

FREE CHECKLIST

Clinic Red-Flags Checklist

A quick way to spot a high-pressure or low-quality cosmetic-surgery clinic before you commit a dollar.

Pressure tactics

- A 'today only' discount that expires if you leave.
- Refusing to give you a written, all-in price to take home.
- Pushing you to sign or pay before a proper consultation and exam.

Honesty & safety problems

- Guaranteeing a specific result (no honest surgeon does).
- Vague answers about board certification or facility accreditation.
- Unclear about who actually performs the procedure, or who provides anesthesia.

Verification problems

- Won't let you verify board certification or credentials.
- No clear plan for follow-up care or who to call if something goes wrong.
- Reviews that all sound identical or appear at once.

What good looks like

A trustworthy, board-certified surgeon sets honest expectations, gives a written plan and all-in price, operates in an accredited facility, lets you verify everything, answers your questions patiently, and is comfortable with you getting a second opinion.

Want the next step? Get matched, free and with no pressure, with a board-certified plastic surgeon near you at contouredits.com/get-matched/. We collect contact details only — never your medical history.