

# Choosing your surgeon

## TOP 10 TIPS FOR CHOOSING YOUR RECONSTRUCTIVE BREAST SURGEON

- 1. Member of the Australian Society of Plastic Surgeons (ASPS) or is appropriately skilled in the procedure being performed** - This is important to ensure you have an appropriately qualified specialist plastic surgeon to undertake your procedure.
- 2. Approachable** – It's great to have a surgeon who you feel comfortable asking questions of, where no question is a silly one, and who is happy to discuss your fears and concerns.
- 3. Makes you feel like part of the decision making** – Being offered options is an important part of decision making however not everyone has this luxury due to their specific situation. A good surgeon asks you questions, listens and helps you to make informed decisions and gives you information and helps you see the different possibilities. They take the time to ensure everything gets covered rather than feeling rushed.
- 4. Contactable** – One of the most valuable things you can have is a direct line to our surgeon, whether this is by phone or email. A surgeon who offers their email or mobile number understands you might have further questions or might need to be in touch during out of office periods over the months or years of your relationship.
- 5. Considerate and respectful** – It's just so nice when your doctor remembers your name, either in their office or at the bedside. A good surgeon will listen to your concerns and attempt to allay fears while offering realistic outcomes. It's extra good if they consider the potential financial burden of procedures, but that they do not make assumptions about your ability or willingness to pay.
- 6. Dedicated** – If most of these points are a yes, then your surgeon is committed to you as a patient. Many surgeons will visit you personally bedside post-surgery but this isn't always possible and often it's someone from their team.
- 7. Sense of humour and smiles** - A surgeon who smiles and can have a laugh helps to keep things relaxed. Surgery and appointments can be emotional, so this trait can help to break that composed and formal atmosphere that can make you feel intimidated.
- 8. Confident** – You want a surgeon who is confident and reassuring, especially if things stray from the plan. You need to be able to trust your surgeon that he or she has the capability to get things corrected and back on track.
- 9. Skilled and experienced** - Your surgeon should be able to show you several pictures of their work. Ask to see images of their work and if they have any patients willing to speak to you about their surgery and outcomes.
- 10. Works in a team and consults with colleagues** - Many surgeons work as part of a multi-disciplinary team where they discuss cases to make the best judgement in consultation with colleagues.



For more information go to [www.reclaimyourcurves.org.au](http://www.reclaimyourcurves.org.au)

