

Your essential guide to plastic surgery

How to prepare, what to expect, and how to feel confident in your journey

Understanding plastic surgery

Plastic surgery is not one-size-fits-all. Every procedure is tailored to your individual goals, body, and health. Whether you're seeking enhancement, refinement, or restoration, the journey begins with education.

Why patients may choose surgery:

- To restore confidence after life changes such as pregnancy, weight loss, or aging
- To correct physical concerns that have long affected self-esteem
- To achieve balance and harmony with natural features

Preparing for your consultation

What to bring with you:

- Personal medical history (including past surgeries)
- A full list of medications and supplements
- Photos or examples of results you admire
- A list of questions or concerns

Checklist:

- Medical history prepared
- Medication list written down
- Inspiration photos saved
- Questions ready

Researching your procedure

There is a lot of information online, but not all of it is accurate. It's important to rely on trusted, medical sources when doing your research. Reviewing before-and-after photos from your surgeon is one of the best ways to set realistic expectations.

Just as importantly, avoid coming into your consultation with a fixed list of procedures in mind. Your surgeon will guide you toward the most appropriate treatment plan based on your anatomy, goals, and what will deliver the safest, most natural-looking outcome for you.

Welcome!

Considering plastic surgery is a personal and exciting decision. At Lawrence Park Plastic Surgery, our goal is to help you feel informed, supported, and confident from the very first consultation through recovery and beyond.

This guide was designed to give you a clear overview of the surgical process, help you prepare for your consultation, and answer common questions before you step into our office. Patients who come prepared often feel more comfortable and confident making the decision to move forward with their surgery.

Ask yourself:

- Do my goals align with what surgery can achieve?
- Am I prepared for both the aesthetic and emotional journey?
- Do I feel ready to discuss my concerns openly with my surgeon?

Questions to brainstorm beforehand

Your consultation is the best time to share your motivations and goals. Thinking about these questions in advance can help guide the conversation:

- What bothers me most about the areas I'd like to have treated and why?
- What specific changes do I hope to achieve?
- What goals do I have for my final outcome?
- What hesitations or fears do I have about surgery?
- How do I hope surgery will improve my daily confidence or comfort?

Checklist:

- I've identified my top 1-2 goals
- I've considered what "success" looks like for me
- I've noted any concerns or fears

Checklist:

- I've reviewed the practice website
- I've looked at before-and-after photos
- I understand the basics of recovery

