



HERE ARE 5 ESSENTIAL TIPS TO KNOW BEFORE YOUR FIRST MEETING WITH YOUR SURGEON

The first meeting with your surgeon, a gathering of information, which requires preparation!

- 1** Only physicians who are certified in Plastic Surgery are Plastic Surgeons. Make sure your surgeon is a member of the Association of Specialists in Plastic and Aesthetic Surgery OF Quebec (ASCPEQ). Members of the Association have all obtained their practice permit and their specialty certificate from the College of Physicians of Quebec and therefore are qualified to perform procedures in the field of plastic and aesthetic surgery.
- 2** Prepare yourselves in advance. The first encounter is certainly the most important step in the whole treatment process. The better you will be prepared, the more rewarding will be your encounter.
 - 2.1 - Write down and bring all the questions that you wish to ask your surgeon. This will ensure that nothing is forgotten.
 - 2.2 - Make sure you clearly express your desires and expected results for the treatment. Take the time to discuss the limitations of your cosmetic surgery treatment. The answers of your surgeon will enlighten you on the possibilities which are offered to you and you will avoid potential disappointments.
 - 2.3 - Understand that your surgeon has the responsibility to explain to you how the treatment will take place and to inform you about the technique he will use to achieve it.
 - 2.4 - Make sure your surgeon tells you what kind of anesthesia your treatment requires, whether general, mild, or local. He must also explain the sequence of steps of the anesthesia you will undergo and any possible side effects.
 - 2.5 - Talk about time and money! Your surgeon must inform you of the costs associated with the treatment that you are requesting before you make a decision. He must also tell you how long the procedure will take and the waiting time before you can have your surgery.
- 3** Make sure your surgeon is surrounded by a qualified team! Check that he is working with anesthetists who are members of the College of Physicians, nurses that are members of the Quebec Order of Nurses and respiratory therapists who are members of the Ordre professionnel des inhalothérapeutes du Québec.
- 4** Find out about the establishment where the treatments are performed and make sure that the latter is a specialized medical centre and that it has obtained accreditation from an organization recognized by the government such as the Conseil québécois de l'agrément or Accreditation Canada.
- 5** Your surgery is an important deal. You need to feel 100% comfortable with your surgeon and their team! The first meeting is a crucial step and is essential to the successful outcome of your treatment. From the first meeting, a relationship of trust must be established between you and your surgeon. You must feel free to express all your desires and your expectations from the treatment. In return, your surgeon has the responsibility to inform you of the risks associated with your treatment, and to explain to you the actual results that you can expect. Ask yourself: Do I trust this surgeon's recommendations and so I feel comfortable disclosing my full medical history and habits to this surgeon?