

The surgical consultation questions checklist (free PDF)

A printable, practical list of what to ask during a cosmetic surgery consultation so you can compare options, understand the process, and plan your self-pay budget with confidence.



A consultation is your chance to gather clear information, compare surgeons, and decide whether to move forward. Use this checklist to stay organized, ask practical questions, and make sure you understand the procedure, recovery timeline, and total self-pay cost.

Questions about the surgeon and practice

- Are you board-certified in your specialty, and how often do you perform this specific procedure?
- Where would the procedure take place, and is the facility properly accredited or licensed?
- Who would be involved in my care on the day of surgery and during follow-up visits?
- Can you explain your typical consultation-to-surgery timeline and how scheduling works?
- What is your policy if I have questions before or after surgery?



Questions about whether the procedure fits your goals

- Based on what I want to change, what procedure options do you recommend and why?
- What kind of result is realistically achievable for someone with goals like mine?
- Are there non-surgical or less extensive options I should consider before deciding?
- What tradeoffs should I understand when comparing the options you offer?
- How should I prepare so I can make a decision without feeling rushed?



Questions about the procedure itself

- What exactly happens during the procedure, from arrival to discharge?
- What type of anesthesia or sedation is typically used, and who provides it?
- How long does the procedure usually take, and how long should I expect to be at the facility?
- Will I need someone to drive me home or stay with me afterward?
- What supplies, garments, or prescriptions should I expect to arrange in advance?



Questions about recovery and follow-up

- What is the usual recovery timeline, including time away from work, exercise, travel, and social activities?
- What should I expect in the first few days and weeks after surgery in terms of appointments and routine follow-up?
- What restrictions will I need to plan for at home during recovery?
- When do most patients feel comfortable returning to normal daily activities?
- What should I know about the follow-up schedule and any visits that may be included in the fee?



Questions about the full self-pay price

- Can you provide a written quote that shows the full self-pay price?
- What is included in the quote, such as surgeon fees, facility fees, anesthesia, implants, garments, labs, or follow-up visits?
- What costs are not included that I should plan for separately?

- What is the payment schedule, and when are deposits or final payments due?
- What is your cancellation or rescheduling policy, and are any fees non-refundable?
- If additional visits or touch-up procedures are needed later, how are those billed?



Questions to help you compare consultations

- Can I take home written pricing, instructions, and next steps for review?
- What details should I use to compare this option with other consultations fairly?
- How long is the quoted price valid?
- If I need time to decide, what is the best next step without committing today?
- Who is the right contact for scheduling or billing questions after I leave?

Next step

Bring this checklist to every consultation and keep your notes in one place so comparing options is easier. If you want help finding a board-certified cosmetic surgeon for an elective, self-pay procedure, ClariSurge can match you with a free consultation.

Reminder: ClariSurge is a free matching service, not a medical provider, and does not give medical advice. Cost figures are typical self-pay ranges, not quotes. Always verify a surgeon's board certification yourself and confirm the full price in writing before scheduling. See the privacy and disclaimer pages for the latest review date.