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Is Picking A Surgeon Pot Luck?

By Sharleen Standling

The decision to have any form of cosmetic or plastic surgery is a very big one to make, there are many risks involved and sometimes, after hearing many horror stories in the press, it's as if choosing a surgeon is a lottery.

Amongst other things, surgery is very expensive, granted, costs have come down considerably over the years, but it is still very expensive to the average person.

There are cheaper options, like going abroad to have your surgery performed, you can stay in a hotel and relax by the pool while you recover. But personally the thought of having my surgery performed by someone that doesn't even speak my language worries me.

Once you have your mind made up that surgery is what you want, the next step is to find a good surgeon. Did you know that within the US it is legal for a doctor regardless of their speciality to perform "cosmetic surgery" but not "plastic surgery"?

When your health is involved, it's best not to cut corners, if you would pardon the pun, and not substitute a quality procedure for cost.

In the US there is only one entity overseeing Physicians performing plastic surgery and that is the American Board of Medical Specialities, so you must make sure that your surgeon is board certified by them. There are other "fake medical boards" but they are not recognised by the ABMS so don't even touch a surgeon whose credentials do not include the ABMS.

For a surgeon to be certified by them they need to have completed around 5–7 years of surgical residency training after medical school, or possibly more depending on the programme.

In the UK, the surgeon must firstly be registered on the General Medical Council, and then must be a member of either the British Association of Plastic Surgeons (BAPS) or British Association of Aesthetic Plastic Surgeons (BAAPS).

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With all surgeons, experience is vital, you must check how many procedures they have done, ideally they should be performing cosmetic surgery operations daily.

There is a ton of resources on the internet regarding plastic surgery, you must research thoroughly before you go ahead with an operation. If surgery is what you truly want, do not take it lightly. It is your body, your health and it is your right to find out and ask as many questions as is required to feel satisfied that you are making the right decision.

Sharleen Standling is a proud contributing author. Find more articles at

<http://consumerresourcesportal.info>

For more info visit

<http://onlinecosmeticsurgery.info>

or

<http://onlinecosmeticsurgery.info/plastic-surgeons.htm>

Selecting The Right Bonsai Pots Is Very Important

By Andrew Green

As with all types of plant pots, Bonsai pots are available in a huge array of sizes, shapes and colours but making sure you select the correct pot for your Bonsai tree can make the difference between a good looking Bonsai and an incredible looking Bonsai. Be warned, though, the pot you pick can have either positive or detrimental effects to the growth of your beloved Bonsai tree.

What type of Bonsai pots should I be considering?

Firstly, if you have a juvenile Bonsai that is still growing quite rapidly you will need to consider several training pots before you decide on a final show pot to exhibit your Bonsai. However, when selecting a Bonsai pot you should never pick one that means you will need to drastically trim the roots. If you do want to reduce the size of your pot or the roots then you need to take it in gradual steps, moving down a pot size at a time before eventually reaching the size you want.

Make sure the pot you are considering has very good drainage and is entirely frost proof, this will help keep your Bonsai safe and healthy all year round whether it is kept indoors or outdoors. If you are selecting a glazed pot, be sure that only the outside of the pot is actually glazed, because the Bonsai will need the rough surface on the inside for the roots to grab onto and establish themselves.

What pot for what tree?

The type of pot you should buy is indicated by the kind of tree you are growing as well as the style you

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want. Conifers lend themselves brilliantly to naturally coloured, unglazed pots whereas deciduous trees look good in glazed or unglazed and in just about any colours. Experiment a little to find the right pot for you, and especially consider pastel colours for your deciduous trees or a bright coloured pot for a flowering tree.

Also, consider how much room the roots will need for your particular choice of tree. Cascading trees will require a deep pot with plenty of room for the roots to grow down but also so the branches can hang over the side without draping on the floor.

If you have a heavily glazed pot, remember that the colour of the glaze will age and wear off slightly over its lifetime and many people wipe the glaze with French polish in order to speed the process up giving your glazed pot a slightly more natural and aged feel.

Bonsai HQ,

<http://bonsaihq.com/>

for lots of information about looking after your bonsai.



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