.gmc-uk.org

For further information and advice if you are considering cosmetic surgery, including extended information from this guide, case studies and a psychologist's advice, visit the Think Over Before You Make Over website:

www.bapras.org.uk/thinkover