

Are You a Good Candidate for Cosmetic Surgery? 14 Questions You Need to Ask Yourself

by Lois W. Stern

There are certain conditions, health habits, and life issues that might conflict with your ability to achieve a safe, rewarding cosmetic surgery result. Take this self-assessment quiz to help you determine if cosmetic surgery is right for you at this time. Discuss your situation openly with your internist and surgeon.

Remember, this is your life. Respect it!

1. **Do you have a kidney or liver disorder?**
 Yes No
2. **Do you have a bleeding disorder?**
 Yes No
3. **Are you a heavy smoker or drinker?**
 Yes No
4. **Are you considerably overweight?**
 Yes No
5. **Do you scar easily?**
 Yes No
6. **Do you have any other serious medical condition(s) as, for example, diabetes, high blood pressure, heart or lung disease, severe allergies?**
 Yes No
7. **Are you currently under treatment or medication for anxiety or depression?**
 Yes No
8. **Do you have a drug problem?**
 Yes No
9. **Are you in the middle of a life crisis? (i.e. divorce, loss of a spouse, etc.)**
 Yes No
10. **Have you had many different cosmetic surgery procedures at different times during your life?**
 Yes No

11. **Are you generally unhappy with your overall physical appearance?**
___ Yes ___ No
12. **Are you preoccupied or obsessed with a part of your face or body that others do not consider unattractive?**
___ Yes ___ No
13. **Are you suffering from depression?**
___ Yes ___ No
14. **Are you considering cosmetic surgery primarily as a means to improve your social life, resolve marital conflicts or please someone else?**
___ Yes ___ No

No one consciously seeks out cosmetic surgery to worsen herself physically or psychologically, but this situation occasionally does occur. If you have answered “yes” to any of these 14 questions, please consult with your physician and/or a mental health specialist before you make this important decision for yourself. Remember, cosmetic surgery is elective surgery. Your overall physical and mental health come first.

Have a beautiful life,

Lois