



THE LIVERPOOL
PSYCHOLOGY PRACTICE

Psychological Screening for Cosmetic Surgery:

Information for Patients

Why Psychologists are involved in surgical consultations

Making a decision to pursue cosmetic surgery can be life changing. As with any surgical procedure, there are costs, benefits and risks involved.

For most people cosmetic surgery is a positive decision that enables them to increase their body confidence and quality of life.

Medical research shows that there are multiple factors involved in helping patients to have a positive outcome from cosmetic surgery, where people are more likely to feel satisfied and like the procedure has improved their lives. There are also factors associated with unhelpful outcomes, where patients are more likely to feel dissatisfied and distressed after surgery.

If you have received treatment and support for mental health difficulties or periods of high stress, your surgical team may request that we offer you an assessment appointment to help you consider your readiness for surgery and to ensure you have any appropriate support in place.

Clinical Psychologists are trained in understanding how we feel about ourselves and our bodies, and the decisions we make to reach our goals. Meeting with a psychologist as part of your cosmetic surgery treatment helps surgeons and their teams to make ethically responsible decisions and ensure their patients are more likely to experience positive outcomes from their surgery.

What happens during the appointment

You will usually meet with a psychologist for a 90 minute consultation. During this appointment the psychologist will help you consider and explore how you made the decision to seek surgery, your readiness for surgery, and your current wellbeing.

As part of the appointment it is common to complete several questionnaires about your mood and daily life.

The psychologist may also discuss your physical and psychological wellbeing post-surgery and help you make a plan for taking good-enough care of yourself during your acute recovery phase.

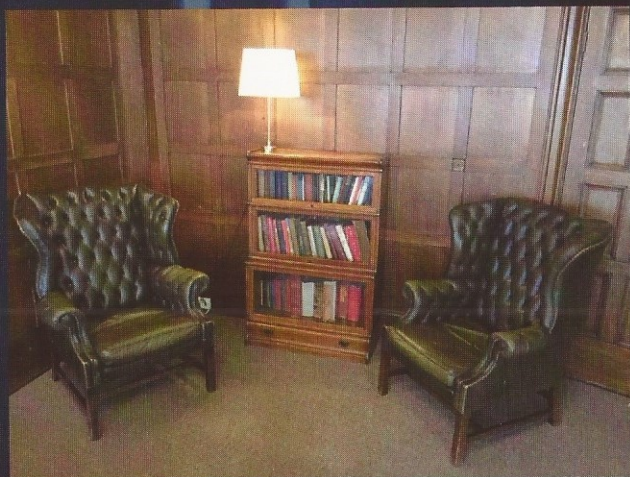
The appointment is also an opportunity for you to talk in confidence about any questions or queries you might have about the procedure you are considering.

If any support needs are identified before surgery, the psychologist will discuss what support is available to you and help you to consider the next steps. The aim of the appointment is to help people have positive experiences and outcomes of cosmetic surgery, and not to deny or withhold surgery from people who may benefit.

After the appointment

At the end of the appointment you and the psychologist will discuss what the assessment data suggests about the suitability of cosmetic surgery for your circumstances, and make a recommendation to your consultant.

With your permission, this information is then sent to you and your surgical team in a letter, usually 1-7 days after your appointment.



About Us

We are a partnership of North West Clinical Psychologists who specialise in adult psychological assessment and psychotherapy.

We provide regular consultation, advice and support to people considering cosmetic surgery or other surgical procedures that may have an impact on a person's body image, self-concept or identity.

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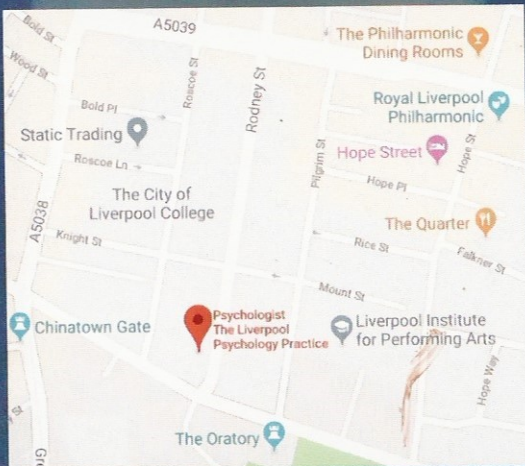


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