



FACELIFT CONSULTATION CHECKLIST

How to Prepare for Your Surgical Consultation

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Preparing for your facelift consultation is an important first step. Your consultation is your opportunity to learn, ask questions, and understand exactly what a facelift can and cannot achieve for your unique goals. Use this checklist to walk into your appointments informed and confident.

1. BEFORE YOUR APPOINTMENT

- ☐ Gather a complete health history (past surgeries, medical conditions, allergies).
- ☐ Make a detailed list of all current medications, supplements, and vitamins.
- ☐ Schedule a visit with your primary care physician for medical clearance if needed.
- ☐ Write down your specific goals and concerns (what bothers you most / least).
- ☐ Gather a few photographs of yourself from 10–20 years ago (natural lighting preferred).
- ☐ Plan to consult with at least three board-certified plastic surgeons for comparison.

2. WHAT TO BRING

- ☐ This checklist and a notepad (or use the notes table on page 2).
- ☐ Your list of medications, supplements, and vitamins.
- ☐ Old photographs (10–20 years ago) to illustrate natural facial proportions and volume.
- ☐ Any relevant medical records or prior surgical reports.
- ☐ A prepared list of questions (see Section 3).

3. QUESTIONS TO ASK DURING YOUR CONSULTATION

Bring prepared questions and take detailed notes so you can compare surgeons later.

Surgeon Experience & Credentials

- ☐ How long have you been in practice?
- ☐ How many facelifts have you performed in your career? How many per year?
- ☐ When did you last perform a facelift?
- ☐ Are you certified by the American Board of Plastic Surgery?
- ☐ Where do you have hospital credentials / privileges?
- ☐ Will you be the primary (and only) surgeon performing my procedure?
- ☐ Do students, residents, or fellows assist? What is their role?

Technique, Plan & Facility

- ☐ What surgical technique do you recommend for me and why? (SMAS, deep plane, etc.)
- ☐ How will you address the neck (platysma, submental fullness, banding)?
- ☐ Will fat grafting or other procedures be recommended in combination?
- ☐ Where will my facelift be performed? Is the facility accredited?
- ☐ Will I be the only surgical patient on the day of my surgery?
- ☐ How long do you anticipate my surgery will take?
- ☐ What kind of anesthesia will be used, and who administers it?

Results, Recovery & Risks

- ☐ Am I a good candidate? Are my expectations realistic for my anatomy?
- ☐ What results can I reasonably expect, and how long do they typically last?
- ☐ May I see before-and-after photos of patients similar to me (age, structure)?
- ☐ Where will the incisions / scars be placed, and how visible will they be?
- ☐ What is the expected recovery timeline (work, exercise, social events)?
- ☐ What are the main risks and complications, and how are they handled?
- ☐ What will be expected of me to achieve the best possible result?

Practical Details

- ☐ What is the total cost, and what does the quote include (surgeon, facility, anesthesia, follow-ups)?
- ☐ What is included in post-operative care and follow-up visits?
- ☐ What are my options if I am dissatisfied with the outcome?

FACELIFT CONSULTATION CHECKLIST (continued)

4. OBSERVATIONS DURING THE CONSULTATION

These qualitative factors often reveal as much as the answers themselves.

- ☐ Time spent with you: Did the consultation feel unrushed, informative, and respectful?
- ☐ Staff interaction: Were the staff knowledgeable, professional, and supportive?
- ☐ Educational materials: Were clear written materials, diagrams, or videos provided?
- ☐ Transparency: Did you leave feeling more educated, not more confused?
- ☐ Sales pressure: Did the visit feel educational, or like a high-pressure sales pitch?
- ☐ Before & After review: Were you shown natural, consistent results of similar patients?

5. CRITICAL VERIFICATIONS BEFORE DECIDING

- ☐ I fully understand every procedure recommended and listed on the written quote.
- ☐ I have reviewed and understand what appears on the surgical consent form.
- ☐ The surgeon I consulted with is the same person named as the operating surgeon on the consent form.
- ☐ I have compared recommendations and quotes from at least three board-certified plastic surgeons.
- ☐ My decision is based on alignment with my goals, comfort level, and realistic outcomes — not pressure or price alone.

6. RED FLAGS TO WATCH FOR

- The surgeon or staff pushes you to book quickly or commit on the spot.
- The consultation feels heavily sales-oriented rather than educational.
- The surgeon rushes through your concerns or skips explanations.
- You are not shown relevant before-and-after photos or given clear written information.
- It is unclear who will actually perform the surgery.
- Promises sound overly aggressive or unrealistic for your anatomy and age.

7. NOTES & COMPARISON SPACE

Record key points from each surgeon so you can compare side-by-side.

Surgeon / Practice	Key Recommendations	Quote / Notes
1.		
2.		
3.		

Medical Disclaimer – Faceliftology® The information provided on Faceliftology® and in this checklist is intended for general educational and informational purposes only and reflects general medical concepts related to facial aging and facelift procedures. It is not intended to constitute medical advice, diagnosis, or treatment recommendations, nor does it establish a physician–patient relationship. Always consult with a qualified, board-certified plastic surgeon for personalized advice regarding your individual situation.

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