

## Your Plastic Surgery Consultation at Fiala Aesthetics

You've decided to take the next step, and have an actual face-to-face consultation with some plastic surgeons. We're looking forward to meeting with you! We've prepared this document so you can get the most out of your consultation time with Dr. Fiala.

If this is your first experience with plastic surgery, you probably have a few questions about the consultation process. We'll go over the most common questions, so you know exactly what to expect.

### WHY DO I NEED A CONSULTATION?

A consultation is partially an interview: both the surgeon and the patient find out if they are compatible, and can work together. It's a time to gather information, to hear the specific plan that this surgeon thinks would work well for you, and to get your questions answered. It's also a chance for the surgeon to examine your "trouble spots", and give you advice based on your specific shape & anatomy.

**Consultations can be informative and even fun, but the main objective is to answer these two big questions:**

- 1. Is this the right surgeon for me?** Do I feel comfortable here?
- 2. Is this procedure right for me?** Not every patient is a good candidate for every procedure, regardless of what you might have seen on TV or the internet.

### HOW LONG WILL THE CONSULTATION TAKE?

This depends on a few things, such as the procedures you're interested in as well as how many questions you have. It's important to take enough time to get a good feel for that surgeon's knowledge, experience, and aesthetic vision.

Pick one or two topics that are your main priorities to discuss. If you have multiple procedures you are interested in, try to decide before the consultation which one is the most important for you.

On average, we recommend allowing 1-2 hours for your initial consultation, between the time you spend speaking with the surgeon, the exam, photos, tour of the facility, and discussions with the Patient Coordinator.

### HOW SHOULD I PREPARE FOR A CONSULTATION?

First – know yourself, your cosmetic goals and your motivations. If you are thinking about facial surgery, what specific features bother you? Is it your upper eyelids, your jawline, your neck? Can you explain what you want to change?

If you are thinking about breast surgery, think about the desired size and shape you'd like to be. Be able to describe what you might like, and what you want to avoid, in terms of results. Find some photos of other patients that you like the look of.

Think about why you really want this surgery – your own motivations. Is it to treat aging changes? Treating sun damage? Getting your body back after having children? Wanting to be rid of excess skin or fat? Wanting to restore your self-esteem? These are all good reasons to have surgery.

## Your Plastic Surgery Consultation at Fiala Aesthetics (Continued)

### HOW SHOULD I PREPARE FOR A CONSULTATION? (CONTINUED)

**Sometimes, it's simply not the right time to have plastic surgery. For example:**

1. You are depressed.
2. You are having relationship issues.
3. You think that plastic surgery will fix your relationship issues.
4. You are recovering from major stress, such as a death in the family.
5. You are bored, and looking for something to do.
6. You are having surgery because of outside pressure.
7. You can't deal with any scars whatsoever.
8. You can't deal with any pain whatsoever.
9. You can't deal with the possibility that it might not be perfectly perfect
10. You can't afford it.
11. You overall state of health is poor.
12. You don't fully understand the surgery, its risks and limitations.
13. You won't follow your surgeon's directions.
14. You don't have a good feeling about your surgeon.
15. You think you have a cosmetic issue, but no one else can see it, even when you point it out.

**Plastic surgery is real surgery – and not everyone is a good candidate for surgery, whether it's elective or not.**

It is important to be honest with yourself about your motivations for surgery, and to consider how you might deal with the possibility of a surgical complication, or a prolonged recovery.

Go ahead and fill out the medical information forms ahead of your consultation – this will minimize your waiting time, and allow you to double check any medication names or doses.

If you have any major medical conditions, don't be surprised if you will need to be "cleared" by your Internal Medicine specialist, prior to having an anesthetic.

People who smoke (or vape or use marijuana) regularly will have to quit prior to certain operations – especially facelift, tummy tuck and breast lift. May as well get working on that now.

### WHAT KIND OF INFORMATION WILL I GET AT A CONSULTATION?

Dr. Fiala will listen to your situation, and come up with a logical plan to help you, with either surgical or non-surgical options. It might be possible to do it in one surgery, or it might take several steps. He will explain how the procedures go, and review the most common risks with you.

**Expect to talk about:**

- What you want to change about your body, and why you want to change it
- Your goals: what do you want to look like after surgery, what specific changes would you like to see
- Which procedure(s), if any, can help you achieve your goals
- What results you can expect from each procedure
- What's involved in the surgery (anesthesia type, incisions, recovery timeframe)
- The risks and possible complications from surgery

## Your Plastic Surgery Consultation at Fiala Aesthetics (Continued)

### WHAT KIND OF INFORMATION WILL I GET AT A CONSULTATION? (CONTINUED)

#### You'll also learn about:

- Detailed surgery costs, with a written quote
- Financing options
- Features of the surgery center
- Possible surgery dates

### WHAT QUESTIONS SHOULD I ASK AT A CONSULTATION?

You will want to make sure that any potential surgeon you are interviewing is properly trained in plastic surgery. Then, you will want to know if your procedure is one that he/she does frequently. Find out how many of these procedures your surgeon has performed. Ask to see the before and after photo book. Ask if there are patients or staff members that you can talk to who have had the same procedure you are interested in.

Find out about the anesthesia. Who provides it? Is it an MD Anesthesiologist or a CRNA? Do you have to stay overnight? Do you have to quit smoking? For how long? Do you have to lose weight prior to surgery?

Find out about the post-operative care. When will you have your post-operative visits? Are there sutures or drains that need to be removed? What kind of post-operative scar treatments are recommended? How much soreness and swelling will there be? How long will you be out-of-work for? How long before you can return back to exercise? Are there certain activities that are prohibited after surgery, like lifting heavy objects or children? What kind of dressings or garments will you have?

How long will it take for swelling to settle down? When will the final results be visible? How long do the results typically last? What will and will not be affected? What happens if you need a touch-up treatment?

What are the most common risks and complications of this surgery? What complications has your doctor seen? How has he/she dealt with those problems? While these questions are never easy for a surgeon to answer questions about his or her own surgical complications, it is important to get honest answers. You need to know, that in case you do develop a complication, that the doctor and his/her team will be there to help you through things.

### I DON'T WANT ANY SCARS AT ALL. CAN YOU STILL FIX ME?

Cosmetic plastic surgery often has some sort of trade-off involved. For example, in a tummy tuck, you get rid of loose skin and gain a significantly improved figure, but you also gain an incisional scar. For most people, this is a "good trade-off", and they gladly accept the scar for the overall improvement. Some people, however, are very scar-adverse, and would not be willing to accept even an excellent incisional scar. They shouldn't have surgery.

It is important to make sure you understand what is involved with surgery, and that you know not only what could happen with an ideal result, but you also are familiar with complications and limitations of the surgery.

The more you understand about the strengths, weakness and limitations of surgery, the more clearly you can make decisions about your treatment. Your surgeon and his/her staff will help you to clearly understand what can be improved, and what will not be improved, so you know what to honestly expect.

## Your Plastic Surgery Consultation at Fiala Aesthetics (Continued)

### WHAT ABOUT THE COST OF THE SURGERY?

Fees for cosmetic plastic surgery can vary significantly. Cost is determined by a number of factors: the length of time that the procedure takes, costs for implants and supplies, charges for anesthesia and the surgery center, and staff required. Costs can vary significantly between different areas of the country, even for the same procedure. Certain revisionary procedures or surgeries where a specialized expertise is required may also be significantly more expensive. Ballpark estimates for most procedures can be found on our practice website.

The cheapest alternative is not always the best. It is important to make an “apples-to-apples” type of comparison. Compare what you are getting between competing quotes. Particularly with liposuction, where there are many non-plastic surgeons offering the procedure, there are some low-cost alternatives out there. But this may not be your best option, as these providers may not have the experience, the training or ability to deal with complications, or be able to provide the sorts of choices for anesthesia that an informed consumer would ideally choose.

**Insurance.** Most insurance companies do not cover elective cosmetic surgery, or costs related to a cosmetic procedure, like post-operative medications. Some will cover certain operations that are more functional in nature, like breast reduction surgery. You should check with your insurance carrier to determine what the eligibility rules are in your particular case. Those that do offer coverage may put restrictions on what is covered, or where you may have your surgery performed.

**Financing.** Financing is quite commonplace for elective cosmetic surgery, for those people with reasonably good credit. There are a number of third-party financing organizations that can help you with this. CareCredit and Alpheon are two well-known firms. While we do not offer direct financing ourselves, we can certainly help you “get the ball rolling”. Often, this can be done online, right from our office.

### WHAT'S THE NEXT STEP?

If you are ready to schedule your surgery by the end of your consultation visit, that's great. But don't feel obligated to make a decision immediately—if you aren't sure, go home and think about your experience, and make a well thought-out decision. We always encourage our patients to consider multiple plastic surgeons.

### HOW DO I DECIDE BETWEEN SEVERAL EXCELLENT SURGEONS?

Let's assume that you've met two (or more) talented surgeons, both with Board Certification in Plastic Surgery, hospital privileges, and plenty of excellent before & after photos for you to see. Both operate in accredited surgical facilities. How do you choose?

Many times, the choice comes down to intangibles – maybe a gut feeling, or “the warm fuzzies” about a certain office. Maybe it's the quality of the service. It's a relationship – so choose carefully.

#### Ask yourself:

- Do I like this person/ this group? Will I enjoy seeing them during my recovery?
- Did the physician listen carefully to me as I explained my thoughts about my goals?
- Do they understand me, and are able to provide what I am looking for?
- Did they explain things clearly, and answer my questions appropriately?
- Did I like their result photos?
- Was the office staff friendly, polite, and professional?

## Your Plastic Surgery Consultation at Fiala Aesthetics (Continued)

### HOW DO I DECIDE BETWEEN SEVERAL EXCELLENT SURGEONS? (CONTINUED)

Your experience with the consultation process is likely to reflect the way your surgical experience will be: if the office is well-organized, and the staff are knowledgeable and efficient, and the physician communicates well, the odds are that you will be treated similarly during the post-operative part of your care. However, if the consultation didn't feel comfortable or you didn't communicate well with the surgeon, perhaps you would be better served at another practice.

Don't choose an office simply based on location or a low price.

### CAN I COME FOR A SECOND VISIT?

Sure. Sometimes one consultation isn't enough. New questions may arise. If so, please call us and ask for a second consult. It is complimentary. Write down all of the questions you've thought of and bring them with you.

### DO YOU HAVE ANY OTHER E-BOOKS? THIS ONE WAS HELPFUL.

Thanks! Yes, there are e-books available for free download from our website on Breast Augmentation, and a second one on Tummy Tucks and Liposuction.

Visit our site to download!

**Contact us at (407) 339-3222 with any questions you may have.  
We are looking forward to seeing you soon!**