

Be informed, be realistic, be a happier patient

Educating yourself. Spend time researching the procedure that has peaked your interest. Are there multiple options that may meet your needs? Talk to friends and family members about the procedure; they may be able to provide feedback or information. You can also expect at your consultation appointment a full evaluation of your facial features, including the discussion of the procedure(s), risks, benefits, alternatives, and reasoning for proposed treatment. This is an opportune time to ask questions and ensure that you thoroughly understand the procedure. The more prepared and educated you are about a procedure, the more comfortable you will feel discussing your treatment plan at your appointment.

Your motivation

Carefully examine your motivation for seeking facial plastic surgery. Why do you want this procedure? This is one of the first questions you will have to answer during your initial consultation. If you want to look as young as you feel or increase your self-confidence, these are healthy reasons. Do you want to change your appearance to look like Miss Hollywood star? Are you tired of your sister nagging you about your nose? Are you expecting a miracle? Do you think this procedure will salvage a disintegrating career? These are all examples of inappropriate motivations for surgery. Discuss openly why you want the surgery and what you expect will be the outcome. While motivation will vary from one person to another, it is necessary to determine that you have the right motivation and a realistic attitude before recommending any procedure.



Realistic expectations

Facial plastic surgery has obvious and sometimes dramatic benefits. However, you need to keep in mind that no surgery can achieve perfection. Changing your appearance will not solve career, marital, or emotional problems. It will increase your self-esteem and self-image, which will then positively affect other areas of your life. You should expect realistic results. Depending on the extent of the procedure, it may take weeks before the swelling subsides and you can see the results of the surgery. You should be prepared to tolerate some discomfort during and after surgery, although you will be given a pain medication to lessen the discomfort. The best thing you can do for yourself before surgery is get informed, soul-search your motivations, and set healthy expectations for the process.

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[Recent National Survey Reveals an Increase in Facelift Surgery... is it for You?](#)

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[Aging is Inevitable; but Premature Aging can be Fought](#)

