

Have you ever had Patients come to you after horrendous surgery done by other surgeons?

"There have been numerous examples over the years. A common one is related to 'Cosmetic Tourism', where patients have undergone enlargements in other Countries and return with complications - eg infections, exposed implants etc, which I have dealt with as emergencies and salvaged with further surgery. I've also had to help patients who have been pressurised into surgery by Non-Medical Cosmetic Advisors or Unqualified Surgeons who have then offered poor or non-existent follow up care post-surgery. I believe that a patient's aftercare is very important and through a friendly but professional approach I ensure that they can be confident of the high standard of care they will receive from me.

Are there any tips to minimise risks?

- 1 Go to your GP for advice.
- 2 Do your homework – look up the operation
- 3 Have a list of objectives and questions written down before the consultation highlighting what you want to achieve from the breast enlargement: size, shape, cleavage, gap between breasts, fuller figure, wearing more feminine clothes and swimwear, etc.
- 4 Research your Surgeon with BAPRAS, BAAPS, GMC, Internet, Medline.
- 5 Obtain a copy of the Department of Health Advice booklet.
- 6 Avoid websites asking for deposits or commitment before you see the Consultant.
- 7 Avoid having an operation without having met the consultant beforehand.
- 8 Check the credentials of the person offering you advice (doctor, nurse, lay advisor etc)
- 9 Ask to see photographs of previous patients and samples of implants.
- 10 Ask to try out the breast implants in front of a mirror.
- 11 Bring a friend/partner to the consultation for advice and support.
- 12 Stop or minimise smoking, maintain a normal diet (no crash diets)
- 13 Taking arnica can help reduce bruising.
- 14 The patient must want to have the surgery for themselves and not because of external pressure.

What kind of questions should people ask when looking for a surgeon to operate on them?

- 1 What are their qualifications?
- 2 Are they on the General Medical Council Specialist Register for Plastic Surgery?
- 3 Do they have membership of BAPRAS or BAAPS or equivalent American Societies?
- 4 What is their experience in terms of surgical procedures and repertoire?
- 5 Do they have a portfolio of previous surgeries and, if possible, patient testimonials?
- 6 Do they have any articles/write ups in respected professional journals or textbooks?
- 7 What Plastic Surgery training has the Surgeon had and where?

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