

BREAST SURGERY SUITABILITY ASSESSMENT



REASONS FOR CONSIDERING



PHYSICAL & MEDICAL READINESS



PROCEDURE & OUTCOMES



EMOTIONAL READINESS



PRACTICAL PLANNING



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Are You Suitable for Breast Surgery?

A First-Time Patient Self-Assessment Checklist

This checklist is designed to help you reflect on whether breast surgery may be right for you at this stage of your life. It does not replace a consultation with a qualified plastic surgeon — but it can help you feel more prepared and confident when taking the next step.

Tick each statement that feels true for you.

1. Your Reasons for Considering Breast Surgery

- I am considering breast surgery for myself, not due to pressure from others
- I have been thinking about this decision for some time, not impulsively
- My reasons relate to comfort, confidence, proportion, or physical concerns
- I understand surgery won't solve unrelated emotional or life challenges

Suitability tip: Patients who have clear, personal motivations tend to feel more satisfied with their results.

2. Your Physical & Medical Readiness

- I am generally in good physical health
- I have no unmanaged medical conditions that could affect surgery
- I am a non-smoker, or I am willing to stop before and after surgery
- My weight is stable and unlikely to change significantly in the near future
- I understand that my natural anatomy will influence results

Suitability tip: Good overall health and realistic expectations are essential for safe surgery and recovery.



3. Understanding the Procedure & Outcomes

- I understand that breast surgery results are about improvement, not perfection
- I am aware that scars are a normal part of breast surgery
- I understand swelling and bruising are temporary but expected
- I know results evolve over weeks and months, not instantly
- I am open to professional guidance on which procedure suits me best

Suitability tip: Being informed — not rushed — is a strong indicator of readiness.

4. Emotional Readiness & Expectations

- I feel emotionally stable and able to cope with temporary changes during recovery
- I understand that confidence improves gradually, not overnight
- I feel comfortable asking questions and raising concerns
- I would be able to cope if I needed more time to heal than expected
- I accept that surgery is a process, not just a single day

Suitability tip: Emotional readiness is just as important as physical suitability, especially for first-time patients.

5. Recovery & Practical Planning

- I can take adequate time off work to recover
- I have support at home for the first few days after surgery
- I can avoid heavy lifting, exercise, and driving as advised
- I am able to attend follow-up appointments
- I have realistic expectations about recovery timelines

Suitability tip: A well-planned recovery often leads to a smoother, less stressful experience.



6. Safety & Decision-Making

- I understand that all surgery carries some risk
- I am comfortable discussing risks and complications openly
- I value safety and surgeon experience over quick fixes or discounts
- I am prepared to delay surgery if advised to do so
- I see a consultation as an opportunity to learn — not a commitment

Suitability tip: Feeling safe, informed and supported is a strong sign you're approaching surgery for the right reasons.

How to Use This Checklist

- Mostly ticked boxes?** You may be in a good position to book an initial consultation.
- Some boxes unticked?** That's completely normal — it may simply mean you need more information or time.
- Feeling unsure?** A professional consultation can help clarify suitability without pressure.

Important Reminder

This checklist is a guide only. True suitability for breast surgery can only be confirmed during a face-to-face consultation with a qualified plastic surgeon who can assess your health, anatomy, goals and expectations.