

10 Crucial Questions to Ask Your Plastic Surgeon



-  Understanding a Plastic Surgeon's Qualifications
-  Assessing Experience and Expertise
-  Evaluating Safety Measures
-  Clarifying Costs and Expectations

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Antony Fitton Plastic Surgery

Plymouth & Truro

UNDERSTANDING A PLASTIC SURGEON'S QUALIFICATIONS

- What are your certifications and training?
- How many years have you been performing this procedure?

ASSESSING EXPERIENCE AND EXPERTISE

- How many times have you performed this specific surgery?
- Can you share before-and-after photos?
- Are you a member of any professional associations?

EVALUATING SAFETY MEASURES

- Where will the surgery be performed?
- What are the emergency protocols in place?

CLARIFYING COSTS AND EXPECTATIONS

- What is included in the total cost of the procedure?
- What should I expect during recovery?



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UNDERSTANDING A PLASTIC SURGEON'S QUALIFICATIONS

When considering plastic surgery, it is essential to have confidence in your surgeon's qualifications. This not only ensures your safety, but also maximises the potential for a successful outcome. Key questions can help determine a surgeon's credentials and the relevance of their experience.

1. What are your certifications and training?

Before proceeding, confirming that your surgeon possesses the necessary certifications and has undergone comprehensive training is vital. Certification from a recognised board, such as the British Association of Plastic, Reconstructive and Aesthetic Surgeons (BAPRAS), signifies that the surgeon has completed rigorous training and adheres to high standards of practice.

It's equally important to enquire about the specific training related to the procedure you are considering. Some surgeons might have additional training that focuses expressly on your desired surgery, equipping them with advanced techniques and superior skills in that area.

2. How many years have you been performing this procedure?

Experience is crucial when it comes to surgical procedures. Understanding how long your surgeon has been performing the specific procedure you are interested in can provide insight into their proficiency. A surgeon who has been performing the procedure for many years is likely to have a deeper understanding of the techniques involved and the potential challenges that may arise.

Antony Fitton qualified at the Royal London Hospital in 1989 with a distinction in Surgery. He holds an MB, BS(Hons)., MD., FRCS(eng). and FRCS(plast) (Fellowship at the Royal College of Surgeons). He is a member of [BAPRAS](#) (British Association for Plastic, Reconstructive and Aesthetic Surgeons), [BAAPS](#) (British Association for Aesthetic Plastic Surgeons), and [BSSH](#) (British Society for Surgery of the Hand).

ASSESSING EXPERIENCE AND EXPERTISE

While qualifications provide a foundation of trust, evaluating a surgeon's experience and expertise to your specific surgery is just as important.

3. How many times have you performed this specific surgery?

A surgeon's experience with a particular procedure can significantly affect the outcome. It's crucial to ask how many times they have performed the surgery you are interested in. Surgeons who regularly perform a specific type of surgery might have refined techniques, making them more adept at handling complexities. High repetition in performing the procedure often translates to increased confidence and improved judgement in various scenarios, which is especially comforting for any potential patient.

4. Can you share before-and-after photos of past patients?

Visual proof of a surgeon's work is immensely valuable. Requesting before-and-after photos of past patients can provide realistic expectations of the results. It enables you to assess the surgeon's aesthetic approach and the consistency of their outcomes across different cases. Photos also serve as a tangible indicator of the surgeon's skill level, artistry, and ability to achieve results that align with your goals.

5. Are you a member of any professional associations?

Membership in professional associations can reflect a surgeon's commitment to their practice and stay updated with industry advancements. Organisations like the [*Royal College of Surgeons*](#) remain pivotal in promoting continuous education and ethical practice amongst their members. Being part of such associations not only indicates a dedication to excellence but also suggests that the surgeon is in tune with the latest techniques and industry standards.

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EVALUATING SAFETY MEASURES

When considering plastic surgery, safety must remain your primary concern. Understanding the safety protocols and measures a clinic implements can significantly impact your peace of mind and the overall outcome of the procedure. Two essential questions stand out in this regard:

6. Where will the surgery be performed?

Knowing the location of your surgery is vital. Procedures should ideally be conducted in an accredited hospital or surgical centre, as these facilities adhere to stringent safety and health standards. Accreditation ensures that the surgical environment follows the best practices concerning hygiene, equipment, and general protocols, thereby reducing potential risks. Inquire whether the facility is certified by a recognised organisation, such as the Joint Commission International or a similar regulatory body. Confirm that the operating environment is equipped to manage any unforeseen complications, offering comprehensive post-operative care.

7. What are the emergency protocols in place?

Understanding the emergency protocols is crucial in ensuring your safety should anything go awry during the procedure. Ask your plastic surgeon to outline the specific steps they are equipped to take should an emergency arise. This includes the availability of essential life-saving equipment and the presence of a trained medical team that can handle complications efficiently. It's equally important to know if there's quick access to a nearby hospital and whether the anaesthesiologist is certified and prepared to address emergencies.

A well-prepared facility often foresees potential complications, reassuring patients of their commitment to safety.

We can offer both consultations and treatments at either the Nuffield Health Hospital, Plymouth or the Duchy Hospital, Truro. Mr Fitton also consults by internet video conferencing and, if preferred, an initial consultation can be arranged in this way.

CLARIFYING COSTS AND EXPECTATIONS

Plastic surgery can be a significant investment, both financially and emotionally. Having a clear understanding of the costs involved and the expected recovery process is vital for both your financial planning and mental preparedness. Here are two significant questions to consider:

9. What is included in the total cost of the procedure?

When discussing the financial aspect of surgery, transparency is key. The total cost of your procedure should be comprehensive, covering not only the surgeon's fees but also anaesthesia, operating room expenses, and any additional charges for post-operative care or follow-up visits. Clarify whether costs such as pre-surgery consultations, medical tests, or follow-up appointments are included in the initial quotation.

Discuss potential supplementary expenses, which may arise from unexpected complications or revisions. Making sure all aspects are discussed upfront can help you avoid financial surprises and ensure you are fully prepared for any associated costs.

10. What should I expect during recovery?

Being informed about the recovery process is just as important as understanding the procedure itself. Recovery times vary depending on the type of surgery, your health, and the surgeon's techniques. Ask your surgeon to provide a clear recovery timeline and discuss what activities or duties you may need to suspend temporarily.

Understanding the typical side effects, restrictions, and potential complications will allow you to set realistic expectations and plan accordingly. Additionally, discuss pain management strategies and any physical or emotional support you might require during this period. Having a well-informed outlook ensures a smoother recovery journey and improves your overall surgical experience.

Costs vary depending on the provider hospital you choose to have your surgery with. [Antony Fitton's Plastic Surgery Prices can be found here](#) » Accurate quotes will be provided by us and can be given to you before your appointment.