

COHEN|WINTERS

HOW TO DISCOVER THE BEST PLASTIC SURGEON FOR YOU



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The growth in the popularity and over-marketing of plastic surgery has taken too much attention away from the seriousness of patient, procedure and surgeon selection. Although there is certainly a “wow” element to a highlight reel of before and after pictures, the most important information is gleaned from the consultation and well-researched word of mouth.

The research and legwork ought to result in a comfort level that makes for the “right fit” between patient and surgeon. We put this e-book together to help prepare you for your consultation with us.

We recommend printing out this e-book and bringing it along to take notes when you come to visit. Those notes will allow you to refer back to the information at any time and help you make your best decision with regard to whether or not plastic surgery with our practice is right for you.

**Yours Truly,
Drs. Cohen & Winters**

1. WHAT ARE YOUR PLASTIC SURGERY CREDENTIALS, EXPERIENCE AND TRAINING?

Things To Know

- Your surgeon should be certified by the American Board of Plastic Surgery. We believe the ASPS designation is essential for demonstrating competence and expertise in plastic surgery.
- There is no magic number that you should be looking for when it comes to experience, however the longer a surgeon has been practicing plastic surgery, the more likely they've been producing great results.
- Your surgeon should be continually taking part in annual training and safety techniques to ensure they are providing the best and safest environment possible.
- The more active your surgeon is in the plastic surgery community the more likely they are respected for their opinion and work. This is a general reflection of peer-level reputation.

Your Notes

2. ARE OTHER PATIENTS WILLING TO SHARE THEIR RESULTS AND EXPERIENCE?

Things To Know

- Our past experience is an open book.
- Most of the patients in our practice are happy to talk to prospective patients about their results and experiences with us.
- Don't be afraid to ask for references. We are proud of our work and want you to be able to hear first-hand about the experience we provide.

Your Notes

3. AM I A GOOD CANDIDATE FOR THIS SURGERY?

This is as individualized as anything in your life:

- We promise to outline why this surgery is or isn't ideal for you.
- We want you to be a good fit for us and to be comfortable with the decision you're making.

Your Notes

4. ARE MY EXPECTATIONS IN LINE WITH WHAT YOU ENVISION FOR ME?

This is the most highly personal aspect of plastic surgery:

- Plastic surgery can improve your appearance, but it is not meant to change your life.
- Being honest with what you are expecting always produces the best outcomes.
- Our aesthetic judgment and your expectations MUST mesh.

Your Notes

5. ARE THERE FACTORS THAT WILL MITIGATE MY SUCCESSFUL OUTCOME?

We really need to know about:

- Your current health.
- Your current medications.
- Any previous operations.
- Your activity level.

Your Notes

6. CAN ANYTHING BE DONE BEFOREHAND TO ENHANCE MY EXPERIENCE AND RESULTS?

We are always eager to talk about:

- The best things other patients have done that improved their experience and results.
- The best things you can do relating to your health and lifestyle.

Your Notes

7. WHAT CAN I REALLY EXPECT DURING MY RECOVERY?

The essential component to a smooth recovery is to get on the same page:

- What are the things patients find most surprising about their recovery?
- How long is the expected recovery and for how long will I be limited from everyday activities/exercise?
- Will I be able to function on my own or will I need help from friends and family?
- Will I be on medications of any kind following the surgery?
- How many post-op appointments will I need?

Your Notes

8. WHAT ARE THE COMPLICATION RATES IN YOUR PRACTICE AND WHAT HAPPENS IF AN ISSUE ARISES?

Things to know and ask:

- If a complication arises during surgery do you have the available resources to address the problem instantly?
- If a complication arises after surgery who will be available to help me?
- Although we won't ever jeopardize patient confidentiality, we are always open and honest about our complications: minor and serious alike. More importantly, where you fit in on the risk spectrum.

Your Notes

9. WHERE DO YOU CONDUCT YOUR SURGERIES?

Things to know and ask:

- The location of your surgery will depend on a variety of factors.
- If your doctor conducts the surgery in a hospital or outpatient facility, it is important to ensure they are accredited from a nationally-or-state-recognized agency.
- Anesthesiologist's and the other members of the surgeon's team play an important role in your surgery. Don't be afraid to ask for our anesthesiologists' and nurses' certifications and how long they've been doing these surgeries with us.

Your Notes

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You should take time to review these responses outside the office to make sure everything still makes sense and that you are completely comfortable with us and what we have discussed. If you don't believe it was a good fit then we recommend visiting with another surgeon. You should feel comfortable that we share the same goals. When making a decision of this magnitude you need to have the perfect fit.

We've provided a quick checklist to ensure you've asked all of these vital questions.

- ☐ WHAT ARE YOUR PLASTIC SURGERY CREDENTIALS, EXPERIENCE AND TRAINING?
- ☐ ARE OTHER PATIENTS WILLING TO SHARE THEIR RESULTS AND EXPERIENCE?
- ☐ AM I GOOD CANDIDATE FOR THIS SURGERY?
- ☐ ARE MY EXPECTATIONS IN LINE WITH WHAT YOU ENVISION FOR ME?
- ☐ ARE THERE ANY FACTORS WHICH WILL MITIGATE MY SUCCESSFUL OUTCOME?
- ☐ CAN ANYTHING BE DONE BEFOREHAND TO ENHANCE MY EXPERIENCE/RESULTS?
- ☐ WHAT CAN I REALLY EXPECT DURING MY RECOVERY?
- ☐ WHAT ARE THE COMPLICATION RATES IN YOUR PRACTICE AND WHAT HAPPENS IF AN ISSUE ARISES?
- ☐ WHERE DO YOU CONDUCT YOUR SURGERIES?

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