

Self-Reflection Guide: 10 Questions to Ask Yourself Before Plastic Surgery

Thinking about plastic surgery? Before you take the next step, ask yourself these essential questions to make sure you're fully prepared and confident in your decision!

- How am I doing, physically, mentally and emotionally?
- What am I hoping to achieve with plastic surgery?
- Am I prepared and committed to making any necessary lifestyle changes in order to have surgery and a successful postoperative recovery?
- What is my ideal outcome?
- Is my desired result a realistic expectation for my procedure?
- Am I considering plastic surgery for myself and no one else?
- Have I spent time researching my plastic surgery procedure from reputable sources?
- Do I know the aftercare and recovery timeline?
- Do I know who I would ask to care for me for the first 24 hours postop?
- Can I take the time off necessary to allow myself to fully recover?

