



## The Australasian College of Cosmetic Surgery

*Raising Standards, Protecting Patients*

# MEDIA RELEASE

For immediate release

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## ***A partridge in a pear tree, but not cosmetic surgery***

***Cosmetic Surgery is not a gift for any day of Christmas;  
plus nip & tuck tips***

The Australasian College of Cosmetic Surgery today warned against giving cosmetic surgery as a Christmas gift.

“Christmas is a time for giving but cosmetic surgery should not be under the yuletide tree,” ACCS President Dr Ron Bezic said today.

Dr Bezic said that with Christmas and beach season upon us “it is normal that people are more conscious of creases, sags and bulges and some may be looking for a quick fix or shortcut to what they perceive as an 'ideal' body. It is important to do your homework before going ahead.

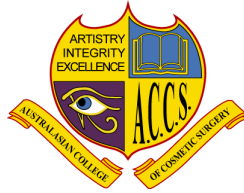
“Many people are considering having a cosmetic procedure in the lead-up to the holiday season. But the decision to have a procedure is a very personal one and should be made without pressure from friends or loved ones. A gift can create pressure,” Dr Bezic said.

Dr Bezic said it is important to make sure your practitioner is properly trained. “Ask to see their CV and what experience they have in the procedure you are considering. He or she should not hesitate to tell you,” Dr Bezic said.

You should ask the right questions before deciding to have a cosmetic surgical procedure. There is greater choice today, so it is especially important to your homework.

You should inform yourself about the risks as well as the qualifications and experience of your surgeon before having any cosmetic procedure, no matter how minor the procedure may seem.

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Every procedure has its own unique set of potential complications and risks. Make sure you discuss them thoroughly with your doctor.

ACCS Fellow and Censor in Chief, Dr John Flynn said, “few people are planning a big surgical procedure at this time of year because of busy family and social activities. But some do take the opportunity of the holiday break to get away and have a surgical procedure and recover in time to go back to work in the New Year Refreshed.”

If you are considering a surgical procedure, make sure your surgeon is going to be around for post-op care. Is the surgeon going on holidays too and who will look after you? This applies to non-surgical procedures,” Dr Flynn warned.

“More popular this close to the holidays are non-invasive procedures such as fillers and anti-wrinkle injections. With filler or anti-wrinkle injections, it is important to keep in mind that bruising is a common issue, and so don’t get too much done too close to a special event as you will need to leave time for swelling and bruising to go down,” Dr Flynn said.

Cosmetic surgery procedures can improve your looks and self-esteem. However, you should have realistic expectations going in. Take your time, understand your motivations, and discuss them with your surgeon.

Most bad cosmetic surgical outcomes are related to unrealistic expectations. If you understand your motivations and your expectations are realistic then you will be more likely to be satisfied with the outcome.

**Questions you should ask your doctor:**

- What is your training?
- How many times have you performed this procedure before and in the last year?
- What are the risks with this procedure and what is your own complication rate?
- What are the alternatives to the procedure being considered?
- Can I see results of your patients who looked similar to me before their surgery?

**Questions you should ask yourself:**

- Do I feel confident with this doctor?
- Do I feel confident about having this procedure?
- Have all my questions been answered satisfactorily?
- Am I happy with all of the arrangements that have been made for me?
- Do I understand the risks and potential complications with this procedure?

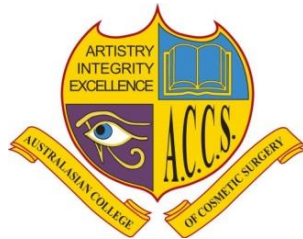
As part of its Code of Practice, the ACCS has also produced a patient information brochure, “Things you should know”. The brochure provides information about choosing a doctor and questions to ask before deciding to have cosmetic surgery.

The Code of Practice and patient information brochure are available from the College’s website [www.accs.org.au](http://www.accs.org.au).

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When looking for a cosmetic medical or surgical practitioner, look for the ACCS Seal and Code of Practice Seal or ask your practitioner about their education and training specifically in cosmetic medicine and surgery.



Quick facts:

Australians now spend as much as \$1bn annually on appearance medicine. More than a third of all cosmetic surgery is booked in the weeks leading up to summer.

The top five procedures performed by College Fellows are:

- Anti-wrinkle and filler injections
- Microdermabrasion and Laser resurfacing (of skin)
- Breast augmentation, lifts and reductions
- Liposuction (fat removal)
- Blepharoplasty (eye surgery)

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### **About The Australasian College of Cosmetic Surgery**

Established in 1999, the Australasian College of Cosmetic Surgery (ACCS) is a not-for-profit, multi-disciplinary fellowship based body of cosmetic surgeons, cosmetic physicians, plastic surgeons, general surgeons, maxillofacial surgeons, dermatologists, ear nose and throat surgeons, ophthalmologists and other doctors and health care practitioners who practice in cosmetic medicine and surgery – the field of Cosmetic Medical Practice.

The primary goal of the ACCS is to ensure the safe provision of cosmetic medicine and cosmetic surgical procedures to the Australian community through the supply of appropriately trained and certified health care practitioners. The ACCS is the only medical college which provides education and training leading to fellowship specifically in cosmetic medicine and surgery. Fellows of the College are medical doctors who have completed post-graduate education and training and demonstrated competency specifically in cosmetic medicine and surgery. To become an ACCS Fellow, doctors must typically complete a minimum of 12 years of medical and surgical education and training.