Checklist

Mybeforeandafters

What to Ask Your Plastic Surgeon Before an Abdominal Wall Reconstruction



An abdominal wall reconstruction involves repairing and strengthening the walls of the abdomen that have been damaged or weakened due to a number of factors, such as weight loss or previous bariatric surgery. It is most often done as a treatment for a number of medical conditions, like hernias and abdominal tumors.

But getting an abdominal wall reconstruction is more than just going under the knife. Before the procedure, you need to make sure that you understand everything about the treatment, from the preparations that you need to do before the surgery down to the realistic results that you should expect.

Thinking of getting an abdominal wall reconstruction? Here is a checklist of questions that you should ask your chosen cosmetic surgeon during the consultation:

Am I a good candidate for abdominal wall reconstruction?

You are a good candidate for an abdominal wall reconstruction if you are generally in good health and you have a medical condition that necessitates the procedure. Such conditions include hernias, tumors, abdominal infections, penetrating injuries, and recent bariatric surgery.

What kind of results should I expect?

You can expect your abdominal walls to be stronger, allowing you to maintain better posture and getting rid of hernias and other eviscerations that compromise the integrity of your abdominal wall. On top of that, you will also have a flatter and more contoured tummy.

Where and how will you perform abdominal wall reconstruction?

Being an invasive procedure, an abdominal wall reconstruction is done as an inpatient procedure in a hospital. Your surgeon should also be able to explain to you how the surgery will be performed, from administering the anesthesia to closing the incision.

How long is my recovery period and what should I expect during recovery?

You may need to stay in the hospital for one to three nights after the surgery to allow for full recovery. It can take anywhere from two to four weeks before you can resume normal daily activities, as well as work. If working out is part of your routine, you can resume regular exercises in about six weeks.

Are there risks and complications associated with abdominal wall reconstruction?

You will experience the common side effects of anesthesia use, like nausea, vomiting, dry mouth, sore throat, shivering, sleepiness, and hoarseness. Other risks include excessive bleeding, wounds, infections, and seromas—the build-up of fluid under the skin.

How are complications handled?

Your doctor should be able to assure you that he can properly manage complications, such as infection, hemorrhage, nerve injury, fluid overload, increase in intra-abdominal pressure, and deep vein thrombosis.

How can I expect my stomach to look over time?

Though the abdominal wall reconstruction is considered a permanent solution in terms of repairing abdominal muscle problems and weaknesses, the effects of liposuction and skin tightening are not permanent. This means that as time goes by, age and gravity will take a toll on your body and will still affect your midsection's appearance, despite getting an abdominal wall reconstruction.

What should I do if I'm not satisfied with the results of my abdominal wall reconstruction?

Your doctor should be able to offer you a surgical revision if you are unhappy with the result of your abdominal wall reconstruction.

Do you have before and after photos of your previous patients?

Abdominal wall reconstruction before and after photos will help you gauge the skill and success of your cosmetic surgeon with regard to performing abdominal wall reconstruction.

How much does abdominal wall reconstruction cost?

The average price of an abdominal wall reconstruction in Miami is similar to a tummy tuck, which is around $5,500. However, the specific cost depends on your cosmetic surgeon's assessment of the extent and scope of the procedure. Since it is often classified as a medically essential procedure, it is often partly or wholly covered by insurance.

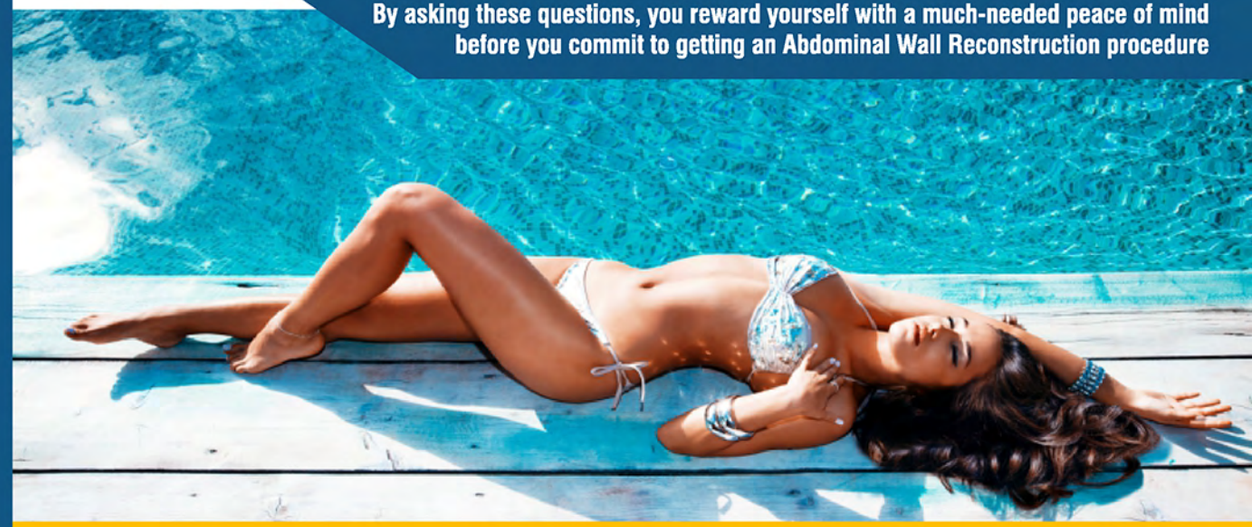
How many successful abdominal wall reconstruction procedures have you performed?

The more experienced your surgeon is, the better. However, keep in mind that you should also consider the satisfaction of his previous patients and not just their quantity.

Are you certified by the American Board of Plastic Surgery?

Members of the American Society of Plastic Surgeons have to meet rigorous standards, including board certification by the American Board of Plastic Surgery, around a decade of medical school and plastic surgery residency training, comprehensive written and oral medical exams, and continuing medical education.

By asking these questions, you reward yourself with a much-needed peace of mind before you commit to getting an Abdominal Wall Reconstruction procedure



Checklist

Mybeforeandafters.com

What to Ask Your Plastic Surgeon Before an ARM LIFT:



An arm lift involves trimming away of excess hanging skin and removing stubborn pockets of fat from your upper arms in order to make them look fitter and more youthful.

But getting an arm lift is more than just going under the knife. Before the procedure, you need to make sure that you understand everything about the treatment, from the preparations that you need to do before the surgery down to the realistic results that you should expect.

Thinking of getting an arm lift? Here is a checklist of questions that you should ask your chosen cosmetic surgeon during the consultation:

Am I a good candidate for an arm lift?
You are a good candidate for an arm lift if you are in stable weight and under the age of 65. You also need to be in good health before undergoing the procedure and have realistic expectations about the results of your arm lift.

What kind of results should I expect?
You can expect your arms to look slimmer and more toned, especially two to three months after surgery when the swelling has already subsided. However, you should also expect a full arm lift to leave a scar, although your doctor will strive to conceal it as much as possible.

Where and how will you perform an arm lift?
Arm lifts are usually done on an outpatient basis either in an accredited hospital or surgery center. Your surgeon should also be able to explain to you how the surgery will be performed, from administering anesthesia to closing the incision.

Are there different arm lift types that I can choose from?
The arm lift comes in different types, namely the upper arm lift, mini arm lift, extended brachioplasty, short scar arm lift, and L-arm lift. There is no one-size-fits-all for arm lifts, as each patient has her own arm problems that can be addressed by various types of arm lifts.

How long is my recovery period and what should I expect during recovery?
The recovery for an arm lift surgery usually lasts up to six weeks. You should take two to three weeks off from work after surgery and avoid any activities that can raise your blood pressure and cause bleeding at your surgical site. Heavy lifting and jogging should be avoided for up to six weeks. By six weeks, you should be able to resume your normal level of activity.

Are there risks and complications associated with an arm lift?
Some of the common side effects of an arm lift include discomfort, bruising, swelling, bleeding, tightness, tingling sensation, and numbness in the surgical area. However, these can be easily solved by following your doctor's post-surgical instructions.

How are complications handled?
Though an arm lift is a low-risk procedure, some complications may still occur. These include allergic reactions to anesthesia, infection, scarring, significant bleeding, swelling of the hands, fluid accumulation, hematoma, permanent loss of sensation, and asymmetry. It is important to contact your doctor right away if you experience any of these complications.

What should I do if I'm not satisfied with the results of my arm lift?
Your doctor should be able to offer you a surgical revision if you are unhappy with the results of your arm lift.

How can I expect my arms to look over time?
As long as your weight does not fluctuate, expect the results of your arm lift to last for many years. You might also lose some skin elasticity as you get older, which can lead to loose skin and arm laxity. However, this will be far less significant than before your surgery.

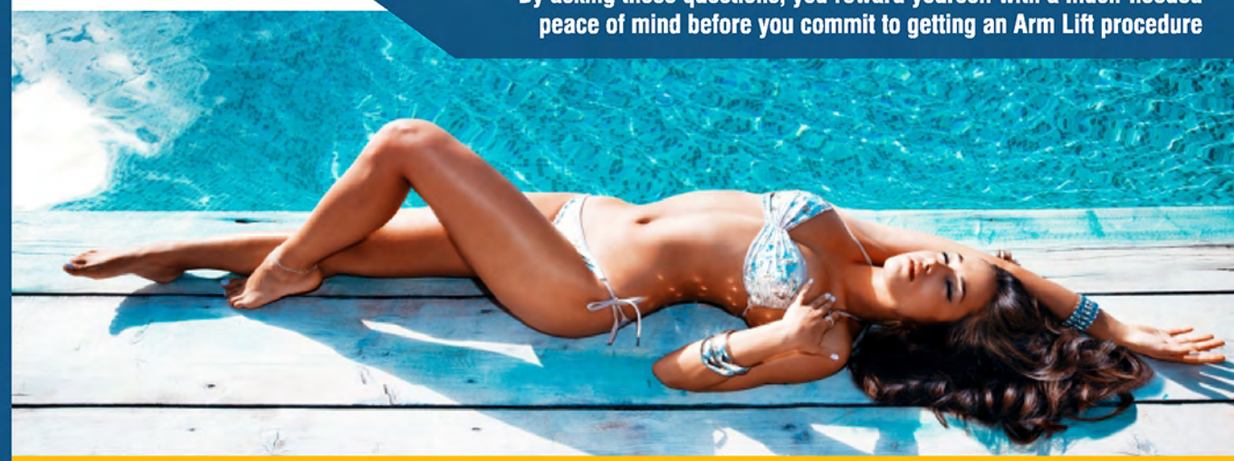
Do you have before and after photos of your previous arm lift patients?
Arm lift before and after photos will help you gauge the skill and success of your cosmetic surgeon with regard to performing an arm lift.

How much does an arm lift cost?
An arm lift in Miami can cost anywhere from $2,000 to $7,000, excluding accessory fees. Most insurance plans do not cover the cost of treatment, but there are several financing options that can help you cover the cost of your brachioplasty, including office financing and third-party financing.

How many successful arm lift procedures have you performed?
The more experienced your surgeon is, the better. However, keep in mind that you should also consider the satisfaction of his previous patients and not just their quantity.

Are you certified by the American Board of Plastic Surgery?
Members of the American Society of Plastic Surgeons have to meet rigorous standards, including board certification by the American Board of Plastic Surgery, around a decade of medical school and plastic surgery residency training, comprehensive written and oral medical exams, and continuing medical education.

By asking these questions, you reward yourself with a much-needed peace of mind before you commit to getting an Arm Lift procedure



MyBeforeAndAfters.com

Checklist

Mybeforeandafters.com

What to Ask Your Plastic Surgeon Before a Botox:



Among all the minimally invasive cosmetic procedures out there, botulinum toxin injections - better known as Botox - are the most popular, especially for the aging population.

Botox injections block muscular nerve signals, which then weaken the muscles so that they cannot contract. This action results in diminished facial wrinkles.

Before the procedure, you need to make sure that you understand everything about the treatment, from the preparations that you need to do down to the realistic results that you should expect.

Thinking of getting a Botox? Here is a checklist of questions that you should ask your chosen cosmetic surgeon during the consultation:

Am I a good candidate for Botox?
You are a good candidate for Botox if you have strong overall health and you have dynamic wrinkles that can be treated with Botox, like crow's feet, frown lines, forehead creases, upper lip lines, and neck bands. You should not get Botox if you have a skin infection in the treatment area, are allergic to any Botox ingredients, and are currently pregnant or breastfeeding.

What kind of results should I expect?
It can take up to a week to see the full effects of Botox treatment, though the changes are immediately apparent. It is important to remember that the effects are temporary, lasting only about three to four months.

Where and how will you perform Botox?
Since it is a minimally invasive procedure, Botox injections are done on an outpatient basis. It should be done in clinics by board-certified plastic surgeons or dermatologists, and not in spas or parties. Your doctor should be able to clearly explain to you how the procedure is done.

How long is my recovery period and what should I expect during recovery?
There is no downtime or recovery time for Botox injections. You may resume normal activities immediately, with only a few precautions.

Are there risks and complications associated with Botox?
Some of the risks associated with Botox include bruising and pain at the injection site, nausea, headache, redness, temporary facial weakness, and flu-like symptoms.

How are complications handled?
Very rarely, the botulinum toxin can spread beyond the treatment area, which can cause botulism-like signs and symptoms such as breathing problems, swallowing difficulties, slurred speech, and muscle weakness. Your doctor should be available right away in case you notice any of these symptoms.

What should I do if I'm not satisfied with the results of my Botox?
Your plastic surgeon should be able to offer touch-up appointments around two weeks after getting your initial Botox injections, as this is the time that you can truly see the full effect of the treatment. This is also a small thing to worry about since the results of your Botox injections will wear off in three to four months' time.

How can I expect to look over time?
Though the results will wear off in three to four months' time, long-term Botox use can improve the appearance of your wrinkles because it prevents it from getting deeper over time.

Do you have before and after photos of your previous Botox patients?
Botox before and after photos will help you gauge the skill and success of your cosmetic surgeon with regard to performing Botox.

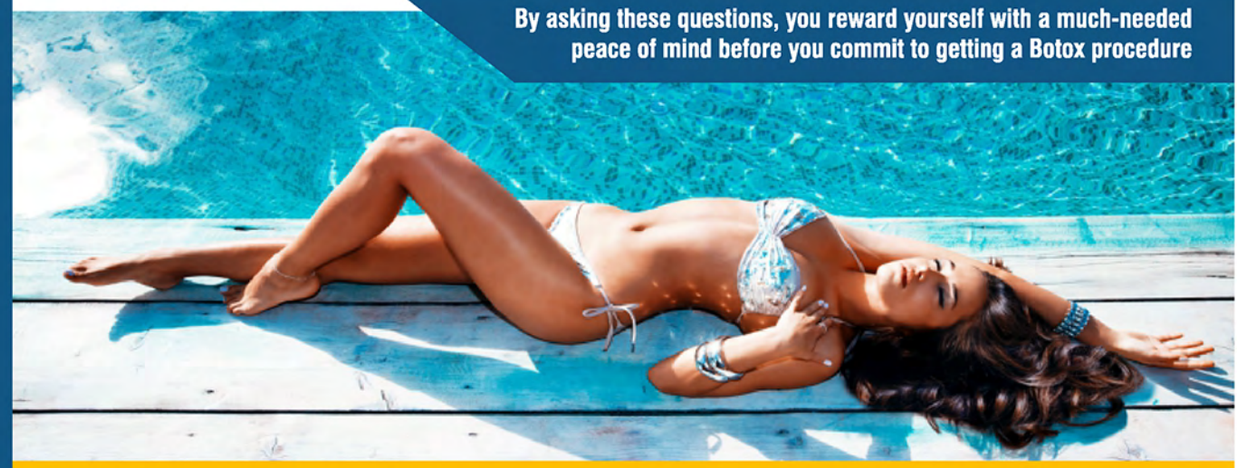
How much does Botox cost?
Miami Botox can cost anywhere from $300 to $465 for frown lines and $590 to $860 for forehead wrinkles and crow's feet. Most specialists charge per unit used, which is around $15 each for the first 30 units.

Who will perform the Botox procedure?
Get Botox injections only from a well-trained, board-certified cosmetic surgeon who understands your facial anatomy. This way, you do not run the risk of obtaining fake Botox injections that have not been approved by the FDA.

How many successful Botox procedures have you performed?
The more experienced your plastic surgeon is, the better. However, keep in mind that you should also consider the satisfaction of his previous patients and not just their quantity.

Are you certified by the American Board of Plastic Surgery?
Members of the American Society of Plastic Surgeons have to meet rigorous standards, including board certification by the American Board of Plastic Surgery, around a decade of medical school and plastic surgery residency training, comprehensive written and oral medical exams, and continuing medical education.

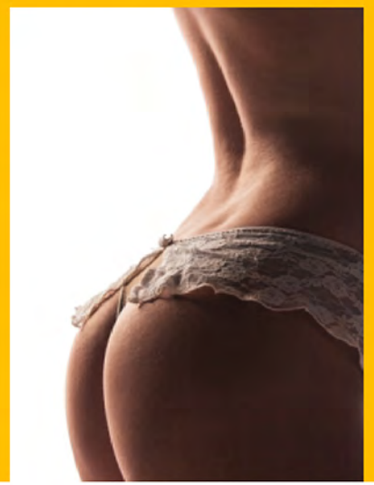
By asking these questions, you reward yourself with a much-needed peace of mind before you commit to getting a Botox procedure



Checklist

Mybeforeandafters.com

What to Ask Your Plastic Surgeon Before a Brazilian Butt Lift:



If you are not satisfied with the shape and size of your buttocks, then the Brazilian Butt Lift may just be the answer to your woes.

This procedure involves removing fat from other fat-rich areas of the body like the back, abdomen, hips, and thighs, and then injecting it into the buttocks to give it a natural lift, enhance its shape and size, and improve the contour of your body.

But getting a Brazilian Butt Lift is more than just going under the knife. Before the procedure, you need to make sure that you understand everything about the treatment, from the preparations that you need to do before the surgery down to the realistic results that you should expect.

Thinking of getting a Brazilian Butt Lift? Here is a checklist of questions that you should ask your chosen cosmetic surgeon during the consultation:

Am I a good candidate for a Brazilian Butt Lift?

You are a good candidate for a Brazilian Butt Lift if you are physically healthy in general and your goal is to add volume to your backside. You should also have excess fat deposits elsewhere in your body so that your surgeon has something to liposuction, purify, and use for transfer during your Brazilian Butt Lift.

What kind of results should I expect?

You should expect a better waist-to-hip ratio, not just a larger butt. Results can be seen immediately after surgery, although you can appreciate the final results in six months' time.

Where and how will you perform a Brazilian Butt Lift?

Some plastic surgeons have hospital privileges at local facilities, while others perform procedures in their own offices. Your plastic surgeon should be able to explain his technique to you, including the three parts of a Brazilian Butt Lift surgery: liposuction, fat processing, and fat reinjection.

How long should the procedure take?

Typically, a Brazilian Butt Lift takes five to eight hours. It depends on the amount of liposuction performed and the amount of fat to be reinjected in your buttocks.

How long is my recovery period and what should I expect during recovery?

Each person may experience a slightly different healing time and process although most patients take two to six months to fully heal from the surgery. You should plan to take some time off work during the first week post-surgery, as you can only resume normal activities during the second or third week after surgery. Most of the discoloration and inflammation should have diminished by two to six months, and you can expose your buttocks to sunlight a year after your Brazilian Butt Lift.

Are there risks and complications associated with Brazilian Butt Lift?

Some of the risks associated with a Brazilian Butt Lift include infection, scarring, reabsorbed fat, fluid accumulation, excessive bleeding, tissue necrosis, prolonged loss of sensation, blood clotting, and the possibility of revisional surgery.

How are complications handled?

Although complications happen rarely to a well-done Brazilian Butt Lift surgery, your doctor should be available right away in case you notice any abnormal changes in your butt.

What should I do if I'm not satisfied with the results of my Brazilian Butt Lift?

Your doctor should be able to provide you with touch-ups or revisional surgery as needed. Touchups become necessary because the fat is reabsorbed by the body, which is caused most frequently by taking shortcuts in technique. That is why you need a qualified, experienced, and board-certified plastic surgeon to decrease your risk of getting a redo.

What alternatives to Brazilian Butt Lift do you offer?

Your surgeon might determine a different procedure that will better suit your needs. This is a good sign as it gives you more choices.

Do you have before and after photos of your previous patients?

Brazilian Butt Lift before and after photos will help you gauge the skill and success of your cosmetic surgeon with regard to performing Brazilian Butt Lift.

How much does Brazilian Butt Lift cost?

The price of a typical Brazilian Butt Lift in Miami ranges from $5,000 to $15,000. It depends on a number of factors, such as your surgeon's experience and expertise, your overall health and medical history, the type of anesthesia used, and other procedures performed together with the Brazilian Butt Lift.

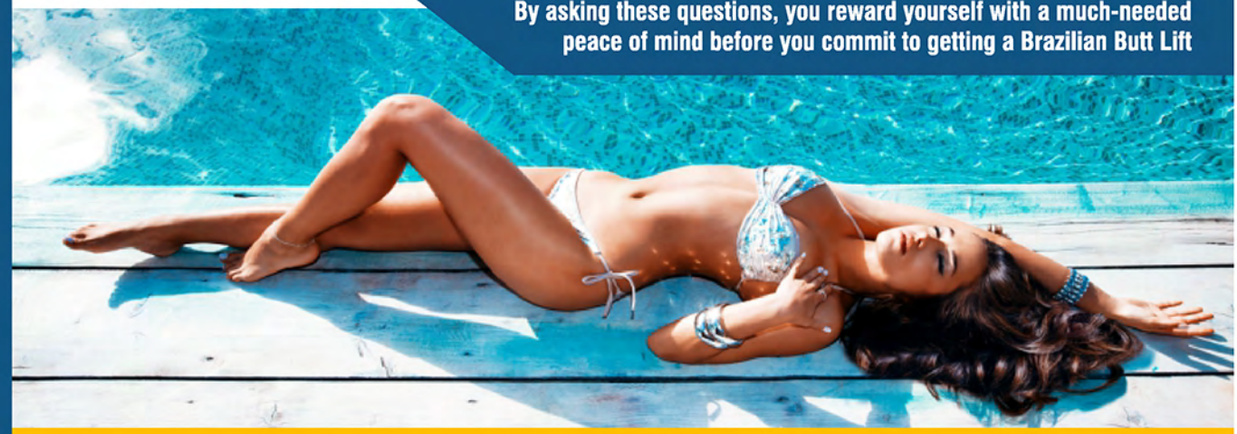
How many successful Brazilian Butt Lift procedures have you performed?

The more experienced your surgeon is, the better. However, keep in mind that you should also consider the satisfaction of his previous patients and not just their quantity.

Are you certified by the American Board of Plastic Surgery?

Members of the American Society of Plastic Surgeons have to meet rigorous standards, including board certification by the American Board of Plastic Surgery, around a decade of medical school and plastic surgery residency training, comprehensive written and oral medical exams, and continuing medical education.

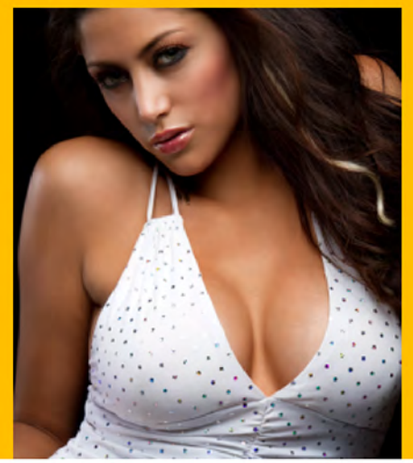
By asking these questions, you reward yourself with a much-needed peace of mind before you commit to getting a Brazilian Butt Lift



Checklist

What to Ask Your Plastic Surgeon Before a Breast Augmentation

Mybeforeandafters.com



Want more volume in your breasts?

Breast augmentation may be the cosmetic procedure you are looking for. It involves using breast implants or fat to increase the fullness and projection of your breasts, improve your figure, and enhance your self-confidence and image.

But getting a breast augmentation is more than just going under the knife. Before the procedure, you need to make sure that you understand everything about the treatment, from the preparations that you need to do before the surgery, down to the realistic results that you should expect.

Thinking of getting a breast augmentation? Here is a checklist of questions that you should ask your chosen board certified cosmetic surgeon during the consultation:

Am I a good candidate for breast augmentation?

You are a good candidate for breast augmentation if you are physically healthy and have fully developed breasts. If you are bothered by the feeling of your breasts being too small or if you are dissatisfied with your breasts losing shape and volume after weight loss, pregnancy, and aging, then you should consider this procedure. It is also best for people with asymmetrical breasts.

What kind of results should I expect?

While breast augmentation results are immediately visible, you can expect some post-surgical swelling and scarring. But these will fade over time and as you fully recover from surgery. It is also important to know that these breast implants are not permanent, and the results may change due to aging, weight fluctuations, hormonal factors, and gravity.

Where and how will you perform breast augmentation?

Breast augmentation is often done on an outpatient basis, though there are certain cases that require hospital admission. Your doctor should be able to clearly explain to you how the procedure is done, including the incision site and technique used.

How long is my recovery period and what should I expect during recovery?

The initial recovery period of breast augmentation is only 24 to 48 hours, though this requires an additional reduced activity period of a few days. You will be required to wear a support bra round the clock for the first couple of weeks. Exercise and normal activity may resume at the direction of your plastic surgeon.

Are there risks and complications associated with breast augmentation?

Some of the risks of breast augmentation include bleeding, infection, changes in nipple or breast sensation, poor scarring, faulty implant position, implant leakage or rupture, capsular contracture, fluid accumulation, skin wrinkling, pain, and the possibility of revisional surgery.

How are complications handled?

Complications occur only in at least one percent of breast augmentation patients, but your doctor should be available right away in case you notice any abnormal changes in your breasts.

What should I do if I'm not satisfied with the results of my procedure?

Your doctor should be able to offer revisional surgery in case you did not achieve your expected results. You may also choose to undergo breast lift or breast implant exchange to restore a more youthful breast contour.

How many additional implant-related operations can I expect over my lifetime?

According to the FDA, once you get a breast implant, you should assume that you will need to have additional surgeries over the course of your lifetime. Breast augmentation requires regular examinations of your breasts' health to evaluate their condition.

Will my ability to breastfeed be affected?

Some women who undergo breast augmentation can successfully breastfeed and some cannot. Women who undergo mastectomies and then have breast implant reconstruction surgeries may not be able to breastfeed on the affected side due to loss of breast tissue and the glands that produce milk.

How can I expect my implanted breasts to look over time?

Pregnancy, weight loss, and menopause may all influence the appearance of augmented breasts over the course of your lifetime. It is possible that you will need more implant-related surgeries in the future to maintain your breasts' desirable appearance.

How will my breasts look if I choose to have implants removed in the future?

Women who choose to remove their implants and not have them replaced may experience undesirable dimpling, puckering, or sagging of their natural breasts.

Do you have before and after photos of your previous patients?

Breast augmentation before and after photos will help you gauge the skill and success of your cosmetic surgeon with regard to performing breast augmentation.

How many successful breast augmentation procedures have you performed?

The more experienced your surgeon is, the better. However, keep in mind that you should also consider the satisfaction of his previous patients and not just their quantity.

Are you certified by the American Board of Plastic Surgery?

Members of the American Society of Plastic Surgeons have to meet rigorous standards, including board certification by the American Board of Plastic Surgery, a decade of medical school and plastic surgery residency training, comprehensive written and oral medical exams, and continuing medical education.



By asking these questions, you reward yourself with a much-needed peace of mind before you commit to getting a breast augmentation

Checklist

What to Ask Your Plastic Surgeon Before a Breast Lift:

Mybeforeandafters.com



A breast lift is a surgical procedure designed to raise your breasts by removing excess skin and tightening the surrounding tissue to reshape and support your new breast contour. It addresses a variety of issues, such as sagging and uneven breasts, decreased breast volume, drooping nipples, and stretched areolae,

But getting a breast lift is more than just going under the knife. Before the procedure, you need to make sure that you understand everything about the treatment, from the preparations that you need to do before the surgery down to the realistic results that you should expect.

Thinking of getting a breast lift? Here is a checklist of questions that you should ask your chosen cosmetic surgeon during the consultation:

Am I a good candidate for a breast lift?
You may be a good candidate for a breast lift if you have adequately-sized but drooping or pendulous breasts due to excess stretched skin. Your nipples and areolae are pointing downward, and at times, already positioned below the breast crease when unsupported. You might also want to get a breast lift if your breasts are not equal in size, with one breast appearing lower than the other.

What kind of results should I expect?
You should expect to have firmer and perkier breasts after surgery. However, scars from your incision lines are permanent. Over time, they will eventually soften and become thin and white. They are also easy to hide in bras.

Where and how will you perform a breast lift?
Your breast lift may be performed in an accredited hospital, a freestanding ambulatory facility, or an office-based surgical suite. Your surgeon should also be able to explain to you how the surgery will be performed, from administering anesthesia to closing the incision.

What surgical technique is recommended for me?
There are different types of breast lift techniques that you can choose from, depending on your preferences and the recommendations of your surgeon. These techniques include the anchor lift, donut lift, lollipop lift, crescent lift, and laser bra lift.

How long is my recovery period and what should I expect during recovery?
You should take at least a week off of work to recover. Avoid bending or lifting heavy objects, but make it a point to get up and move around the room for short periods of time. You can return to your normal activity level within three to four weeks, but you can only resume doing exercises at four to six weeks post-surgery.

Are there risks and complications associated with a breast lift?
You will experience temporary side effects like swelling, bruising, altered skin sensation, and itching. All these typically subside within a few weeks. Though rare, complications like infection, bleeding, hematoma, poor healing, adverse anesthesia reactions, loss of sensation, and unsatisfactory aesthetic results may still occur.

How are complications handled?
Consult your doctor immediately when you experience the aforementioned complications, especially during prolonged periods of time.

Can a breast lift be combined with other procedures?
A breast lift may be combined with either a breast augmentation or a breast reduction surgery, depending on your aesthetic goals and the recommendation of your surgeon.

What should I do if I'm not satisfied with the results of my breast lift?
Your doctor should be able to offer you revisional surgery if you are unhappy with the results.

How can I expect my breasts to look over time?
Your breasts are still bound to undergo natural changes due to the aging process. However, you will not experience your previous level of sagging if you learn to maintain the results of your breast lift. It is also recommended to get a breast lift only when you do not have any plans of getting pregnant or breastfeeding since these things can alter the results of your surgery.

Will a breast lift affect my ability to breastfeed?
In general, any surgery on your breasts may affect your ability to breastfeed in the future. You should discuss with your surgeon any future plans of pregnancy and breastfeeding so that he can choose a technique that will not disrupt the breastfeeding process.

Do you have before and after photos of your previous breast lift patients?
breast lift before and after photos will help you gauge the skill and success of your cosmetic surgeon with regard to performing a breast lift.

How much does a breast lift cost?
A breast lift Miami typically cost between $4,000 to $5,000, according to the American Society of Plastic Surgeons. Most health insurance plans do not cover a mastopexy. However, many plastic surgeons offer patient financing plans.

How many successful breast lift procedures have you performed?
The more experienced your surgeon is, the better. However, keep in mind that you should also consider the satisfaction of his previous patients and not just their quantity.

Are you certified by the American Board of Plastic Surgery?
Members of the American Society of Plastic Surgeons have to meet rigorous standards, including board certification by the American Board of Plastic Surgery, around a decade of medical school and plastic surgery residency training, comprehensive written and oral medical exams, and continuing medical education.

By asking these questions, you reward yourself with a much-needed peace of mind before you commit to getting a Breast lift.

Checklist

Mybeforeandafters.com

What to Ask Your Plastic Surgeon Before a Breast Reconstruction:



A breast reconstruction is a procedure designed to restore the form and shape of the breast after getting a mastectomy or lumpectomy surgery. It is a life-changing surgery that can help renew a woman's sense of femininity and beauty.

But getting a breast reconstruction is more than just going under the knife. Before the procedure, you need to make sure that you understand everything about the treatment, from the preparations that you need to do before the surgery down to the realistic results that you should expect.

Thinking of getting a breast reconstruction? Here is a checklist of questions that you should ask your chosen cosmetic surgeon during the consultation:

Am I a good candidate for a breast reconstruction?
A good candidate for a breast reconstruction are individuals who have had either one or both breasts removing following breast cancer. You should consider getting this procedure if you think that it will give you a sense of psychological well-being or a feeling of wholeness. You should also be physically healthy to handle this taxing surgery.

What kind of results should I expect?
Though the outcomes vary based on several factors, you can expect a breast reconstruction to result in breast symmetry, an improved body contour, and higher self-esteem. However, scarring is also inevitable, even though your doctor will use techniques to minimize visible scarring as much as possible.

Where and how will you perform a breast reconstruction?
Due to the complexity of the surgery, a breast reconstruction is often performed in an accredited hospital. Since there are several ways that a breast reconstruction can be performed based on each patient's needs, your surgeon should also be able to explain to you all the specific steps involved, from administering the anesthesia to closing the incision.

What surgical technique is recommended for me?
You can choose between an implant reconstruction and a flap reconstruction, which has many sub-types. Your final choice will depend on your preferences and the recommendations of your surgeon.

How long is my recovery period and what should I expect during recovery?
You should expect to stay in the hospital for around two to six days. For those who opted for an implant reconstruction, you will be able to do most routine activities within two to three weeks. On the other hand, those who underwent flap reconstruction would need more time to recuperate, depending on the exact flap procedure performed.

Are there risks and complications associated with a breast reconstruction?
Some of the short-term risks involved in a breast reconstruction include poor reaction to anesthesia, nausea and vomiting, dizziness and blurred vision, headache, itching, bleeding, and infection.

How are complications handled?
Implant reconstruction can lead to complications such as capsular contracture, implant rupture or deflation, and delayed wound healing. Flap reconstruction also has several possible long-term complications, including blood clots, constricted blood flow, tissue death, scarring, reduced abdominal strength, and weakened arm, shoulder, or back. Consult your doctor immediately when you experience the aforementioned complications, especially during prolonged periods of time.

What should I do if I'm not satisfied with the results?
Your doctor should be able to offer you revision surgery if you are unhappy with the results of your breast reconstruction.

How can I expect my breasts to look over time?
For those who had implants, you need to have them replaced within 10 years to avoid complications like capsular contracture and implant rupture. The scars in a breast reconstruction are permanent, though they become less noticeable over time. Loss of sensation in the breast area should also be expected, but it might still be regained depending on the type of reconstruction technique used.

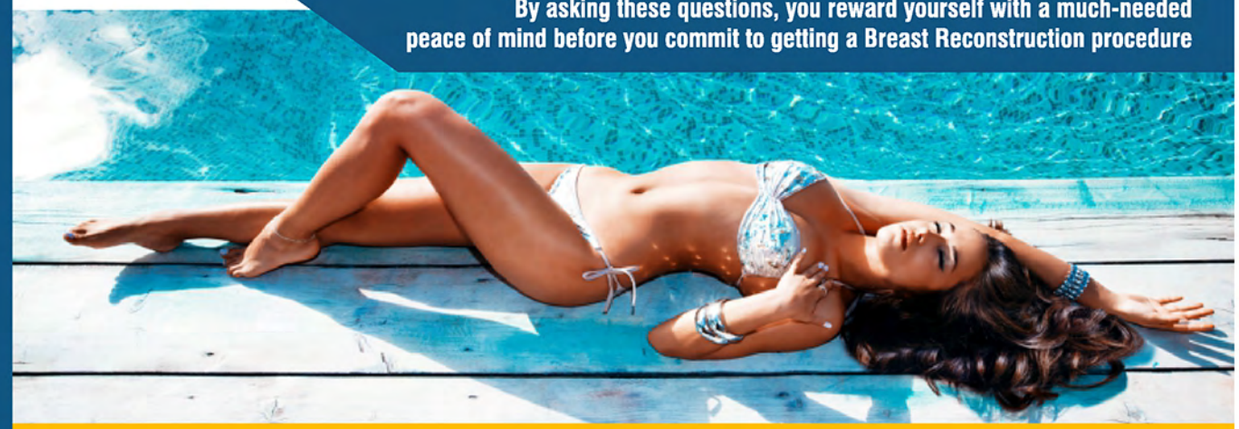
Do you have before and after photos of your previous patients?
Breast reconstruction before and after photos will help you gauge the skill and success of your cosmetic surgeon with regard to performing a breast reconstruction.

How much does a breast reconstruction cost?
Breast reconstruction in Miami can cost anywhere from $2,500 to $3,000 in surgeon fees. All insurance providers are required to cover breast reconstruction for patients who were diagnosed with breast cancer.

How many successful breast reconstruction procedures have you performed?
The more experienced your surgeon is, the better. However, keep in mind that you should also consider the satisfaction of his previous patients and not just their quantity.

Are you certified by the American Board of Plastic Surgery?
Members of the American Society of Plastic Surgeons must meet rigorous standards, including board certification by the American Board of Plastic Surgery, around a decade of medical school and plastic surgery residency training, comprehensive written and oral medical exams, and continuing medical education.

By asking these questions, you reward yourself with a much-needed peace of mind before you commit to getting a Breast Reconstruction procedure



Checklist

What to Ask Your Plastic Surgeon Before a Breast Reduction

Mybeforeandafters.com



It is a problem that few people complain about, but there are men and women who want to reduce the size of their breasts. If you are not happy with your large breasts, you can undergo breast reduction surgery, which removes excess breast fat, glandular tissue, and skin to achieve a breast size in proportion with your body and alleviate any discomfort associated with overly large breasts.

But getting a breast reduction is more than just going under the knife. Before the procedure, you need to make sure that you understand everything about the treatment, from the preparations that you need to do before the surgery down to the realistic results that you should expect.

Thinking of getting a breast reduction? Here is a checklist of questions that you should ask your chosen cosmetic surgeon during the consultation:

Am I a good candidate for breast reduction?
You are a good candidate for breast reduction if you are physically healthy and are bothered by the feeling that your breasts are too large. If your breasts are limiting your activities or giving you back, neck, and shoulder pain due to their sheer weight, then you should consider breast reduction.

What kind of results should I expect?
Your new breast size should provide you with relief from pain that you experienced prior to your surgery. It should also free you from any physical limitations that your large breasts may have caused, especially since the results are long lasting.

Where and how will you perform breast reduction?
Most breast reductions are now being done on an outpatient basis, but there are instances that might require an overnight stay in an aftercare facility. Your doctor should be able to clearly explain to you how the procedure is done, including the incision site and technique used.

How long is my recovery period and what should I expect during recovery?
It may take a couple of weeks to a month to have a full recovery from breast reduction. During this time, you will be required to wear a support bra to minimize swelling and support your breasts during the healing process. Your doctor will give you specific instructions for breast reduction recovery.

Are there risks and complications associated with breast reduction?
Some of the risks and complications of breast reduction include unfavorable scarring, infection, changes in nipple or breast sensation, bleeding, blood clots, poor wound healing, breast contour irregularities, skin discoloration, breast asymmetry, potential inability to breastfeed, possibility of revisional surgery, damage to deeper structures, and pain.

How are complications handled?
Your doctor should be available right away in case you notice any abnormal changes in your breasts, as well as shortness of breath, chest pains, and unusual heartbeats.

What should I do if I'm not satisfied with the results of my breast reduction?
There is no guarantee that you will achieve optimal results with a single procedure of breast reduction. Another surgery may be necessary, so your doctor should be able to give you the option of undergoing revisional surgery.

Will my ability to breastfeed be affected?
There is a possibility that you will lose your ability to breastfeed with breast reduction.

How can I expect my breasts to look over time?
Over time, the appearance of your breasts can change due to aging, weight fluctuations, hormonal factors, and gravity.

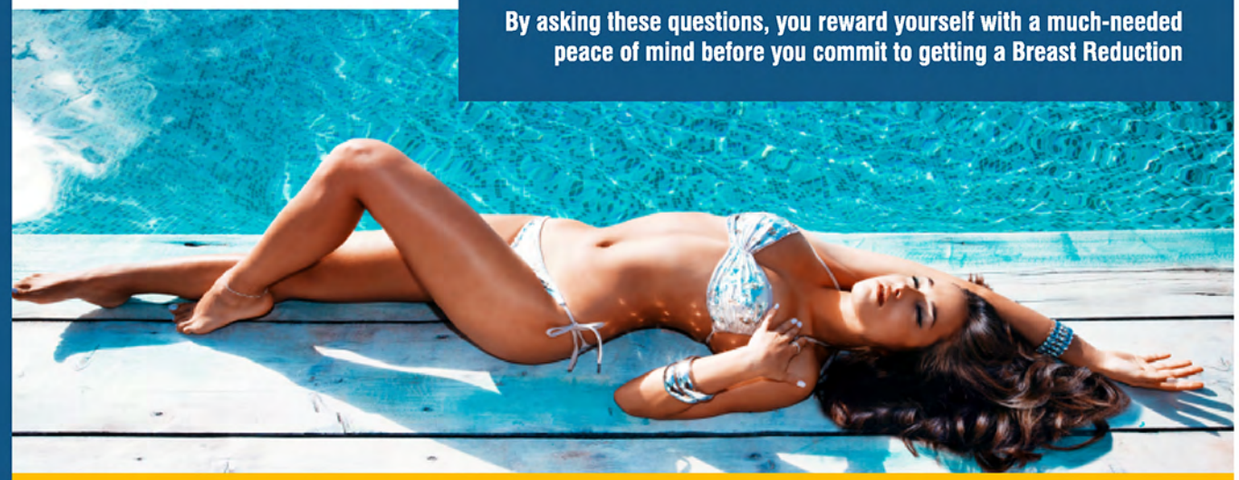
Do you have before and after photos of your previous patients?
Breast reduction before and after photos will help you gauge the skill and success of your cosmetic surgeon with regard to performing breast reduction.

How much does breast reduction cost?
In Miami, the cost of breast reduction can vary between $3,600 and $8,000. It depends on the size of your breasts, the duration of the surgery, and other such factors.

How many successful breast reduction procedures have you performed?
The more experienced your surgeon is, the better. However, keep in mind that you should also consider the satisfaction of his previous patients and not just their quantity.

Are you certified by the American Board of Plastic Surgery?
Members of the American Society of Plastic Surgeons have to meet rigorous standards, including board certification by the American Board of Plastic Surgery, around a decade of medical school and plastic surgery residency training, comprehensive written and oral medical exams, and continuing medical education.

By asking these questions, you reward yourself with a much-needed peace of mind before you commit to getting a Breast Reduction



Checklist

Mybeforeandafters.com

What to Ask Your Plastic Surgeon Before an Eyelid Surgery:



Also known as blepharoplasty, eyelid lift, or eye bag removal, eyelid surgery is a procedure that corrects your fat bulges and sets your eyebrows at an appropriate level, hence making your eyelids and the skin around the eyes more rejuvenated.

But getting an eyelid surgery is more than just going under the knife. Before the procedure, you need to make sure that you understand everything about the treatment, from the preparations that you need to do before the surgery down to the realistic results that you should expect.

Thinking of getting an eyelid surgery? Here is a checklist of questions that you should ask your chosen cosmetic surgeon during the consultation:

Am I a good candidate for an eyelid surgery?
You are a good candidate for eyelid surgery if you are looking to improve the appearance of your eyes by getting rid of fine lines, lax skin, and wrinkles. You can also undergo this surgery if you want to improve eye bag sagging, reduce the fullness of your lower eye, and improve eyelid skin redundancy.

What kind of results should I expect?
You can expect to get brighter and younger-looking eyes with fewer wrinkles and tighter and firmer lids. In case blepharoplasty is used to repair drooping or inverted eyelids, the surgery can result in vision clarity.

Where and how will you perform an eyelid surgery?
Your eyelid surgery may be performed in an accredited hospital, a free-standing ambulatory facility, or an office-based surgical suite. Your surgeon should also be able to explain to you how the surgery will be performed, from administering anesthesia to closing the incision.

What surgical technique is recommended for me?
There are several techniques that your surgeon can employ, such as upper or lower eyelid surgery, transconjunctival blepharoplasty, transcutaneous blepharoplasty, and chemical blepharoplasty. The technique that will be used on you will depend on your goals and your surgeon's recommendations.

How long is my recovery period and what should I expect during recovery?
Recovery takes about two weeks, during which time you should avoid smoking, rubbing your eyes, straining your eyes, swimming, and wearing contact lenses. Sutures are often removed within this time period as well.

Are there risks and complications associated with an eyelid surgery?
Some of the risks associated with eyelid surgery include bruising, overcorrection, under correction, visual loss, dry eyes, lower lid malposition, double vision, incision irregularities eye crease abnormalities, infection, and even the fatal occulo-cardiac reflex.

How are complications handled?
Consult your doctor immediately when you experience the aforementioned complications, especially during prolonged periods of time.

What should I do if I'm not satisfied with the results of my eyelid surgery?
Your doctor should be able to offer you revisional surgery if you are unhappy with the results of your eyelid surgery.

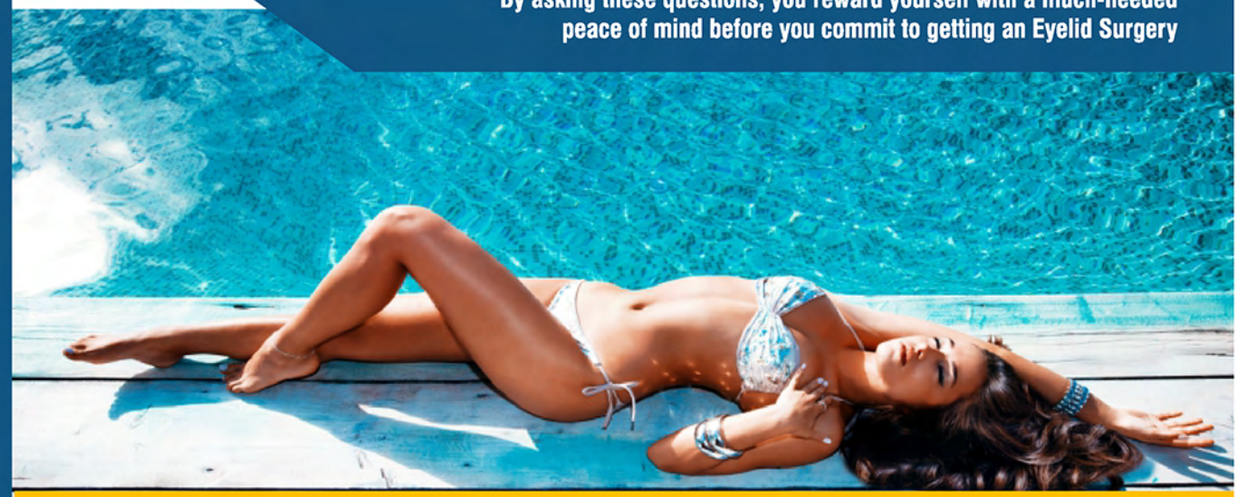
Do you have before and after photos of your previous eyelid surgery patients?
Eyelid surgery before and after photos will help you gauge the skill and success of your cosmetic surgeon with regard to performing an eyelid surgery.

How much does an eyelid surgery cost?
Eyelid surgery in Miami typically costs $2,500 to $5,000, depending on your surgeon's expertise and technique. It may be covered by insurance if it is deemed to be medically necessary.

How many successful eyelid surgery procedures have you performed?
The more experienced your surgeon is, the better. However, keep in mind that you should also consider the satisfaction of his previous patients and not just their quantity.

Are you certified by the American Board of Plastic Surgery?
Members of the American Society of Plastic Surgeons have to meet rigorous standards, including board certification by the American Board of Plastic Surgery, around a decade of medical school and plastic surgery residency

By asking these questions, you reward yourself with a much-needed peace of mind before you commit to getting an Eyelid Surgery



Checklist

Mybeforeandafters.com

What to Ask Your Plastic Surgeon Before a FACELIFT:



Also known as rhytidectomy, a facelift is a surgical procedure meant to improve the visible signs of aging in the face and neck. It involves lifting and firming sagging facial tissues to restore a more naturally youthful facial appearance.

But getting a facelift is more than just going under the knife. Before the procedure, you need to make sure that you understand everything about the treatment, from the preparations that you need to do before the surgery down to the realistic results that you should expect.

Thinking of getting a facelift? Here is a checklist of questions that you should ask your chosen cosmetic surgeon during the consultation:

Am I a good candidate for a facelift?
You are a good candidate for a facelift if you are in good overall health, have no underlying medical conditions, and have a positive attitude and realistic expectations regarding your surgery. Some of the facial characteristics that make you an appropriate candidate for a facelift include the presence of sagging skin in your mid face or jawline, deep creases from your nose to the corners of your mouth, lines from the corners of your mouth down to your chin, excess facial fat, loss of muscle tone in the lower face, creased skin on the neck, and a double chin.

What kind of results should I expect?
A facelift will make you look a lot younger than your age, though not in an unnatural way. However, it is important to note that it may take a few months before the swelling completely dissipates and the incision lines fully mature.

Where and how will you perform a facelift?
A facelift may be performed in an accredited office-based surgical facility, licensed ambulatory surgical center, or a hospital. Your surgeon should also be able to explain to you how the surgery will be performed, from administering anesthesia to closing the incision.

Which surgical technique is right for me?
There are several types and techniques of facelifts that you can undergo, but the right choice depends on the extent of the procedure, the recommendations of your cosmetic surgeon, and your own needs.

How long is my recovery period and what should I expect during recovery?
A full recovery from a facelift takes months to weeks. Like any other invasive procedure, you are advised to avoid any strenuous activities during the first few weeks of your recovery. Swelling and bruising might persist for several weeks after a facelift.

Are there risks and complications associated with a facelift?
Some of the most common side effects of this treatment include anesthesia reactions, discomfort, bruising, swelling, scarring, temporary numbness, and slow healing.

How are complications handled?
Complications may also occur, such as poor reaction to anesthesia, infection, hematoma, nerve damage, and visible scarring. Your doctor should be able to assure you that he can properly manage any of these complications. It is also important to contact your doctor right away if you experience these complications.

What should I do if I'm not satisfied with the results of my facelift?
Your doctor should be able to offer you a surgical revision if you are unhappy with the result of your facelift.

How can I expect my face to look over time?
As for the long term results, it depends on how you take care of your face afterward. The natural aging process will take its toll, but a face that is well taken cared of will always look younger than its years.

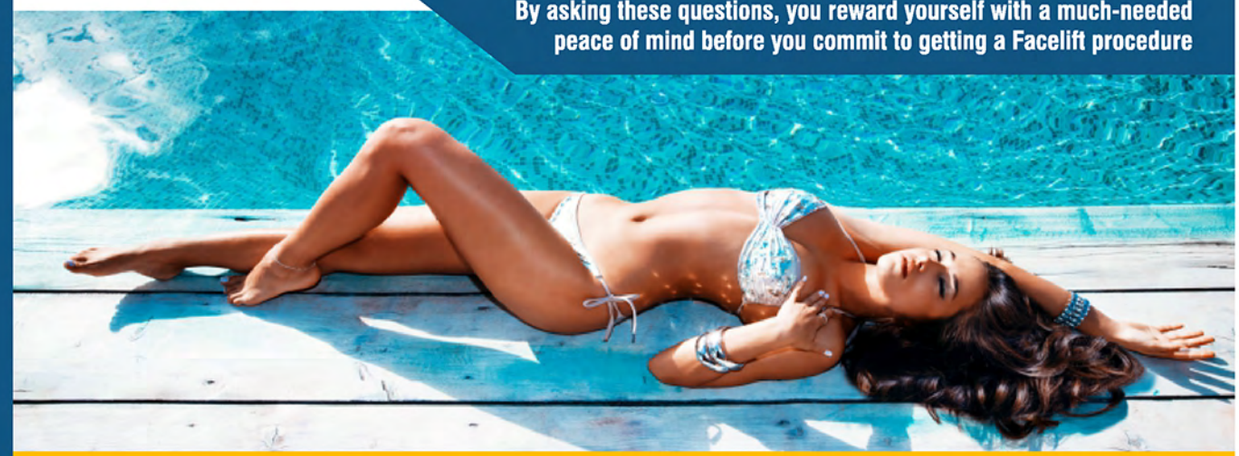
Do you have before and after photos of your previous facelift patients?
Facelift before and after photos will help you gauge the skill and success of your cosmetic surgeon with regard to performing a facelift.

How much does facelift cost?
On average, a facelift costs about $6,000, not including anesthesia, prescriptions, and laboratory tests. The more comprehensive your facelift is, the higher the additional costs. They are typically not covered by insurance, although many surgeons offer in-house financing options to cover the cost of this surgery.

How many successful facelift procedures have you performed?
The more experienced your surgeon is, the better. However, keep in mind that you should also consider the satisfaction of his previous patients and not just their quantity.

Are you certified by the American Board of Plastic Surgery?
Members of the American Society of Plastic Surgeons have to meet rigorous standards, including board certification by the American Board of Plastic Surgery, around a decade of medical school and plastic surgery residency training, comprehensive written and oral medical exams, and continuing medical education..

By asking these questions, you reward yourself with a much-needed peace of mind before you commit to getting a Facelift procedure



Checklist

Mybeforeandafters.com

What to Ask Your Plastic Surgeon Before a Gynecomastia Surgery:

A gynecomastia surgery or male breast reduction is a cosmetic surgery that aims to reduce men's breast sizes through the removal of fat, gland tissue, and skin on the chest area. This results in a firmer, flatter, and more masculine-contoured chest.

But getting a gynecomastia surgery is more than just going under the knife. Before the procedure, you need to make sure that you understand everything about the treatment, from the preparations that you need to do before the surgery down to the realistic results that you should expect.

Thinking of getting a gynecomastia surgery? Here is a checklist of questions that you should ask your chosen cosmetic surgeon during the consultation:



Am I a good candidate for a gynecomastia surgery?
You are a good candidate for gynecomastia surgery if you have diet and exercise-resistant fat in your chest area that causes your breasts to protrude. It is also important that you are within 30 to 40 pounds of your ideal body weight at the time of the surgery, plus you have good skin elasticity to achieve optimal results.

What kind of results should I expect?
Gynecomastia surgery results in a firmer, flatter, and more masculine-contoured chest.

Where and how will you perform a gynecomastia surgery?
Your gynecomastia surgery may be performed in an accredited hospital, a freestanding ambulatory facility, or an office-based surgical suite. Your surgeon should also be able to explain to you how the surgery will be performed, from administering anesthesia to closing the incision.

What surgical technique is recommended for me?
Your surgical technique depends on your preferences and the recommendations of your surgeon. You can choose between liposuction and tissue excision, or even a combination of both.

How long is my recovery period and what should I expect during recovery?
Strenuous activities should also be avoided for the first two to three weeks. Most patients who underwent gynecomastia surgery can go back to work after a week. Low impact activities can be resumed within two to three weeks, while gentle upper extremity resistance exercises can be done at three to six weeks post-surgery.

Are there risks and complications associated with a gynecomastia surgery?
Risks and complications include adverse reactions to anesthesia, blood or fluid accumulation, infection, bleeding, allergic reactions, damage to underlying structures, blood clots in lungs and legs, changes in skin sensation, scarring, and unsatisfactory results.

How are complications handled?
Consult your doctor immediately when you experience the aforementioned complications, especially during prolonged periods of time.

What should I do if I'm not satisfied with the results of my gynecomastia surgery?
Your doctor should be able to offer you revision surgery if you are unhappy with the results of your gynecomastia surgery.

Do you have before and after photos of your previous gynecomastia surgery patients?
Gynecomastia surgery before and after photos will help you gauge the skill and success of your cosmetic surgeon with regard to performing a gynecomastia surgery.

How much does a gynecomastia surgery cost?
Gynecomastia surgery in Miami typically costs between $4,000 and $6,500. There are instances in which insurance covers gynecomastia surgery. Still, many surgeons offer patient financing plans to make male breast reduction surgery easier on the pocket.

How many successful gynecomastia surgery procedures have you performed?
The more experienced your surgeon is, the better. However, keep in mind that you should also consider the satisfaction of his previous patients and not just their quantity.

Are you certified by the American Board of Plastic Surgery?
Members of the American Society of Plastic Surgeons have to meet rigorous standards, including board certification by the American Board of Plastic Surgery, around a decade of medical school and plastic surgery residency training, comprehensive written and oral medical exams, and continuing medical education.

By asking these questions, you reward yourself with a much-needed peace of mind before you commit to getting a Gynecomastia Surgery

Checklist

Mybeforeandafters.com

What to Ask Your Plastic Surgeon Before a LIPOSUCTION:



Liposuction is a procedure that precisely targets and removes isolated fat deposits that are resistant to both diet and exercise. It can sculpt and contour certain areas of the body like the buttocks, hips, love handles, saddlebags, thighs, calves, ankles, breasts, back, arms, and neck.

But getting a liposuction is more than just going under the knife. Before the procedure, you need to make sure that you understand everything about the treatment, from the preparations that you need to do before the surgery down to the realistic results that you should expect.

Thinking of getting a liposuction? Here is a checklist of questions that you should ask your chosen cosmetic surgeon during the consultation:

Am I a good candidate for a liposuction?
You are a good candidate for a Miami liposuction if you have a minimal amount of excess skin and good skin elasticity. You are also a good candidate for this procedure if you have localized deposits of fat in your abdomen, arms, thighs, or neck that do not disappear with diet or exercise. However, you must also be in stable weight and not more than 20 pounds overweight.

What kind of results should I expect?
The final results will be visible after six months when the swelling and bruising have already subsided. Expect to see a trimmer figure with a more defined muscle tone and reduced cellulite.

Where and how will you perform a liposuction?
Your liposuction may be performed in an accredited hospital, a free-standing ambulatory facility, or an office-based surgical suite. Your surgeon should also be able to explain to you how the surgery will be performed, from administering anesthesia to closing the incision.

What surgical technique is recommended for me?
There are several liposuction techniques that your doctor can use to achieve your desired results. These include manual techniques like traditional liposuction, tumescent liposuction, super-wet liposuction, ultrasonic liposuction, power-assisted liposuction, laser liposuction, and LipoSelection. You and your doctor should decide upon it during your consultation.

How long is my recovery period and what should I expect during recovery?
Full recovery usually takes at least six months. Most patients are able to move and walk normally within a week. You can start to increase your activity levels within two weeks after liposuction, but you should avoid vigorous for at least a month to give your body time to heal.

Are there risks and complications associated with a liposuction?
Some of the common side effects of liposuction include swelling, bruising, and discomfort – but these are all expected to dissipate within a few weeks. Some of the possible complications include infection, extended healing time, allergic reaction to anesthesia, fat or blood clots, excessive fluid loss, fluid accumulation, friction burns, scarring, numb skin, changes in skin pigmentation, skin or nerve damage, and damage to vital organs.

How are complications handled?
To minimize risks, patients are advised to always follow their doctor's post-operative instructions. It is important to contact your doctor right away if you experience any of these rare complications.

How can I expect my body to look over time?
The removal of fat cells in liposuction has permanent results, but it does not make your body resistant to the effects of weight gain and aging. Keeping your weight stable can help prolong the effects of liposuction.

How do you maintain the results of a liposuction?
it is important to still maintain a healthy diet and a regular exercise regimen in your lifestyle, as these would prevent weight gain that could have an adverse effect on your post-liposuction body.

What should I do if I'm not satisfied with the results of my liposuction?
Your doctor should be able to offer you a surgical revision if you are unhappy with the results of your arm lift.

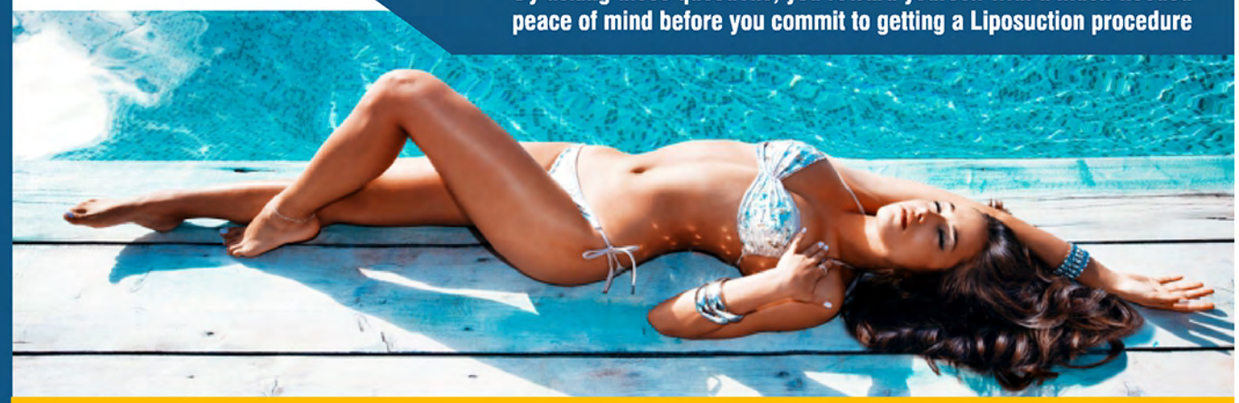
Do you have before and after photos of your previous liposuction patients?
liposuction before and after photos will help you gauge the skill and success of your cosmetic surgeon with regard to performing a liposuction.

How much does a liposuction cost?
Liposuction in Miami can cost anywhere from $3,000 to $8,000. It depends on a number of factors, like the extent of the procedure and the anesthesia used. Since it is usually an elective procedure, it is not typically covered by most insurance policies.

How many successful liposuction procedures have you performed?
The more experienced your surgeon is, the better. However, keep in mind that you should also consider the satisfaction of his previous patients and not just their quantity.

Are you certified by the American Board of Plastic Surgery?
Members of the American Society of Plastic Surgeons have to meet rigorous standards, including board certification by the American Board of Plastic Surgery, around a decade of medical school and plastic surgery residency training, comprehensive written and oral medical exams, and continuing medical education.

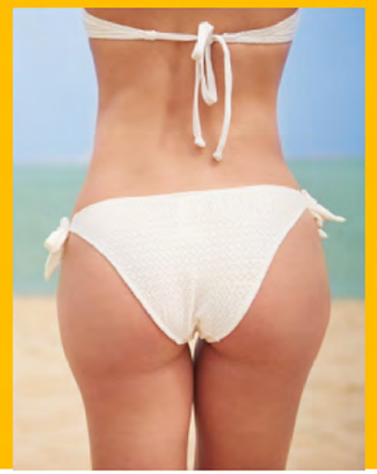
By asking these questions, you reward yourself with a much-needed peace of mind before you commit to getting a Liposuction procedure



Checklist

Mybeforeandafters.com

What to Ask Your Plastic Surgeon Before a Lower Body Lift:



The lower body lift – also known as belt lipectomy – is a surgery that tightens and sculpts the areas below the waistline – the buttocks, thighs, hips, and abdomen – through the removal of excess sagging skin.

But getting a lower body lift is more than just going under the knife. Before the procedure, you need to make sure that you understand everything about the treatment, from the preparations that you need to do before the surgery down to the realistic results that you should expect.

Thinking of getting a lower body lift? Here is a checklist of questions that you should ask your chosen cosmetic surgeon during the consultation:

Am I a good candidate for a lower body lift?
You are a good candidate for a lower body lift if you have undergone extreme weight loss that shaved off around 30 to 50 percent of your peak weight. A lower body lift can get rid of the drooping skin associated with such dramatic weight loss. You also need to be in good health, have a stable weight, and have realistic expectations on your surgery.

What kind of results should I expect?
A lower body lift will result in firmer and smoother skin, as well as an improved figure from the waist down. However, you will also have a huge permanent scar on your midsection, but this can easily be hidden by clothing.

Where and how will you perform a lower body lift?
Your lower body lift may be performed in an accredited hospital, a free-standing ambulatory facility, or an office-based surgical suite. Your surgeon should also be able to explain to you how the surgery will be performed, from administering anesthesia to closing the incision.

How long is my recovery period and what should I expect during recovery?
Full recovery usually takes six to eight weeks, as this is the time that you can resume your normal level of activity. You should follow the instructions of your doctor for faster recovery, especially during the first two months post-lower body lift. However, scars will only start to fade at about 12 months after surgery.

Are there risks and complications associated with a lower body lift?
Some of the temporary side effects of a lower body lift include inflammation, bruising, numbness, nausea, disorientation, allergic reactions, and general discomfort.

How are complications handled?
Some of the complications include excessive bleeding, fat and skin necrosis, phlebitis, infection, deep vein thrombosis, weakened muscles, fluid accumulation, and improper suture healing. Consult your doctor immediately when you experience these problems, especially during prolonged periods of time.

What should I do if I'm not satisfied with the results of my lower body lift?
Your doctor should be able to offer you revisional surgery if you are unhappy with the results of your lower body lift.

How can I expect my body to look over time?
As you age, it is natural for your skin and connective tissues to loosen and sag gradually. You are still susceptible to the effects of aging, any future weight gain, and other types of damage, despite the fact that the results of your lower body lift are permanent.

How can I maintain the results of my lower body lift?
It is important to continue maintaining your weight within 10 to 15 pounds of the weight that you had at the time of your surgery through constant diet and exercise.

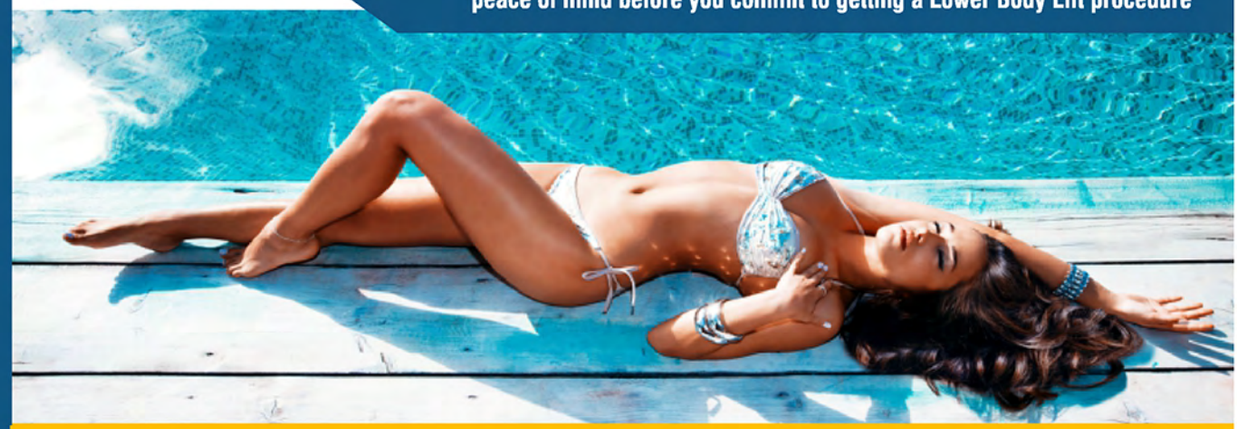
Do you have before and after photos of your previous lower body lift patients?
Lower body lift before and after photos will help you gauge the skill and success of your cosmetic surgeon with regard to performing a lower body lift.

How much does a lower body lift cost?
The cost of a lower body lift depends on a number of factors – your chosen doctor, geographic location, and lower body lift technique, just to name a few. It can cost roughly anywhere from $8,000 to $10,000. Insurance companies, in general, do not cover lower body lifts unless deemed medically necessary.

How many successful lower body lift procedures have you performed?
The more experienced your surgeon is, the better. However, keep in mind that you should also consider the satisfaction of his previous patients and not just their quantity.

Are you certified by the American Board of Plastic Surgery?
Members of the American Society of Plastic Surgeons have to meet rigorous standards, including board certification by the American Board of Plastic Surgery, around a decade of medical school and plastic surgery residency training, comprehensive written and oral medical exams, and continuing medical education.

By asking these questions, you reward yourself with a much-needed peace of mind before you commit to getting a Lower Body Lift procedure



Checklist

Mybeforeandafters.com



What to Ask Your Plastic Surgeon Before a Mermaid Lift:

The Miami Mermaid Lift is a group of procedures wherein excess skin, tissue, and fat are removed throughout the lower body while the buttocks and thighs are lifted, reshaped, and augmented.

But getting a Mermaid Lift is more than just going under the knife. Before the procedure, you need to make sure that you understand everything about the treatment, from the preparations that you need to do before the surgery down to the realistic results that you should expect.

Thinking of getting a Mermaid Lift? Here is a checklist of questions that you should ask your chosen cosmetic surgeon during the consultation:

Am I a good candidate for a Mermaid Lift?
You are a good candidate for a Mermaid Lift if you are in overall good health and you have lost a massive amount of weight that left you with saggy excess skin in your lower body area. You should also maintain a stable target weight for at least six months since the Mermaid Lift is not considered a weight loss surgery.

What kind of results should I expect?
The Mermaid Lift accentuates your waistline, flattens your abdomen, lifts your pubic area, redefines your bellybutton, restores volume and shape to your thighs and buttocks, and reduces cellulite appearance in your lower body to give you more refined results than an ordinary Lower Body Lift can give you.

Where and how will you perform a Mermaid Lift?
Since a Mermaid Lift is an invasive and comprehensive surgery, your doctor should be able to perform the procedure either in a hospital or in a facility that is fully accredited by the American Associations for Accreditation of Ambulatory Surgery Centers. Your surgeon should also be able to explain to you how the surgery will be performed, from administering anesthesia to closing the incision.

What will be expected of me to get the best results?
You need to stop smoking at least six weeks prior to surgery to promote faster healing after surgery. You will also be asked to avoid aspirin and other medications and supplements that may cause increased bleeding. It is also important to reach the target weight you have set with your surgeon before the Mermaid Lift to help you achieve optimum results.

How long is my recovery period and what should I expect during recovery?
Recovery is about three weeks, but it varies from person to person. During the first weeks of recovery, you might have surgical drains attached to your incision area to remove fluid accumulating in the surgical site. You will also be asked to wear compression garments to control swelling and support suspended tissue. Activities are limited until about six to eight weeks post-surgery.

Are there risks and complications associated with a Mermaid Lift?
Potential complications include adverse reaction to anesthesia, hematoma, infection, bleeding, changes in sensation, scarring, allergic reactions, damage to underlying tissue, and unsatisfactory results that might need additional procedures. As for side effects, there is temporary discomfort, swelling, bruising and skin sensitivity for the first few weeks or months.

How are complications handled?
Significant complications do not happen often in a Mermaid Lift. However, your doctor should be able to assure you that he can properly manage complications and is willing to re-do some portions of the surgery as needed.

What should I do if I'm not satisfied with the results of my Mermaid Lift?
Your doctor should be able to offer you a surgical revision if you are unhappy with the result of your Mermaid Lift.

How can I expect my body to look over time?
The results of your Mermaid Lift are permanent. However, you will still be susceptible to the effects of aging, future weight gain, or other types of damage, which is why you need to take an active role in maintaining your figure through proper diet and exercise.

Do you have before and after photos of your previous patients?
Mermaid Lift before and after photos will help you gauge the skill and success of your cosmetic surgeon with regard to performing Mermaid Lift.

How much does a Mermaid Lift cost?
Your doctor should be able to give you an estimate of how much the whole procedure will cost after a thorough assessment of your body. Some procedures can be covered by insurance if considered medically necessary.

How many successful Mermaid Lift procedures have you performed?
The more experienced your surgeon is, the better. However, keep in mind that you should also consider the satisfaction of his previous patients and not just their quantity.

Are you certified by the American Board of Plastic Surgery?
Members of the American Society of Plastic Surgeons have to meet rigorous standards, including board certification by the American Board of Plastic Surgery, around a decade of medical school and plastic surgery residency training, comprehensive written and oral medical exams, and continuing medical education.

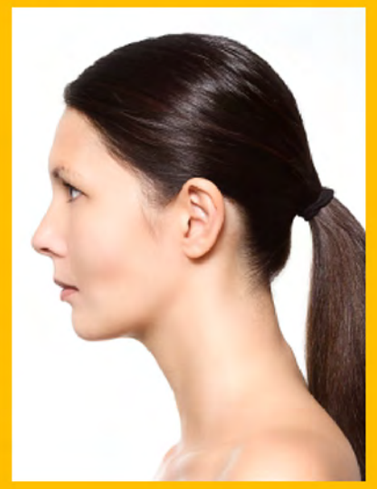


By asking these questions, you reward yourself with a much-needed peace of mind before you commit to getting a Mermaid Lift

Checklist

Mybeforeandafters.com

What to Ask Your Plastic Surgeon Before a Neck Lift



Also known as **platysmaplasty**, the neck lift surgery is a procedure that improves visible signs of aging in your neck and jawline. It can dramatically rejuvenate your appearance and make you appear a lot younger than you already are, without being obvious that you had some cosmetic work done. It is truly one of the most transformative procedures in cosmetic medicine.

But getting a neck lift is more than just going under the knife. Before the procedure, you need to make sure that you understand everything about the treatment, from the preparations that you need to do before the surgery down to the realistic results that you should expect.

Thinking of getting a neck lift? Here is a checklist of questions that you should ask your chosen cosmetic surgeon during the consultation:

Am I a good candidate for a neck lift?
You are a good candidate for a neck lift if you have damaged neck skin, double or triple chin, turkey wattle neck, jowls, or excess neck fat and skin. You should be a healthy individual without any medical conditions that might impair healing, a non-smoker, and a person with a positive outlook and realistic expectations regarding cosmetic surgery. Those who often get it are between 40 and 80 years of age, although those on the younger side are much preferred as they possess skin that is elastic enough to withstand a fair amount of stretching.

What kind of results should I expect?
A neck lift surgery results in a tighter neck skin and a better-defined jawline. Optimal results are often achieved within six months, but the results generally improve over time even after the healing process has been completed. The results typically last between five and 10 years.

Where and how will you perform a neck lift?
A neck lift is typically performed as an outpatient procedure under general anesthesia or intravenous sedation, either in a licensed clinic or hospital. Your surgeon should also be able to explain to you how the surgery will be performed, from administering anesthesia to closing the incision.

How long is my recovery period and what should I expect during recovery?
Recovery from a neck lift takes time, with most people being able to return to work within 10 to 14 days after surgery without any complications. If you are physically active, you need to wait at least three weeks to resume your activities. Your surgeon should be able to provide specific instructions on how to take care of your surgical site.

Are there risks associated with a neck lift?
Some of the most common side effects associated with a neck lift include swelling, bruising, discomfort, and scarring. There is also the possibility of revisional surgery if you are dissatisfied with the results.

How are complications handled?
Your doctor should be able to assure you that he can properly manage complications, such as infection, allergic reaction to anesthesia, fluid accumulation neck tightness, numbness, skin irregularities, and deep vein thrombosis.

How I expect my neck to look over time?
The results generally improve over time even after the healing process has been completed. The results typically last between five and 10 years. However, detrimental lifestyle practices like smoking, drinking, and constant sun exposure can also take a toll on your neck even after you have had the neck lift surgery.

What should I do if I'm not satisfied with the results of my neck lift?
Your doctor should be able to offer you a surgical revision if you are unhappy with the result of your neck lift.

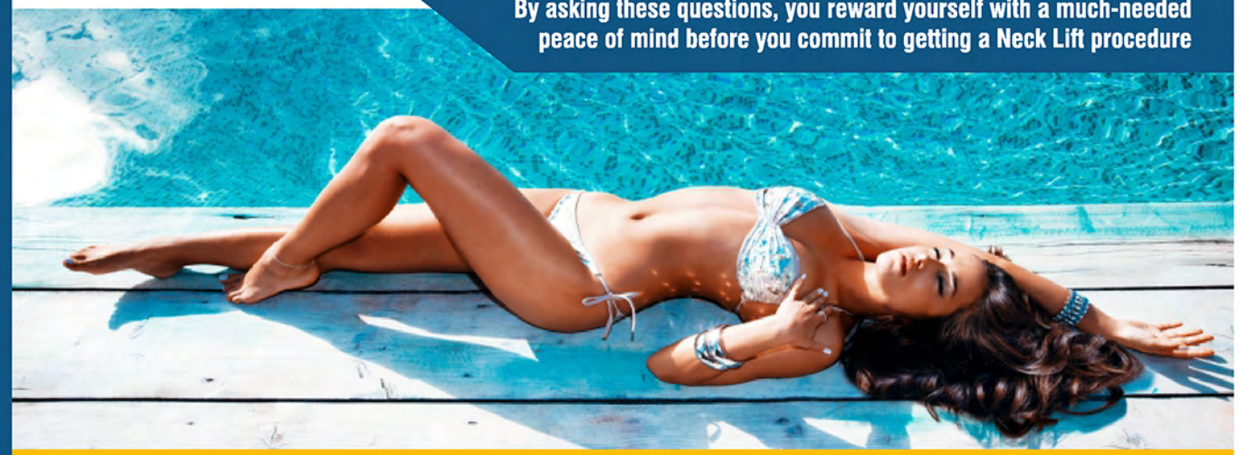
Do you have before and after photos of your previous neck lift patients?
Neck lift before and after photos will help you gauge the skill and success of your cosmetic surgeon with regard to performing a neck lift.

How much does a neck lift cost?
According to statistics released by the American Society of Plastic Surgeons in 2014, the average cost of a neck lift in the United States is $4,389, but this still does not include anesthesia, room facilities, and other related expenses. Most insurance companies do not cover neck lift surgery or its complications, but many plastic surgeons offer patient financing plans.

How many successful neck lift procedures have you performed?
The more experienced your surgeon is, the better. However, keep in mind that you should also consider the satisfaction of his previous patients and not just their quantity.

Are you certified by the American Board of Plastic Surgery?
Members of the American Society of Plastic Surgeons have to meet rigorous standards, including board certification by the American Board of Plastic Surgery, around a decade of medical school and plastic surgery residency training, comprehensive written and oral medical exams, and continuing medical education

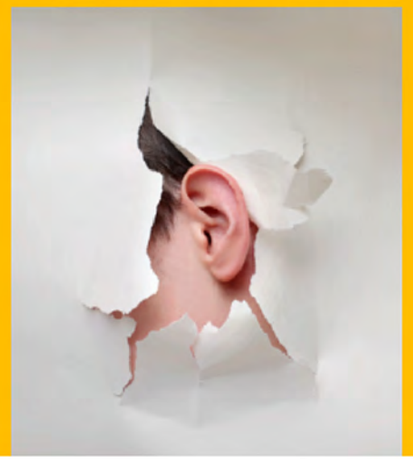
By asking these questions, you reward yourself with a much-needed peace of mind before you commit to getting a Neck Lift procedure



Checklist

What to Ask Your Plastic Surgeon Before an Otoplasty - Ear Surgery

Mybeforeandafters.com



If you are not happy with the size and shape of your ears, an otoplasty or cosmetic ear surgery procedure might be the answer to your woes. This procedure involves reshaping or repositioning the ears to make them more aesthetically pleasing.

But getting an otoplasty is more than just going under the knife. Before the procedure, you need to make sure that you understand everything about the treatment, from the preparations that you need to do before the surgery down to the realistic results that you should expect.

Thinking of getting an otoplasty? Here is a checklist of questions that you should ask your chosen cosmetic surgeon during the consultation:

Am I a good candidate for otoplasty?
Candidates for otoplasty are usually healthy individuals without life-threatening illnesses or untreated chronic ear infections. Children should at least be five years old so that their ear cartilage are stable enough for correction.

What kind of results should I expect?
Most of the time, otoplasty offers immediate results in cases of protruding ears, visible right after the dressings are removed. Otoplasty produces a scar, but it is often well hidden behind the ears or its natural creases. The results of reconstructive ear surgeries take much longer and appear in stages over time.

Where and how will you perform otoplasty?
Otoplasty is often done on an outpatient basis, though there are certain cases that require hospital admission. Your doctor should be able to clearly explain to you how the procedure is done, including the incision site and technique used.

How long is my recovery period?
Otoplasty requires minimal downtime. Recovery ranges from one week to 10 days, although there are still recovery and healing guidelines to follow beyond this timeframe.

Are there risks and complications associated with otoplasty?
Though considered to be a safe procedure, some of the risks of otoplasty include bleeding, blood clots, asymmetry, infection, poor wound healing, skin contour irregularities, swelling, changes in skin sensation, asymmetry, scarring, pain, and possibility of revisional surgery.

How are complications handled?
You need to call your doctor right away if you experience fever, excessive bleeding or swelling, or any trauma to your surgical site.

What should I do if I'm not satisfied with the results of my otoplasty?
Your doctor should be able to offer revisional surgery in case you did not achieve your expected results.

Do you have before and after photos of your previous otoplasty patients?
Ear surgery before and after photos will help you gauge the skill and success of your cosmetic surgeon with regard to performing otoplasty.

How many successful otoplasty procedures have you performed?
The more experienced your surgeon is, the better. However, keep in mind that you should also consider the satisfaction of his previous patients and not just their quantity.

Are you certified by the American Board of Plastic Surgery?
Members of the American Society of Plastic Surgeons have to meet rigorous standards, including board certification by the American Board of Plastic Surgery, around a decade of medical school and plastic surgery residency training, comprehensive written and oral medical exams, and continuing medical education.

By asking these questions, you reward yourself with a much-needed peace of mind before you commit to getting an Otoplasty



Checklist

Mybeforeandafters.com

What to Ask Your Plastic Surgeon Before a RHINOPLASTY:



Best known as a nose job, a rhinoplasty is a procedure used to improve the contour and proportion of the nose, thereby enhancing facial harmony. Aside from that, a rhinoplasty can also correct impaired breathing caused by structural defects in the nose.

But getting a rhinoplasty is more than just going under the knife. Before the procedure, you need to make sure that you understand everything about the treatment, from the preparations that you need to do before the surgery down to the realistic results that you should expect.

Thinking of getting a rhinoplasty? Here is a checklist of questions that you should ask your chosen cosmetic surgeon during the consultation:

Am I a good candidate for a rhinoplasty?
You are a good candidate for a rhinoplasty if you are physically healthy, do not smoke, and have a positive outlook and realistic goals in improving your appearance. You should also make sure that your facial growth has been completed, usually around the age of 15 or 16.

What kind of results should I expect?
A rhinoplasty can make your nasal contour more refined in a permanent way. However, your nose does not become immune to the effects of aging and an unhealthy lifestyle.

Where and how will you perform a rhinoplasty?
A rhinoplasty may be performed in an accredited office-based surgical facility, licensed ambulatory surgical center, or a hospital. Your surgeon should also be able to explain to you how the surgery will be performed, from administering anesthesia to closing the incision.

What kind of surgical technique is recommended for me?
Rhinoplasty makes use of two types of techniques: open and closed. The right choice depends on the natural shape of your nose and your overall rhinoplasty goals.

How long is my recovery period and what should I expect during recovery?
At least 10 days of downtime is required to fully recover from a rhinoplasty. During this time, you need to keep your head elevated and a splint would be placed on your nose. Bruising and swelling are also apparent and may last up to a few weeks, with residual swelling even lasting up to a year post-surgery. If you do not experience any complications, you can usually resume your normal work routine after 10 days of getting a rhinoplasty.

Are there risks and complications associated with a rhinoplasty?
Some of the common side effects of this treatment include bruising, discomfort, swelling, sinusitis, nosebleeds, and anesthesia effects. These usually go away on their own.

How are complications handled?
Complications rarely occur, but they may include infection, adverse reactions to anesthesia, unfavorable cosmetic outcomes, scarring, numbness, difficulty breathing, chronic nosebleeds, a perforated septum, hematoma, and burst blood vessels. It is important to contact your doctor right away if you experience any of these complications.

What should I do if I'm not satisfied with the results of my rhinoplasty?
Your doctor should be able to offer you a secondary or revision rhinoplasty, which is a specific type of rhinoplasty performed on patients who are unhappy with the results of their initial rhinoplasty.

How can I expect my nose to look over time?
Though the results are permanent, it is natural to experience some gradual changes on the nose as you age. A healthy lifestyle coupled with lifelong sun protection can help extend the favorable appearance of your nose.

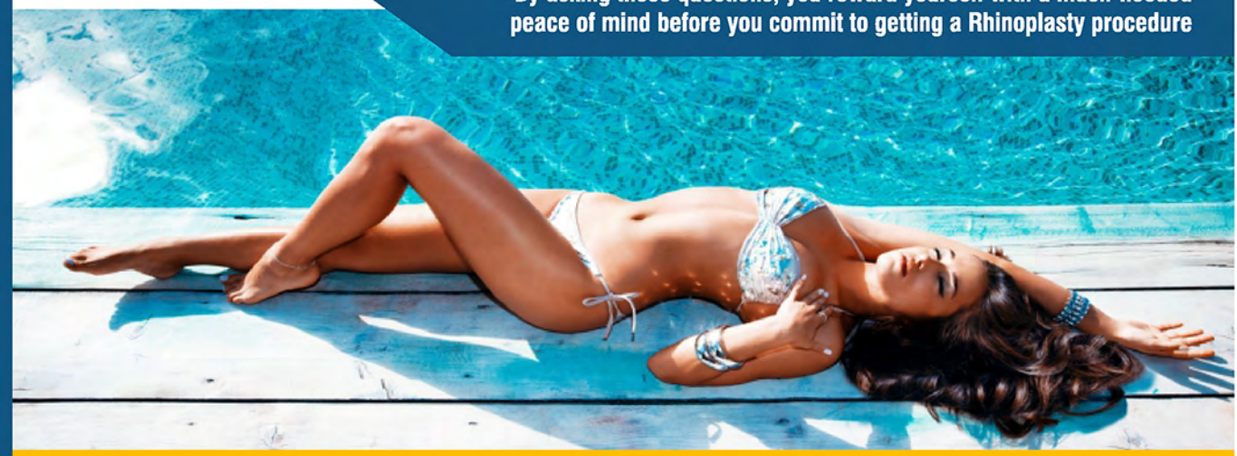
Do you have before and after photos of your previous rhinoplasty patients?
Rhinoplasty before and after photos will help you gauge the skill and success of your cosmetic surgeon with regard to performing a rhinoplasty.

How much does a rhinoplasty cost?
Rhinoplasty in Miami can cost anywhere from $3,000 to $15,000 depending on a number of factors. It can be covered by insurance if the rhinoplasty is being done to correct a deviated septum or other breathing issues.

How many successful rhinoplasty procedures have you performed?
The more experienced your surgeon is, the better. However, keep in mind that you should also consider the satisfaction of his previous patients and not just their quantity.

Are you certified by the American Board of Plastic Surgery?
Members of the American Society of Plastic Surgeons have to meet rigorous standards, including board certification by the American Board of Plastic Surgery, around a decade of medical school and plastic surgery residency training, comprehensive written and oral medical exams, and continuing medical education.

By asking these questions, you reward yourself with a much-needed peace of mind before you commit to getting a Rhinoplasty procedure



Checklist

Mybeforeandafters.com

What to Ask Your Plastic Surgeon Before a Thigh Lift:



Also known as a thighplasty, a thigh lift is a procedure that removes excess skin and fat from the thighs, resulting in smoother skin and a more refined tone to the upper legs.

But getting a thigh lift is more than just going under the knife. Before the procedure, you need to make sure that you understand everything about the treatment, from the preparations that you need to do before the surgery down to the realistic results that you should expect.

Thinking of getting a thigh lift? Here is a checklist of questions that you should ask your chosen cosmetic surgeon during the consultation:

Am I a good candidate for a thigh lift?
You are a good candidate for a thigh lift if you have excess soft tissue along the inner and/or outer region of your thighs. You should also have already reached your weight loss goals and are now maintaining a stable weight for 12 to 18 months. You should also be able to commit to maintaining a healthy lifestyle even after your procedure in order to preserve the results of your thigh lift.

What kind of results should I expect?
A thigh lift results in dramatic improvement of skin quality in the treated area, as well as slimmer and younger-looking thighs with attractive contours.

Where and how will you perform a thigh lift?
Your thigh lift may be performed in an accredited hospital, a free-standing ambulatory facility, or an office-based surgical suite. Your surgeon should also be able to explain to you how the surgery will be performed, from administering anesthesia to closing the incision.

What surgical technique is recommended for me?
There are different types of thigh lift techniques that you can choose from, depending on your preferences and the recommendations of your surgeon. These techniques include the inner thigh lift, vertical thigh lift, lateral thigh lift, and mini thigh lift.

How long is my recovery period and what should I expect during recovery?
You can expect a full recovery within six months to one year, although you may be able to return to work in as little as two to three weeks after surgery. You can resume your regular exercise regimen six to eight weeks later.

Are there risks and complications associated with a thigh lift?
Some of the temporary side effects associated with a thigh lift include swelling, bruising, soreness, numbness, discomfort, and nausea. Rare complications may happen, and these include scarring, dehiscence, seroma, hematoma, deep vein thrombosis, infection, bleeding, necrosis, continued sagging, asymmetry, loss of sensation, prolonged discomfort, allergies, and unsatisfactory outcomes.

How are complications handled?
Consult your doctor immediately when you experience the aforementioned complications, especially during prolonged periods of time.

How can I expect my thighs to look over time?
The overall results of your thigh lift are permanent, as long as you maintain a stable weight. It is natural for your body to lose some firmness as you age, but maintaining a healthy lifestyle of diet and exercise can preserve most of your initial improvement.

What should I do if I'm not satisfied with the results of my thigh lift?
Your doctor should be able to offer you revisional surgery if you are unhappy with the results of your thigh lift.

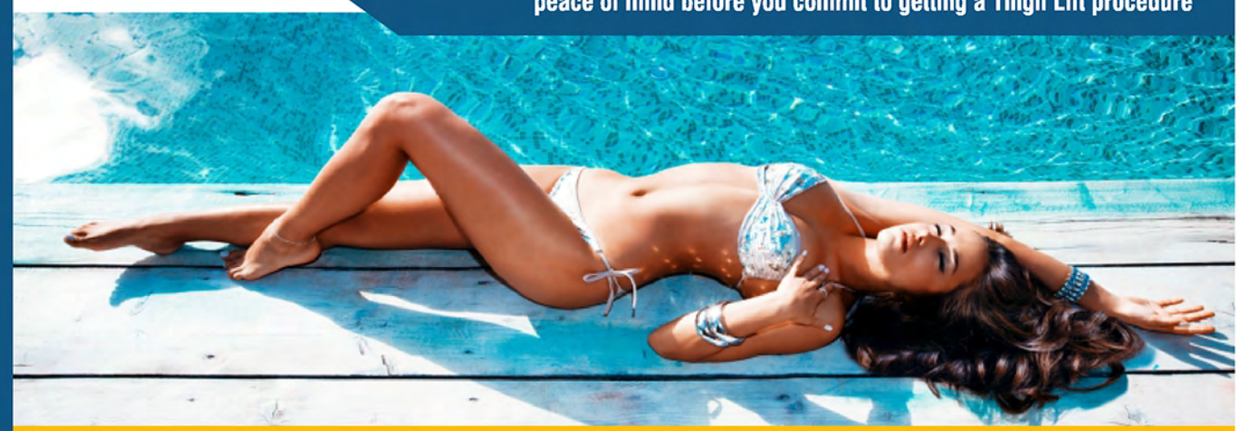
Do you have before and after photos of your previous thigh lift patients?
Thigh lift before and after photos will help you gauge the skill and success of your cosmetic surgeon with regard to performing a thigh lift.

How much does a thigh lift cost?
A thigh lift Miami can cost anywhere from $2,000 to $10,000. Though most insurance policies do not cover this surgery, many surgeons offer in-house payment plans for patients who cannot afford to pay for the procedure upfront.

How many successful thigh lift procedures have you performed?
The more experienced your surgeon is, the better. However, keep in mind that you should also consider the satisfaction of his previous patients and not just their quantity.

Are you certified by the American Board of Plastic Surgery?
Members of the American Society of Plastic Surgeons have to meet rigorous standards, including board certification by the American Board of Plastic Surgery, around a decade of medical school and plastic surgery residency training, comprehensive written and oral medical exams, and continuing medical education.

By asking these questions, you reward yourself with a much-needed peace of mind before you commit to getting a Thigh Lift procedure



Checklist

What to Ask Your Plastic Surgeon Before a Tummy Tuck

Mybeforeandafters.com



Many of us are trying to achieve a flat and well-toned abdomen through diet and exercise. But when these methods are not enough to achieve your goals, that is when you start to consider getting a tummy tuck surgery. Tummy tuck, also known as abdominoplasty, removes excess fat and skin in your tummy area, as well as restores weakened or separated muscles, hence creating a smoother and firmer abdominal profile.

But getting a tummy tuck is more than just going under the knife. Before the procedure, you need to make sure that you understand everything about the treatment, from the preparations that you need to do before the surgery down to the realistic results that you should expect.

Thinking of getting a tummy tuck? Here is a checklist of questions that you should ask your chosen cosmetic surgeon during the consultation:

Am I a good candidate for a tummy tuck?
You are a good candidate for a tummy tuck surgery if you are a physically healthy non-smoker and you are bothered by the appearance of your abdomen.

What kind of results should I expect?
Initially, the results of your tummy tuck surgery will be obscured by swelling and your inability to stand upright until internal healing is complete. You will start to see the final result of a flatter and firmer abdominal contour that is proportional to your body type and weight within a week or two. Scarring will heal and fade as time goes on.

Where and how will you perform tummy tuck?
Since a tummy tuck is an invasive surgery, your doctor should be able to perform the procedure either in a hospital or in a facility that is fully accredited by the American Associations for Accreditation of Ambulatory Surgery Centers. Your surgeon should also be able to explain to you how the surgery will be performed, from administering anesthesia to closing the incision.

What surgical technique is recommended for me?
There are several types of tummy tuck techniques available, so your doctor should be able to recommend to you the one that best matches your individual needs.

How long is my recovery period and what should I expect during recovery?
Since it is a major surgical procedure, abdominoplasty involves extensive recovery and careful post-surgical care. Following a tummy tuck, you should rest for at least two weeks. Those who had a more extensive procedure might even need to rest for up to six weeks. Strenuous physical activity should be avoided unless otherwise instructed by your doctor.

Are there risks and complications associated with a tummy tuck?
Some risks associated with a tummy tuck include bleeding, infection, fluid accumulation, poor wound healing, numbness, skin discoloration, prolonged swelling, unfavorable scarring, skin looseness, fat necrosis, deep vein thrombosis, asymmetry, persistent pain, and the possibility of revisional surgery.

How are complications handled?
Tummy tucks are recognized for their high success rate and low risks for complications. However, your doctor should be able to assure you that he can properly manage complications, such as infection, hemorrhage, pulmonary embolism, fluid overload, severe hypotension, and deep vein thrombosis.

How can I expect my stomach to look over time?
The results of a tummy tuck usually last for many years, depending on how you take care of your body after surgery. Living a healthy and active lifestyle will prolong your tummy tuck benefits for at least a decade. However, weight gain can affect your figure although the weight may be more evenly dispersed across our body. Getting pregnant after a tummy tuck can also stretch out your skin and muscles, hence negating the effect of abdominoplasty.

What should I do if I'm not satisfied with the results of my tummy tuck?
Your doctor should be able to offer you a surgical revision if you are unhappy with the result of your tummy tuck.

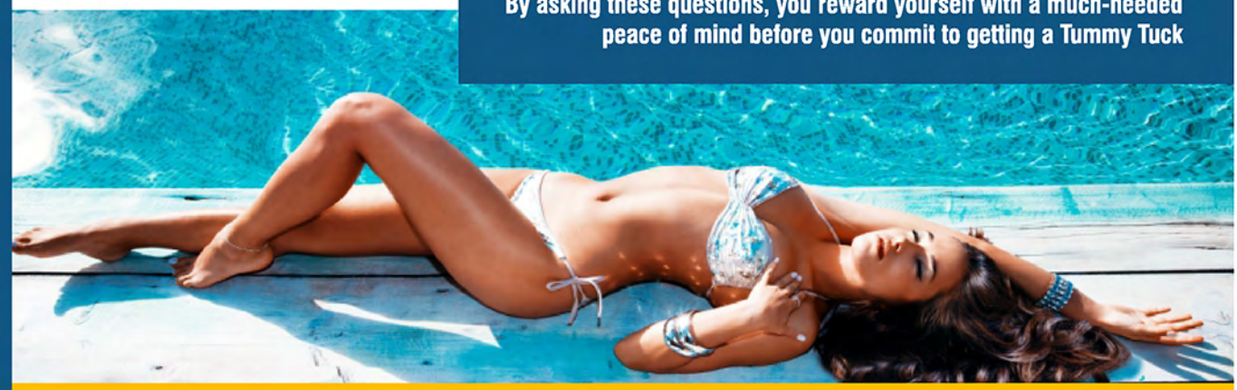
Do you have before and after photos of your previous tummy tuck patients?
Tummy tuck before and after photos will help you gauge the skill and success of your cosmetic surgeon with regard to performing a tummy tuck.

How much does tummy tuck cost?
A tummy tuck in Miami can cost anywhere between $2,500 and $5,000. This already includes pre-op and post-op care, facility fees, anesthesia, and medications. It depends on your age, weight, and state of health.

How many successful tummy tuck procedures have you performed?
The more experienced your surgeon is, the better. However, keep in mind that you should also consider the satisfaction of his previous patients and not just their quantity.

Are you certified by the American Board of Plastic Surgery?
Members of the American Society of Plastic Surgeons have to meet rigorous standards, including board certification by the American Board of Plastic Surgery, around a decade of medical school and plastic surgery residency training, comprehensive written and oral medical exams, and continuing medical education.

By asking these questions, you reward yourself with a much-needed peace of mind before you commit to getting a Tummy Tuck



Checklist

Mybeforeandafters.com

What to Ask Your Plastic Surgeon Before an Upper Body Lift:



The upper body lift is a surgery that consists of several procedures- often an arm lift, a breast lift, and a back lift – designed to get rid of loose, sagging skin in the upper body.

But getting an upper body lift is more than just going under the knife. Before the procedure, you need to make sure that you understand everything about the treatment, from the preparations that you need to do before the surgery down to the realistic results that you should expect.

Thinking of getting an upper body lift? Here is a checklist of questions that you should ask your chosen cosmetic surgeon during the consultation:

Am I a good candidate for an upper body lift?
You are a good candidate for an upper body lift if you lost a massive amount of weight either through natural means or through bariatric surgery, resulting in loose skin in certain parts of your upper body. You also have to make sure that you have already achieved your ideal weight and are now maintaining a stable weight for at least six months.

What kind of results should I expect?
You can expect your upper back, arms, and chest to be free of excess, hanging skin, giving you a firmer and smoother skin on the upper body, as well as improved figures. However, expect to have permanent scars as well that will diminish over time.

Where and how will you perform an upper body lift?
Your upper body lift may be performed in an accredited hospital, a free-standing ambulatory facility, or an office-based surgical suite. Your surgeon should also be able to explain to you how the surgery will be performed, from administering anesthesia to closing the incision.

How long is my recovery period and what should I expect during recovery?
Typically, you can expect to resume your normal activities within two to three weeks post-surgery. You can also get back to work during this time, but you still need to avoid any strenuous activity until about four to six weeks after your upper body lift.

Are there risks and complications associated with an upper body lift?
Some of the possible risks include adverse reaction to anesthesia, fluid accumulation, infection, bleeding, changes in skin sensation, scarring, allergic reactions, and damage to underlying tissues.

How are complications handled?
Consult your doctor immediately when you experience these complications, especially during prolonged periods of time.

What should I do if I'm not satisfied with the results of my upper body lift?
Your doctor should be able to offer you revisional surgery if you are unhappy with the results of your upper body lift.

How can I expect my body to look over time?
Though the results of an upper body lift are long-lasting, it is important to remember that they can greatly be influenced by changes in the body, such as weight gain, pregnancy, and aging. Hence, maintaining a healthy and stable body weight can help the results last even longer.

How can I maintain the results of my upper body lift?
It is important to continue maintaining your weight within 10 to 15 pounds of the weight that you had at the time of your surgery through constant diet and exercise.

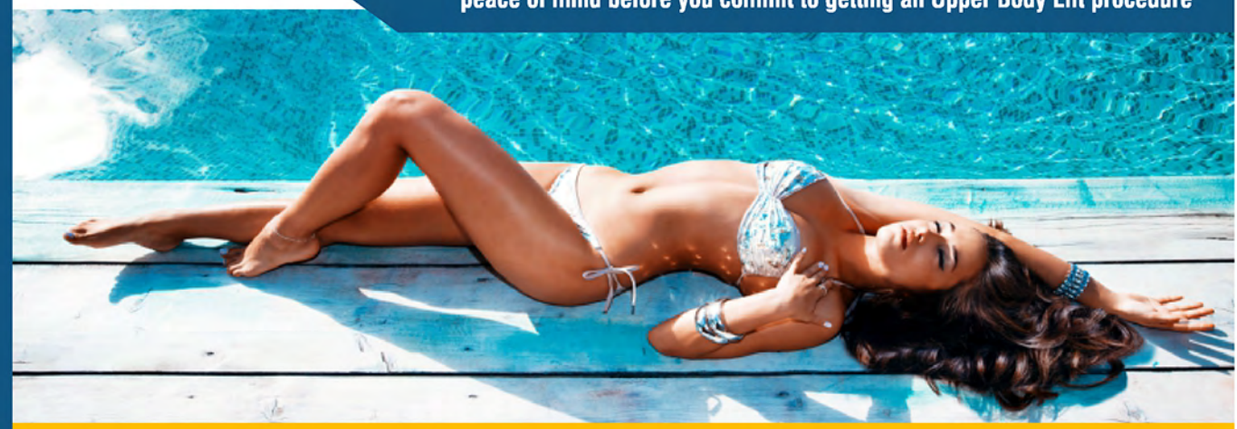
Do you have before and after photos of your previous patients?
Upper body lift before and after photos will help you gauge the skill and success of your cosmetic surgeon with regard to performing an upper body lift.

How much does an upper body lift cost?
An upper body lift typically costs between $6,000 and $8,000, but the final cost still depends on multiple factors. In most cases, your insurance coverage will not cover the cost of an upper body lift. However, a portion may be covered if it is deemed medically necessary.

How many successful upper body lift procedures have you performed?
The more experienced your surgeon is, the better. However, keep in mind that you should also consider the satisfaction of his previous patients and not just their quantity.

Are you certified by the American Board of Plastic Surgery?
Members of the American Society of Plastic Surgeons have to meet rigorous standards, including board certification by the American Board of Plastic Surgery, around a decade of medical school and plastic surgery residency training, comprehensive written and oral medical exams, and continuing medical education.

By asking these questions, you reward yourself with a much-needed peace of mind before you commit to getting an Upper Body Lift procedure



Checklist

Mybeforeandafters.com

What to Ask Your Plastic Surgeon Before a Weight Loss Surgery:



Weight loss surgery – generally known as bariatric surgery – involves making changes to the digestive system to help people suffering from chronic obesity lose weight. The different types of weight loss surgery do two things: limit the amount you can eat and/or reduce the absorption of nutrients.

But getting a weight loss surgery is more than just going under the knife. Before the procedure, you need to make sure that you understand everything about the treatment, from the preparations that you need to do before the surgery down to the realistic results that you should expect.

Thinking of getting a weight loss surgery? Here is a checklist of questions that you should ask your chosen cosmetic surgeon during the consultation:

Am I a good candidate for weight loss surgery?
Weight loss surgery is recommended for patients with a body mass index of 40 or higher. If you have a BMI of 30 and above, you may undergo weight loss surgery if you have at least one coexisting obesity-related condition.

What kind of results should I expect?
You could lose half or more of your excess weight within two years if you stick to a healthy lifestyle. But aside from weight loss, you will also experience an improvement in a variety of health conditions associated with obesity, such as heart disease, high blood pressure, sleep apnea, type 2 diabetes, stroke, and gastroesophageal reflux disease.

Where and how will you perform weight loss surgery?
Your weight loss surgery may be performed in an accredited hospital, a free-standing ambulatory facility, or an office-based surgical suite. Your surgeon should also be able to explain to you how the surgery will be performed, from administering anesthesia to closing the incision.

What kind of surgical technique is recommended for me?
There are several types of weight loss surgeries that you can undergo depending on your needs and preferences and the recommendations of your surgeon. You may get a restrictive weight loss surgery in the form of an adjustable gastric band or vertical banded gastroplasty. You may also get a laparoscopic sleeve gastrectomy. There are also several forms of gastric bypass surgeries that you can undergo, like the Roux-en-Y gastric bypass and biliopancreatic diversion with duodenal switch.

How long is my recovery period and what should I expect during recovery?
Due to the extent of the procedure, most people who undergo weight loss surgery need to stay in the hospital for one to four days. Eating is done in a gradual manner as well, so you may not be able to eat anything for the first three days. After that, you will be put on a liquid diet, and then progress to soft foods.

Are there risks and complications associated with weight loss surgery?
It is common to experience some side effects right after the procedure, such as nausea, vomiting, bloating, excessive sweating, diarrhea, dizziness, and increased gas. Possible complications include infection, ulcers, bleeding, and pulmonary embolism.

How are complications handled?
Consult your doctor immediately when you experience the aforementioned complications, especially during prolonged periods of time.

What should I do if I'm not satisfied with the results of my surgery?
Your doctor should be able to offer you revision surgery if you are unhappy with the results of your bariatric surgery.

Do I need more surgeries after weight loss surgery?
Due to massive weight loss, you might also experience a loss of skin tone and elasticity, resulting in excess loose skin in several parts of your body. In such cases, post-bariatric surgeries may be needed, such as lower body lift, arm lift, breast lift, and panniculectomy.

Do you have before and after photos of your previous surgery patients?
Weight loss surgery before and after photos will help you gauge the skill and success of your cosmetic surgeon with regard to performing bariatric surgery.

How much does weight loss surgery cost?
For a gastric bypass surgery, the average cost is at $23,000. Adjustable gastric bands are cheaper at $14,500, while sleeve gastrectomy costs around $14,900. A lot of insurance companies are now offering coverage for bariatric surgery.

How many successful weight loss procedures have you performed?
The more experienced your surgeon is, the better. However, keep in mind that you should also consider the satisfaction of his previous patients and not just their quantity.

Are you certified by the American Board of Plastic Surgery?
Members of the American Society of Plastic Surgeons have to meet rigorous standards, including board certification by the American Board of Plastic Surgery, around a decade of medical school and plastic surgery residency training, comprehensive written and oral medical exams, and continuing medical education.

By asking these questions, you reward yourself with a much-needed peace of mind before you commit to getting a Weight Loss Surgery

