

# PLASTIC SURGERY

Make the Right Choice



The Symbol of Excellence in Plastic Surgery®

A public education service of the American Society of Plastic Surgeons®.

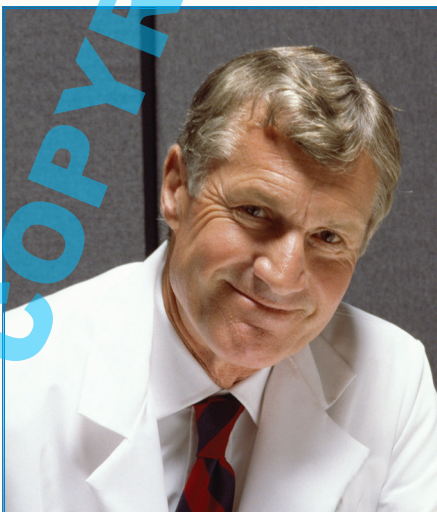
# The first step: Choose a surgeon you can trust

Plastic surgery involves many choices. The first and most important is selecting a surgeon you can trust. A doctor's board certification is one of the best indicators of his or her training. Ask for certification from The American Board of Plastic Surgery® (ABPS), the only one of the 24 boards approved by the American Board of Medical Specialties (ABMS) that certifies physicians in plastic surgery of the face and all areas of the body. To be ABPS board-certified, a physician must meet these rigorous standards:

- ▶ Graduate from an accredited medical school
- ▶ Complete at least **five** years of surgical training following medical school with a minimum of **two** years of plastic surgery residency training
- ▶ Pass comprehensive oral and written exams

## **American Society of Plastic Surgeons (ASPS) Members must:**

- ▶ Be certified by the ABPS or in Canada by The Royal College of Physicians and Surgeons of Canada®
- ▶ Complete continuing medical education including patient safety each year
- ▶ Perform surgery in accredited, state-licensed or Medicare-certified surgical facilities



# What is the American Society of Plastic Surgeons?

The American Society of Plastic Surgeons® (ASPS®) is the largest plastic surgery specialty organization in the world. Founded in 1931, the society is composed of board-certified plastic surgeons who perform cosmetic and reconstructive plastic surgery.

Our goal is to help our members provide quality care to you by encouraging high standards of training, ethics, physician practice, and research in plastic surgery. We advocate for patient safety, and require our members who perform surgery under anesthesia to do so in an accredited, licensed or Medicare-approved surgical facility that has passed rigorous external review of equipment and staffing.

ASPS also has a strong public education service. We publish numerous informational brochures and maintain a website at [www.plasticsurgery.org](http://www.plasticsurgery.org), where you can research many plastic surgery procedures.

## How to identify an ASPS member:

Only members of the American Society of Plastic Surgeons may display the ASPS Member logo. This symbol of excellence in plastic surgery is what to look for when choosing a surgeon. It tells you that you are choosing a physician who is certified by The American Board of Plastic Surgery® or The Royal College of Physicians and Surgeons of Canada®.

### *The right kind of board certification:*

In most states, any licensed physician may perform plastic surgery without being board-certified in plastic surgery. Just because a doctor is board-certified does not mean that he or she is certified by The American Board of Plastic Surgery® (ABPS).



ASPS Member Surgeon

# Beauty for life ...

Enhancing your appearance through plastic surgery

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## Is plastic surgery right for me?

Plastic surgery has obvious and often dramatic benefits. However, it is not for everyone. If you are considering plastic surgery, keep in mind the following:

- ▶ **No surgery can achieve perfection**, and there is no guarantee that the results will look exactly as you envision them.
- ▶ **Plastic surgery can reshape your body, not your life.** Although enhanced appearance after surgery may improve your self-esteem, plastic surgery will not solve career, marital or emotional problems.
- ▶ **Do it at the right time**, when you don't feel exceptional stress and you have emotional support available.
- ▶ **Do it for yourself**, not to fulfill someone else's desires or to try to fit any sort of ideal image.
- ▶ **Be prepared to tolerate some discomfort** during and after surgery, as well as the possibility of scars or other side effects.
- ▶ **Understand the risks** of plastic surgery.
- ▶ **Prepare to pay for your surgery** if your insurance does not cover the costs, as is the case for elective, cosmetic plastic surgery.
- ▶ **Know that plastic surgery is not suitable for everybody**, especially people who are prone to mood swings or erratic behavior, who abuse drugs or alcohol, or who are receiving treatment for clinical depression or other mental illnesses.
- ▶ **Patients under 18 will need parental consent** for surgery and must also have achieved certain milestones in growth and physical maturity.

# Beauty for life ...

## Plastic surgery procedures

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### Cosmetic Plastic Surgery

- ▶ Arm Lift
- ▶ Body Contouring After Major Weight Loss
- ▶ Body Lift
- ▶ Breast Augmentation
- ▶ Breast Lift
- ▶ Brow Lift
- ▶ Ear Surgery
- ▶ Eyelid Surgery
- ▶ Facelift
- ▶ Facial Implants
- ▶ Injectable Fillers
- ▶ Liposuction
- ▶ Male Breast Reduction
- ▶ Nose Surgery
- ▶ Scar Revision
- ▶ Skin Rejuvenation and Resurfacing
- ▶ Spider Veins
- ▶ Thigh Lift
- ▶ Tummy Tuck

### Reconstructive Plastic Surgery

- ▶ Cleft Lip and Palate
- ▶ Breast Reconstruction
- ▶ Breast Reduction
- ▶ Burn Treatment
- ▶ Ear Surgery
- ▶ Hand Surgery
- ▶ Scar Revision
- ▶ Skin Cancer Treatment

Some procedures, such as scar revision and ear surgery, may be done for either cosmetic or reconstructive reasons.

# What to expect during your consultation

The success and safety of your plastic surgery procedure depends very much on your complete candidness during your consultation. You'll be asked a number of questions about your health, desires and lifestyle.

## Be prepared to discuss:

- ▶ Why you want the surgery, your expectations and desired outcome
- ▶ Medical conditions, drug allergies and medical treatments
- ▶ Use of current medications, vitamins, herbal supplements, alcohol, tobacco and drugs
- ▶ Previous surgeries
- ▶ Family health history

## Your surgeon may also:

- ▶ Evaluate your general health status and any pre-existing health conditions or risk factors
- ▶ Examine and measure you
- ▶ Take photographs for your medical record
- ▶ Give you information about the surgery you want
- ▶ Discuss your options and recommend a course of treatment
- ▶ Discuss likely outcomes of your plastic surgery and any risks or potential complications
- ▶ Answer all of your questions thoroughly and clearly
- ▶ Ask for your reaction to recommendations
- ▶ Welcome questions about professional qualifications, experience, costs, and payment policies
- ▶ Make clear the risks of surgery and possible outcomes
- ▶ Leave the final decision to you

**Safety first:** You have the right to expect that your surgery will take place in a surgical facility or hospital that is safe and well equipped. Facilities with accreditation from a recognized accrediting organization have demonstrated that they have appropriate equipment and staff to safely monitor patients and deal with potential complications.

# Questions to ask my plastic surgeon

## ***Use this checklist as a guide during your consultation***

- Are you certified by the American Board of Plastic Surgery?
- Are you a member of the American Society of Plastic Surgeons?
- Were you trained specifically in the field of plastic surgery?
- How many years of plastic surgery training have you had?
- Do you have hospital privileges to perform this procedure? If so, at which hospitals?
- Is the office-based surgical facility accredited by a nationally- or state-recognized accrediting agency, or is it state-licensed or Medicare-certified?
- Am I a good candidate for this procedure?
- What will be expected of me to get the best results?
- Where and how will you perform my procedure?
- What surgical technique is recommended for me?
- How long of a recovery period can I expect, and what kind of help will I need during my recovery?
- What are the risks and complications associated with my procedure?
- How are complications handled?
- How can I expect to look over time?
- What are my options if I am dissatisfied with the outcome of my surgery?
- Do you have before-and-after photos I can look at for this procedure and what results are reasonable for me?

*This brochure is published by the American Society of Plastic Surgeons®, including text, graphics, illustrations, and images, and is strictly intended for educational purposes. It is not intended to make any representations or warranties about the outcome of any procedure. It is not a substitute for a thorough, in-person consultation with a board-certified plastic surgeon.*

# Words to know

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**Abdominoplasty:** A surgical procedure, also known as tummy tuck, to correct the apron of excess skin hanging over your abdomen.

**Augmentation mammoplasty:** Breast enlargement by surgery.

**Bilateral gynecomastia:** A condition of over-developed or enlarged breasts affecting both breasts in men.

**Blepharoplasty:** Eyelid surgery to improve the appearance of upper eyelids, lower eyelids or both.

**Brachioplasty:** A surgical procedure, also known as arm lift, to correct sagging of the upper arms.

**Brow lift:** A surgical procedure to correct a low-positioned or sagging brow. Smooths furrows across the forehead and between the brows.

**Circumferential thigh lift:** A surgical procedure to correct sagging of the outer and mid-thigh.

**Collagen:** A natural protein used as an injectable filler for soft tissue augmentation.

**General anesthesia:** Drugs and/or gases used during an operation to relieve pain and alter consciousness.

**Human fat:** Harvested from your own body and used as an injectable filler for soft tissue augmentation.

**Injectable fillers:** Substances used to restore volume and your youthful appearance.

**Intravenous sedation:** Sedatives are administered by injection into a vein to help you relax.

**Lipoplasty:** Another term for liposuction.

**Liposuction:** Also called lipoplasty or suction lipectomy, this procedure vacuums out fat from beneath the skin's surface to reduce fullness.

**Local anesthesia:** A drug is injected directly to the site of an incision during an operation to relieve pain.

**Lower body lift:** Surgical procedure to correct sagging of the abdomen, buttocks, groin, and outer thighs.

**Mastectomy:** The removal of a breast, typically to rid the body cancer.

**Medial thigh lift:** A surgical procedure to correct sagging of the inner thigh.



## More words to know

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**MRI:** Magnetic resonance imaging; a painless test to view tissue similar to an x-ray.

**Nasolabial fold:** Deep creases between the nose and mouth.

**Reduction mammoplasty:** The surgical removal of breast tissue to reduce the size of breasts.

**Rhytidectomy:** A surgical procedure, also known as facelift, to reduce sagging of the mid-face, jowls and neck.

**Saline implants:** Breast implants filled with a salt water solution.

**Silicone implants:** Breast implants filled with an elastic gel solution.

**Skin resurfacing:** Treatment to improve the texture, clarity and overall appearance of your skin.

**Soft tissue augmentation:** The use of injectable fillers to restore volume and your youthful appearance.

**Suction lipectomy:** Another term for liposuction.

**Sutures:** Stitches used by surgeons to hold skin and tissue together.

**Tumescent or super-wet liposuction:** Requires an infusion of saline solution with adrenaline and possibly anesthetic prior to removal of excess fat.

**Tummy tuck:** A surgical procedure to correct the apron of excess skin hanging over your abdomen.

**Unilateral gynecomastia:** A condition of over-developed or enlarged breasts affecting just one breast in men.

**Ultrasound:** A diagnostic procedure that projects high-frequency sound waves into the body and changes the echoes into pictures.

**Ultrasound-assisted lipoplasty:** Uses ultrasonic energy to liquefy excess fat prior to surgical suctioning.

# Notes

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