

## What to expect from your consultation

Visiting a plastic surgeon, especially for the first time, can seem a little daunting. Our aim at Aurora is to make the process as easy and relaxed as possible for you.

Your consultation will be a friendly and informal discussion, but it's also a very important step in your surgical journey. To make sure you get the best out of your consultation, it's a good idea to prepare yourself before you come along.

### Getting ready for your consultation

Before your consultation, we'd recommend that you use our website, as well as other reputable sites like BAAPS.org.uk, to research your procedure as thoroughly as you can.

It's also a good idea to prepare a list of questions. If appropriate, separate them into questions for the surgeon and those you can ask our admin team – these may include questions relating to payment, for example. Bring your medical and prior surgical records, as well as a list of all current medications (including vitamin supplements).

### At the consultation

Your consultation is a two-way process. Firstly, it is your opportunity to find out if your chosen procedure and surgeon are right for you. But it also allows the surgeon to assess your goals, determine whether they can be achieved, and decide on the best plan for you.

When you arrive for your consultation, we'll first ask you to fill out a detailed medical questionnaire. This will include your medical history and details of any medications you are taking.

Once you've completed this, you will be invited to meet your surgeon in one of our consultation rooms. You're welcome to bring along anyone whose opinion you trust, and you can also ask for a patient coordinator to be present.

The consultation will usually start with the surgeon going through your medical questionnaire, before finding out about you, your reasons for seeking surgery and your expectations. After this, a careful clinical examination will be performed.

As part of this process, the surgeon (or an attendant nurse) may take clinical photos of the areas concerning you. These images may then be used as the focus of your discussion. Your surgeon will talk through your options and show you before and after photographs of previous patients, before suggesting a plan for you.

If you would like 3D imaging to give you an idea of your results, our surgeons can refer you to a separate clinic in Harley Street, but please be aware that this requires an additional appointment and a fee will be payable.

You will then have the opportunity to discuss costs and potential dates for surgery with a patient coordinator, and can book if you feel ready.

### After your consultation

There will be lots of information to take in at your appointment, so it's a good idea to make notes you can refer back to. Depending on your surgeon, you may also be given information to take home.

Around two weeks after your consultation, when you've had time and space to think it over, we'll contact you to see if there's any more information you need, or you would like to book. For some procedures (including breast enlargement), a second consultation may be required, and we'll arrange this for you then. If you decide to book, any pre-operative tests you need will be planned in the lead up to your surgery date.

Call the team for further advice  
at any time during business hours

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