

PATIENT CHECKLIST



What to consider when choosing your doctor

1. PROFESSIONAL QUALIFICATIONS

- Is the doctor a **specialist** in plastic and cosmetic surgery or has he/she gained this knowledge solely by completing advanced training in cosmetic surgery?
- Does the doctor regularly attend **advanced training and further training** courses in order to stay on top of the latest developments?
- How long has he/she worked in the cosmetic specialty?
Does he/she have **sufficient experience** performing the operation you are interested in? How many times has he/she performed this treatment method?
How many in the last month, for example?
- Has the doctor **specialized** in this operation?

2. CONSULT AND EXAMINATION

- Does the doctor seem like they have a **routine** with these kinds of consultations?
- Does the doctor explain in an **understandable and comprehensive** way how the procedure is done? Do they draw a sketch or provide illustrative materials (for example, before/after photos, materials used, etc.)?
- Does the doctor present me with **alternatives**?
- Does the doctor perform an **examination**?
- Does the doctor explain the **risks and side effects** to me?

3. PERSONAL COMPETENCE

- Is the doctor sympathetic and do they seem **trustworthy**?
Do I feel like I am being taken seriously and am receiving individual advice?
- **Do I feel comfortable** at the practice/clinic?
(practice employees, premises, etc.)
- Are there any **patient testimonials** online or ratings of the doctor by patients who have already been treated by my doctor?

4. TREATMENT/OPERATION – PROCEDURE AND COSTS

- What **costs** will I be responsible for (for example, costs of treatment, anesthesia, room or stay at the practice clinic, material costs, etc.)?
- Does the **invoice** comply with the Schedule of Medical Fees (Gebührenordnung für Ärzte [GOÄ])? (costs of the consultation and initial examination must be listed separately)
- Is the operation done on an **outpatient or inpatient** basis?
- Is the operation done under **local anesthesia, twilight sleep or general anesthesia**?
- What kind of sutures will be used and where will the **scars** be?
- What is the **post-treatment care**?
- Will someone be available around the clock **after the procedure** in case of questions or problems?

5. CLINIC OR PRACTICE?

- Do the staff and premises meet the **requirements for high-quality and competent treatment**? (for example, availability of trained anesthesiologists and surgical nurses; what equipment is there in the practice clinic's operating room or the operating room at the partner clinic? Are hospital beds or premises available in the practice clinic or partner clinic to recover after the procedure?)
- Is there a person I can contact around the clock in **case of emergency** (for example, post-operative bleeding)?

6. SHOULD BE SUSPICIOUS IF...

- ...during the consultation the doctor does not ask about the reasons I am seeking treatment and does not ask about any pre-existing conditions.
- ...I have the feeling that the doctor is trying to talk me into the procedure and is pressuring me to make a quick decision.
- ...I am told that I should have more work done than I originally intended.
- ...the operation is presented as having no risks whatsoever and there is no talk of the risks whatsoever.
- ...new techniques and/or materials will be used that have not undergone sufficient testing or are not approved.
- ...the doctor asks for advance payment for the planned operation at the initial consultation.