



- INSIDE**
- Choosing a Qualified Doctor
 - Your Consultation
 - Researching Your Procedure
 - Where Your Procedure Takes Place
 - The Cost of Treatment
 - What to Expect
 - Your Recovery

This content is subject to change without notice and offered for informational use only. You are urged to consult with your individual medical providers and/or business, financial, legal, tax and/or other advisors and/or medical providers with respect to any information presented. CareCredit, Synchrony Financial and any of its affiliates (collectively, "Synchrony"), and NewBeauty and any of its affiliates, make no representations or warranties regarding this content and accept no liability for any loss or harm arising from the use of the information provided. Use of other company's names does not imply endorsement. Your receipt of this material constitutes your acceptance of these terms and conditions. © 2016 CareCredit. All rights reserved. No reuse without prior written consent.

THE BEST VERSION OF YOU

TRANSFORMING YOUR LOOK IS A MAJOR DECISION. IT'S IMPORTANT TO BE AS WELL-INFORMED AS POSSIBLE ABOUT ALL OF THE STAGES OF YOUR PROCEDURE. EMPOWER YOURSELF WITH THE KNOWLEDGE TO MAKE INTELLIGENT DECISIONS ABOUT YOUR OPTIONS SO THAT YOU CAN MAKE THE BEST CHOICES FOR YOUR BEAUTY, HEALTH AND SAFETY.

CHOOSING A QUALIFIED DOCTOR

When considering cosmetic enhancement, whether surgical or nonsurgical, there is no substitute for safety, which is why it's important to choose a skilled, well-credentialed doctor you can trust.

Finding a doctor can be difficult, but finding the right one to cater to your specific needs can be downright confusing. Not every practicing doctor is equipped to perform every single aesthetic treatment. To ensure an optimal outcome, you and your chosen doctor have to be on the same page in terms of expectations. It's important to look for a board-certified, ethical and reputable doctor practicing within scope. Search online for ratings and reviews from trusted sources like CareCredit's partner [NewBeauty.com](https://www.NewBeauty.com). Schedule consultations with more than one doctor and choose one who can perform the right procedure and understands your goals.

DOCTOR CREDENTIALS

Find a highly trained and experienced doctor.

Board-certified doctors who practice within scope and are equipped to perform aesthetic procedures belong to any one of a number of approved medical societies. And, there's a reason why. Plastic surgeons, facial plastic surgeons, oculoplastic surgeons and dermatologists who are properly board-certified are appropriately verified and recognized by the American Board of Medical Specialties (ABMS) or by the American Osteopathic Association (AOA), have undergone the necessary supervised surgical training and demonstrated best practices for patient safety. Make sure your doctor is certified by the appropriate board for his or her specialty and your procedure.

MEDICAL BOARDS AND SOCIETIES

It's important to choose a board-certified doctor who is a member of the appropriate medical society.

PLASTIC SURGEONS

The American Board of Plastic Surgery (ABPS), American Osteopathic Board of Surgery (AOBS) with Primary Certification in Plastic Surgery, American Society of Plastic Surgeons (ASPS), American Society for Aesthetic Plastic Surgery (ASAPS)

FACIAL PLASTIC SURGEONS

American Board of Facial Plastic and Reconstructive Surgery (ABFPRS), American Board of Otolaryngology (ABOto), American Osteopathic Boards of Ophthalmology and Otolaryngology-Head and Neck Surgery (AOBOO-HNS) with Primary Certification in Otolaryngology, American Academy of Facial Plastic and Reconstructive Surgery (AAFPRS)

DERMATOLOGISTS

American Osteopathic Board of Dermatology (AOBD), The American Board of Dermatology (ABD), American Academy of Dermatology (AAD), American Society for Dermatologic Surgery (ASDS), American Osteopathic College of Dermatology (AOCD)

OCULOPLASTIC SURGEONS

American Board of Ophthalmology (ABO), American Society of Ophthalmic Plastic and Reconstructive Surgery (ASOPRS)

COSMETIC DENTISTS

American Academy of Cosmetic Dentistry (AACD), American Board of Oral and Maxillofacial Surgery (ABOMS), American Board of Periodontology (ABP), American Board of Prosthodontics (ABP), American Association of Oral and Maxillofacial Surgeons (AAOMS), American College of Prosthodontists (ACP), Academy of Comprehensive Esthetics (ACE), American Academy of Esthetic Dentistry (AAED)

HAIR RESTORATION SPECIALISTS

American Board of Plastic Surgery, American Board of Dermatology, American Board of Otolaryngology/Facial Plastic and Reconstructive Surgery, International Society of Hair Restoration Surgery

VEIN SPECIALISTS

American Board of Radiology, American Board of Vascular Surgery, American Board of Plastic Surgery, American Board of Dermatology, American Board of Surgery, American College of Phlebology, American College of Radiology

Doctor Locator

Once you find a qualified doctor in your area, go to [carecredit.com/doctor-locator](https://www.carecredit.com/doctor-locator), to check if they accept the CareCredit credit card.

Proper Training

A board-certified doctor has undergone the **required** amount of **training** to ensure that he or she has the **experience** and **knowledge** to perform a procedure limited to that specialty with consistently **good results**.

[CLICK HERE TO LEARN MORE](#)

LONG-LASTING RESULTS

Aesthetic surgical procedures require incisions and more downtime than their nonsurgical counterparts, however their results last longer and may be a more realistic option to achieve your beauty goals.

YOUR CONSULTATION

During your consultation, your doctor will ask about your aesthetic goals before recommending detailed treatment options. This is the appropriate time to go over any questions that will help you make informed decisions.

The doctor should review your personal concerns and your desired aesthetic goals and work with you to devise a customized plan based on your specific needs. Each suggested treatment option should be explained in a way that you understand, describing the extent of the procedure and the anticipated results, as well as any possible side effects or risks. You should discuss your anesthesia and recovery options, and the expected outcomes associated with each procedure. Ask your doctor how many times he or she has performed the procedure you're interested in and request before-and-after photographs of the results they achieved. Your overall health and any medical conditions you may have should also be discussed. Before proceeding with any treatment, informed consent is a must, even if you've had the same treatment in the past. Some doctors may charge for a consultation, so an online service like Zwivel or a visualizer like NewLookNow.com may also be a first step.

Noninvasive Options

With safer options that offer noticeable results with less downtime, no incisions and faster recovery times, many patients are opting for noninvasive treatments to meet their aesthetic needs.



QUESTIONS TO ASK

How many of these types of procedures have you performed?

...

Can you show me your unretouched before-and-after photos?

...

Is there anything I can do before my procedure to ensure better results?

...

What is the procedure like and what are the risks associated with it?

...

What tests, if any, do I need to have prior?

...

When will I begin to see results?

...

Where is this procedure performed and who performs it?

RESEARCHING YOUR PROCEDURE

Doing your homework is key, but be sure to arm yourself with the most accurate information available. Although there is a great deal of information for prospective patients online, you must discern what is true versus what is hearsay and base your knowledge on credible information. Make a list of questions prior to your office visit and take notes during your consultation. Your doctor should be able to answer any questions you may have about your particular procedure. Bringing a friend or family member with you may be helpful, as you may not remember everything the doctor says and may feel more comfortable with someone there to support you.

Your doctor may provide take-home materials that detail specific information about what to expect before, during and after your procedure, and encourage you to follow up with any further questions. Remember to be honest and express all of your concerns to facilitate a smooth and seamless experience. For more information, check your doctor's website, research their specialty medical society and review additional details about your particular procedure.



QUESTIONS TO ASK

What preparation is required the day before and morning of my procedure?

...

Should my regular medications be taken on the morning of my procedure?

...

What time should I arrive? Should someone drive me?

...

What results can I expect, and how long do the typical results last?

...

Where will my incision line be located and how noticeable will it be?

[CLICK HERE TO LEARN MORE](#)



**TREATMENT
LOCATION OPTIONS**
Sometimes you have a choice in the location of your procedure, ranging from an in-office setting to an ambulatory surgery center or a hospital.

The cosmetic surgery and other beauty procedures you've always dreamed of are just a step away.

WHERE YOUR PROCEDURE TAKES PLACE

Not all cosmetic procedures include surgery, and not all surgeries are performed in a hospital. Some noninvasive treatments and procedures may be performed at your doctor's office, but your safety is still important in every case.

Where surgery takes place is often a matter of your doctor's preference, as well as your own. Procedures that may only require a local anesthetic and/or oral sedation may be performed at your doctor's office. If you have diabetes, high blood pressure or other medical conditions, your procedure may need to be performed in a hospital, as opposed to an office-based surgical suite or an ambulatory surgery center. Ask your doctor which local hospital he or she has privileges at, specifically for the procedures you are having performed.

SAFE SURGERY AND ACCREDITATION

Ask specifically about the accreditation of the facility recommended for your surgery.

In order for your doctor's in-office facility to be accredited by one of the major accreditation organizations, the facility must comply with general standards concerning its medical staff, equipment and emergency plans. The facility must also pass regular inspections for safety, sterility, protocols and record-keeping. Verify the accreditation of the facility where you are having your procedure and make sure to ask your doctor when the facility's most recent accreditation was. The facility should be accredited and in good standing with one of these four national organizations: the American Association for Accreditation of Ambulatory Surgery Facilities, Inc. (AAAASF), Accreditation Association for Ambulatory Health Care (AAAHC), American Osteopathic Association (AOA) or The Joint Commission on Accreditation of Healthcare Organizations (JCAHO).



WHAT IT WILL COST

There are many variables that affect the total cost of a procedure. Geographic location, as well as the reputation of your doctor, can greatly impact his or her fees. You'll need to speak with your doctor about additional fees that may not be included in the initial cost, including, when appropriate, operating room time, anesthesia and unexpected events. Remember, you can't put a price on safety. When it comes to your well-being, never compromise on your health and safety to save money.

WAYS TO FINANCE YOUR PROCEDURE

Many doctors offer promotional financing options that allow you to pay for your procedure in convenient monthly payments. CareCredit, from Synchrony Financial, has been one of the largest and most popular health, wellness and beauty credit cards in the nation for nearly 30 years. Ask if your chosen doctor offers No Interest if Paid in Full within 6, 12, 18 or 24 Months* promotional financing options on all qualifying purchases of \$200 or more made with your CareCredit credit card. CareCredit has helped more than nine million people get the medical procedures they want and need, when they want them. For more information or to apply and receive an instant credit decision, visit carecredit.com.

*No interest will be charged on the promotional purchase if you pay the promotional purchase amount in full within the promotional period which may be 6, 12, 18 or 24 months. If you do not, interest will be charged on the promotional purchase from the purchase date. If your purchase qualifies for a 24 month promotional offer, fixed monthly payments are required equal to 4.1667% of initial promotional purchase amount until promotion is paid in full. The fixed monthly payment may be higher than the minimum payment that would be required if the purchase was a non-promotional purchase. For all other promotional offers, the regular minimum monthly payment terms of the account will apply. Regular account terms apply to non-promotional purchases and, after promotion ends, to promotional balance, except the fixed monthly payment will apply until the promotion is paid in full. For new accounts: Purchase APR is 26.99%; Minimum Interest Charge is \$2. Existing cardholders should see their credit card agreement for their applicable terms. Subject to credit approval.

[CLICK HERE TO LEARN MORE](#)

PLAN AHEAD
You may want to plan your procedure to take advantage of holidays and vacation time from work. Wear comfortable, button-down clothing and purchase a recovery bra for breast procedures.

WHAT TO EXPECT

The nature of your treatment will dictate where your doctor performs your procedure. Your doctor will meet with you beforehand to review the procedure once more and answer any additional questions.

Should your procedure call for it, medications will be administered to keep you comfortable. Some procedures may require anesthesia, or only call for a topical numbing agent, local anesthetic and/or intravenous sedation. Others may require a general anesthetic. When appropriate, an anesthesiologist or certified registered nurse anesthetist will administer your anesthesia to make the experience as comfortable and pleasant as possible. Should your procedure involve additional noninvasive procedures, your doctor may permit you to go home following any post-treatment protocols.



QUESTIONS TO ASK

Do I need to take time off of work and for how long?

...

How long is my expected recovery time?

...

When can I resume my daily activities?

...

When can I go back to the gym or start any other physical activity?

...

When can I start wearing makeup and using skin-care products?

...

How will this impact my ability to take care of my children?

YOUR RECOVERY

To ensure proper healing, it is imperative that you return to your doctor's office as instructed so he or she can check on your post-treatment status.

After surgery, you will be taken into a recovery area and observed closely. Depending on your procedure, there may be small drainage tubes, gauze or surgical dressings. After a few hours, you will be permitted to go home unless your surgeon has decided that an overnight stay would be more appropriate. Some noninvasive procedures will require multiple treatment sessions and repeat visits in order to reap the full benefits of the treatment. In terms of surgical procedures, you will see your surgeon postoperatively to ensure proper healing and have the stitches, dressings and draining tubes removed at the appropriate intervals. Regardless of the procedure performed, it is important to always follow all post-treatment recovery information, such as resuming daily activities, sun avoidance and exercise. Following treatment, it is very important that you follow your doctor's instructions and take your medications as directed to avoid complications and promote a speedy recovery.



QUESTIONS TO ASK

What kind of care will I require?

...

How much pain, swelling or bruising should I expect?

...

How long does the entire healing process last?

...

How many follow-up visits are necessary?

...

How can I maintain my results?

Ensure a Speedy Recovery

Follow your doctor's instructions regarding activities you should avoid during your recovery.



The information in this guide was provided by **NewBeauty®** magazine, the first publication devoted to "everything beauty," converging the medical, spa and mainstream markets to serve as the ultimate aesthetic resource. **NewBeauty** redefines the beauty space with its trend-driven approach—education powered with innovation. The magazine is a comprehensive guide to the latest advances in plastic surgery, dermatology and cosmetic dentistry; and provides breaking beauty trends, original reporting, product must-haves and expert advice. With a distribution of approximately 500,000 copies per issue, **NewBeauty** is available for purchase at 40,000+retailers in the United States, including major bookstores like Barnes & Noble, as well as airports, supermarkets and newsstands.