

FREE CHECKLIST

Consultation Prep Checklist

A little preparation turns a sales pitch into a useful conversation. Bring this to your consultation.

Before you go

- Write down your goal in one honest sentence.
- Note any questions — including the ones on our surgeon checklist.
- Plan to ask about board certification and facility accreditation first.
- Decide your budget range so the surgeon can be realistic.

Bring or note

- A list of concerns you want addressed honestly.
- A friend or family member for a second set of ears, if you can.
- Your preferred language, if English isn't your first — ask whether interpretation is available.

During the visit

- Ask for the realistic result, not just the best case.
- Ask for the full, written, all-in price and what's included.
- Take the plan home — a good surgeon won't rush you.

After the visit

Compare what you heard with other surgeons and with honest guides. You stay in control: you decide who to see, if anyone, and you confirm everything in writing before any procedure. Individual results vary, and no result is guaranteed.

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.