



— PRACTICAL GUIDE —

Questions for your surgeon

what to bring to your consultation

A consultation with a surgeon may last 20 minutes. The pace can be fast, you will get a lot of information at once, and it is very easy to leave the office feeling like 'it went well' — even if you did not ask half of what you wanted. Keep these questions written down on paper or in your phone and go through them one by one. No shame, no rush.



Before your consultation, prepare a few reference photos — the kind that show the proportions you would like to achieve. You do not need to know the implant size in advance — that is what your surgeon is there for. But an image is worth more than a description.

ABOUT IMPLANTS

- ☐ 1. What implants suit my measurements and why those ones?
- ☐ 2. Will they be anatomical or round — and what is the difference in the result for me?
- ☐ 3. What size options are available and why do you recommend that specific size?
- ☐ 4. Over the muscle or under the muscle — and why is that approach right for my case?
- ☐ 5. How long is the manufacturer's warranty?
- ☐ 6. What happens if an implant ruptures or needs to be replaced?

My notes



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ABOUT THE SURGERY —

- ☐ 1. Where will the incision be and how long will the scar be? _____
- ☐ 2. What if my pre-op test results are not perfect? _____
- ☐ 3. How long does the surgery take and what kind of anaesthesia is used? _____
- ☐ 4. How long will I stay in the clinic? _____
- ☐ 5. Does the clinic allow visitors? _____
- ☐ 6. Will I have drains — if so, when are they removed? _____
- ☐ 7. What happens if complications occur during surgery? _____

ABOUT RECOVERY —

- ☐ 1. When can I return to desk work / physical work? _____
- ☐ 2. When can I drive? (Specify what type of gearbox you use) _____
- ☐ 3. When can I lift my child? _____
- ☐ 4. When and how do I start exercising again? _____
- ☐ 5. For how many weeks do I wear the post-op bra? _____
- ☐ 6. How long will the scars be visible and how should I care for them? _____
- ☐ 7. What am I absolutely not allowed to do in the first weeks? _____

My notes _____



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ABOUT THE CLINIC & SURGEON

- ☐ 1. How many breast augmentation surgeries do you perform each year?

- ☐ 2. Can I see results from patients with measurements similar to mine?

- ☐ 3. What happens if I am not happy with the result?

- ☐ 4. Who can I contact after surgery if I have questions or worrying symptoms?

- ☐ 5. How do we stay in touch after surgery - phone, email, follow-up visit?



One thing worth remembering: a surgeon who gives short answers, brushes off your questions, or seems rushed is a signal. A good specialist does not only answer — they understand that for you, this may be the first conversation like this in your life.

My notes

You are not alone.
♡





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I changed my size O to D my story *step by step*



Photos from every week
of how my breasts changed
over the first 3 months



How post-op care
really looks



Where I looked for
information



Contact with
the clinic



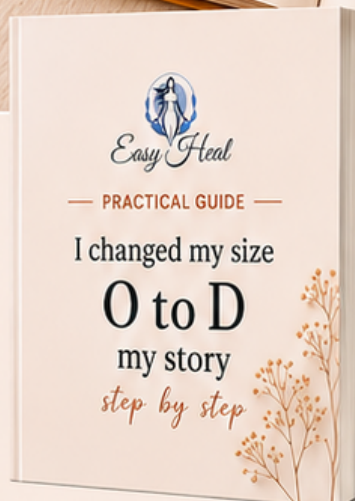
I created this ebook –
the one I wish
I had before my surgery



*You are
not alone.*
♡

GET YOUR EBOOK

Get my story from A to Z
and prepare with confidence.



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