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**Cosmetic Surgery - What You Must Consider When Selecting A Surgeon Or Clinic**

**By Nick Carter**

More and more people are opting to have cosmetic surgery. Choosing the right surgeon and clinic

can be difficult unless choice is informed by balanced advice. The decision to undergo any type of cosmetic surgery is intensely personal. Although cosmetic surgery will not change your life, it may give you greater self-confidence and add to your sense of well-being. Do not make this decision lightly. It will not solve personal problems or make you look like someone else.

Research the procedure

Read as much as you can about the procedure or treatment you are interested in having. This will help make sure that it is right for you and that you are aware of the pros and cons of treatment. The best way to find a surgeon is word of mouth...through a friend or family member, or perhaps your doctor. Also check out our message boards on different sites to get surgeon recommendations from men and women who undergone the same procedure you're looking for.

Choose the right doctor

Get a referral from your GP - they can make sure that, with your permission, any important information about your medical history is passed to the cosmetic surgeon. It also means that your GP can provide for you if you have any problems or need advice after the procedure. You should be offered an initial consultation with the doctor who will perform the operation/procedure. Do not be afraid to ask the doctor about his/her qualifications and expertise in the procedure you are interested in, how many times they have performed the operation and how often complications occur. Price should not be a deciding factor in which surgeon you choose, and many 'cosmetic' surgeons charge less than plastic surgeons. Be suspicious of special offers you see in newspapers or in magazines as most plastic surgeons charge a similar amount and rarely, if ever, give 'specials'. Prices can vary between surgeon depending on location, experience, where the surgery is performed (hospital vs. private clinic) and implant chosen. If you decide to go to an unqualified surgeon because of the price you could end up spending more money later on revision surgery.

Find out about the clinic or hospital

## Cosmetic Surgery – What You Must Consider When Selecting A Surgeon Or Clinic

The best way to choose a clinic or hospital is through your GP. If this is not an option, make an appointment at a few clinics, so that you can compare prices and the services offered.

- There should be registers of all private clinics and hospitals that are registered to provide cosmetic surgery in your country. The latest inspection report can be obtained from the Hospital or Clinic by requesting it.
- All cosmetic surgery clinics and hospitals should be required to provide a memo detailing the services they offer, the cost, as well as information on making comments, complaints or suggestions.

Nick Carter is editor of

<http://www.cosmetic-surgery-resources.biz>

which offers cosmetic surgery

resources and information.

### **Layman Guide To Cosmetic Surgery**

#### **By Barney Garcia**

Every one wants to be beautiful. If they are already beautiful, they want to become more beautiful. Increasing demand for perfect beauty and the advancement of technology in medicine had given birth to cosmetic surgery. Cosmetic surgery is a surgical method which enhances your physical appearance. It can be done either to correct your appearance which has undergone damage after an accident, or to simply enhance your facial and physical features, which tend to deteriorate with age.

Who uses Cosmetic surgery? Just about anyone who wants to improve his/her look goes for cosmetic surgery. It is not limited to women. According to a survey 11% of men also opt for cosmetic surgery. It can be a painful and an expensive procedure. It is not covered under your insurance policy. Hence cosmetic surgery is considered to be the domain of the rich and famous.

Where can I get it done? Check your local listings or ask your family physician for links to a good and reputed plastic or cosmetic surgeon. Always make sure that the surgeon is certified by either The American board of plastic surgery, or the American board of cosmetic surgery.

What do I need to go through? Every one is scared of surgery. More so if it is done on your face area. Ask the doctor about the pros and cons involved in the procedure. Ask him his experience in the field. Every cosmetic surgery may have certain risks involved. It is always good to be clear about the entire procedure before you start.

Ask the doctor how long you need to be away from work, will it be painful, and about the best and worst case scenarios post cosmetic surgery. He may have an album displaying pictures of previous patients if they have given him permission to use it. Check the before and after pictures to give you a

brief idea about how you may look post cosmetic surgery.

What it does not do? Remember, getting a facelift or a nose job done does not change the person within you. You are still the same person from inside.

Barney Garcia writes about many different topics. He is a proud contributing author and invites you to his websites.

<http://www.cosmetic-surgery-always.info>

and

<http://www.thetop-cosmetic-surgery.info>



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