



AS SEEN IN BELLA BEAUTY MAGAZINE

Cosmetic procedure FAQs

DON'T BE AFRAID TO ASK QUESTIONS BEFORE UNDERGOING A COSMETIC PROCEDURE. WORDS BY DR ADRIAN LIM

One of the most important aspects of any cosmetic procedure is the relationship between the patient and the practitioner. The patient should feel comfortable and trust the practitioner, and the best way of achieving this is by asking lots of questions from the start.

How do I choose a cosmetic practitioner?

The ideal is to look for the most qualified and experienced practitioner for the procedure. A laser procedure, for instance, may be performed by a specialist dermatologist, a surgeon, a cosmetic doctor, a GP or, in some cases, a cosmetic nurse. Always ask if the procedure is right for you and value the opinion of the doctor. It is the doctor's ethical and professional duty to provide expert feedback regarding the optimum outcome for you – so always ask!

What are my options?

There are usually several options for a given 'problem'. Ask which procedure will give you the best outcome and why. Varicose veins, for example, can be treated either by

vein stripping (very invasive) or by vein injections/lasers. At times, a combination approach works best. Another example is facial wrinkles, which can be improved with muscle relaxing injections, filler injections, laser resurfacing as well as surgical facelifting procedures.

What will it cost?

All fees and costs should be stated upfront. There should be no surprises. Certain procedures such as repair of severe acne scarring may attract a Medicare rebate, while cosmetic procedures are not generally refundable. Private health funds will often cover any hospital stay but not the procedural fee itself. It's also worth asking what happens after the procedure if additional work or revision is needed.

If I'm not sure... ?

It is imperative to do research and ask the right questions, however, it is just as important to trust your instincts. If you don't feel comfortable with a doctor despite their excellent credentials then it may be best not to commit to the procedure with them.

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