

AM I READY FOR PLASTIC SURGERY?



Emotional & Financial Readiness



Understanding your Procedure



Physical & Medical Readiness



Recovery & Practical Planning



Choosing the Right Surgeon



Visit Our Website Now
www.plasticsurgeryplymouth.com





Are You Ready for Plastic Surgery?

A self-assessment checklist

Plastic surgery is a personal decision. This checklist is designed to help you reflect on whether now is the right time for you — emotionally, physically, and practically. Tick all that apply.

1. Emotional Readiness

- I am choosing surgery for myself, not because of pressure from others
- I understand surgery won't "fix" my life, relationships, or self-esteem
- I feel emotionally stable and not making this decision during a crisis
- I have realistic expectations about what surgery can and cannot achieve
- I would still feel okay about myself if I decided not to go ahead

Pause if:

- You're hoping surgery will solve deeper emotional difficulties
- You feel rushed, desperate, or influenced by social media comparisons

2. Understanding the Procedure

- I know what the procedure involves, step by step
- I understand the risks, complications, and limitations
- I know what the scar pattern is likely to be
- I understand how long recovery typically takes
- I know when I can return to work, driving, exercise, and normal life

Pause if:

- You feel unclear or confused about the surgery
- You're relying on social media or influencers for information



3. Physical & Medical Readiness

- I am in generally good physical health
- Any medical conditions are well controlled
- I have disclosed all medications, supplements, and medical history
- I understand how my weight, skin quality, or anatomy may affect results
- I am prepared to stop smoking/vaping if required

Pause if:

- You are hiding medical information
- You're unwilling or unable to follow pre- or post-op instructions

4. Recovery & Practical Planning

- I can take enough time off work or responsibilities
- I have help at home if needed during early recovery
- I understand there may be swelling, bruising, discomfort, or fatigue
- I am prepared for results to evolve over weeks or months
- I can attend follow-up appointments as advised

Pause if:

- You're planning surgery around an unmovable event (wedding, holiday, etc.)
- You expect to "bounce back" immediately



5. Financial Readiness

- I understand the full cost of surgery
- I am comfortable with the financial commitment
- I have considered costs related to recovery (time off work, support, garments)
- I am not choosing surgery based on price alone

Pause if:

- Cost is the main driver rather than safety and expertise
- You're considering surgery abroad without aftercare planning

6. Choosing the *Right* Surgeon

- My surgeon is fully qualified and appropriately registered
- I feel listened to, not rushed or pressured
- My questions are welcomed and answered clearly
- I trust my surgeon's advice — even if it means saying "not yet"
- I feel confident about the aftercare and follow-up process

Pause if:

- You feel pressured to book quickly
- Guarantees or "perfect results" are promised



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.

Ask yourself:

- If I needed to delay this surgery for 6–12 months, would I cope emotionally?
- Am I prepared for a journey — not just a result?

If you've ticked most boxes comfortably, you're likely in a good position to move forward to a consultation.

If several sections raised concerns, that's okay — it may simply mean more time, information, or support is needed.

Important Reminder

This checklist is a guide only. True suitability for plastic 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.