

# “Dear Dr. McCollough”... Practical Answers for Every Body

*Dr. E. Gaylon McCollough Helps Clear Up The “Hype” On Cosmetic Surgery*

***Dear Dr. McCollough: What could I learn from a consultation with a facial or plastic surgeon?***

**Dear Reader:** Before you decide on any cosmetic procedure, you should consider taking with a plastic surgeon. You may learn that some of the so-called “minimally invasive” or “non-invasive” procedures actually cost more than surgery – that lasts.

When you call for an appointment, ask for the staff to send printed materials or go on line and review the information about the doctor, his/her staff, facilities, training, experience, and the procedures and products offered. Study the patient information material *before* you see the doctor. If you do, you will be better informed and be in a position to ask better questions. Making hurried decisions and allowing convenience to overshadow the issue of surgical competence can be costly in both dollars and results.

Surgeons with more experience and expertise are generally in great demand, and therefore it may take longer to get an appointment with such a surgeon, so think of that as a compliment to the surgeon.

The surgeon you want to perform your procedures will take enough time to explain the options available to you, the limitations, and risks of surgery as well as the benefits of surgery. He or she will discuss post-operative instructions and explain when you may resume normal activities.

At the McCollough Institute for Appearance and Health, we strive to develop a long term professional relationship with our patients. We believe that honesty is the best policy. Misunderstandings and misconceptions can often be avoided when the involved parties enter into a venture with mutual trust and realistic expectations.

If you would like any more information on this or other health related topics, call the McCollough Institute for Appearance and Health at 251-967-7600, email [info@mccolloughinstitute.com](mailto:info@mccolloughinstitute.com) or visit our website [www.mccolloughplasticsurgery.com](http://www.mccolloughplasticsurgery.com)

*If you would like to ask Dr. McCollough a question, email him at [drmccollough@mccolloughinstitute.com](mailto:drmccollough@mccolloughinstitute.com). All correspondence may be used in future columns; however, names and any personal information will be kept completely confidential.*