



J Jeremy Richardson
SPECIALIST PLASTIC SURGEON

PREPARING FOR SURGERY WITH

Dr Jeremy Richardson

Am I ready for surgery?

Know Your Goals

Undergoing surgery is a significant decision, personal to your goals and circumstances. Before you book a surgery consultation, it is important to know your goals and desired outcomes. Having a clear understanding of your goals can help you make informed decisions about the type of procedure that would best meet your needs, the potential risks and benefits of the procedure, and the recovery process. Once you understand the details of your procedure, it can also be helpful to write down any questions you have in preparation for your consultation. Dr Richardson can then advise if you are a suitable candidate and make recommendations for an approach that will best help you achieve your goals.

Smoking Status

Smoking is a contraindication to cosmetic surgery, as it affects the body's ability to heal properly. It can increase the risk of complications during and after surgery, such as poor wound healing, infections, and breathing problems. This means it is best to avoid smoking for as long as possible before and after surgery to help minimize these risks. We require patients to stop smoking at least 8 weeks before and after their surgery, as this will aid recovery and minimise any risk of complications.

Healthy BMI

Being healthy before surgery can help ensure a safe and successful procedure, and it can also have long-term benefits for your health and well-being. It is important to stay as fit and healthy as possible before surgery, as this will have a positive impact on your recovery and help you achieve a good final result.

One of the indicators of good general health is a healthy BMI (Body Mass Index). BMI is used to measure a person's body weight relative to their height in order to determine if a person is underweight, normal weight, overweight, or obese. A high BMI that is outside of the healthy range indicates an increased risk of complications from surgery. Therefore, we must consider BMI before surgery for the safety of the patient. To proceed safely with surgery, you will need to have a BMI of less than 30 kg/m². We look forward to welcoming you once you have reached your optimal weight.



Steps for Aesthetic and Cosmetic Surgery (from first consult to post-op reviews)

Step 1: Initial consultation

At your consultation, you will meet with Dr Jeremy Richardson and his wonderful Patient Coordinator. We will discuss your expectations and goals, and you will be welcome to ask any questions about the procedure you are seeking. The consultation will also include an examination and full medical history, which means you will need to tell us about any medical conditions or medications. This will give us a greater understanding of your needs and general health in order to determine whether you are a suitable candidate. We will also work with you to plan your procedure, establishing an approach that is best suited to your desired outcome.

This initial consultation is usually a 40 minute appointment, and afterwards you will be emailed a surgical fee estimate. If you would like to discuss more than one procedure or area of concern, please indicate this at your initial enquiry and an 80 minute extended consultation will be arranged.

Step 2: Second consultation

After you have had time to consider your options, as well as plan your schedule and surgical fee, the next step is a complimentary second consultation. This second appointment will give us the opportunity to finalise and fine-tune your planned procedure, and confirm any additional details about your surgery. You can also review any new questions or concerns you may have in the lead-up to surgery. We will ensure you have all the information and guidance required for you to feel confident in your decision and outcomes, including what to expect in the recovery period.

Your second consultation is also where you will usually book your surgery and pre-operative consultation date. You may receive an updated surgical fee estimate afterwards.

Step 3: Pre-operative review

A pre-operative review is an important step in preparation for surgery. It allows us to check you are prepared for your procedure. This appointment usually takes place 2-3 weeks prior to your procedure and may involve a discussion about any pathology, scans, or other relevant details. Pre-operative photos are taken at this time and post-operative garments, if required, are measured and ordered. You will also be given your pre- and post-appointment checklist to aid your preparation. It is important to follow the checklist, look after your health, and know that you have a trusted support system and care available to help you throughout your journey.



Step 4: Surgery

On the day of your procedure, we aim to ensure you are comfortable throughout the process. You will have received a pre-operative confirmation letter that includes instructions on fasting and what to bring to the hospital. It will also include your admission time, along with anaesthetist and hospital details. Ensure you follow these instructions in order to make the process as smooth as possible, and you will be able to feel calm and confident that you are doing everything right. Our team will provide you with any additional information you may need and ensure that you get the care you require before, during, and after your surgery.

Step 5: Recovery

Depending on the chosen surgery, you may need to stay in the hospital for the initial recovery period before being discharged. Once you are discharged from hospital, it will be time to begin the at-home recovery process. You will need to have a friend or family member drive you home to rest and recuperate. You will also need to follow your post-operative instructions, which will be given to you before you leave the hospital. This may include guidelines on how to care for your incision sites, how to optimise the healing process, and when you can resume your normal activities. Additionally, it is important that you have someone to help you with day-to-day tasks for the first 24 hours after you are discharged.

The length of the recovery period will depend on your health, the type of surgery you have undergone, as well as how well you have followed your recovery instructions. If you experience any concerning symptoms, please contact Dr Richardson and his team, who will offer you the guidance and care you need.

Step 6: Review

The final step of cosmetic surgery are your post-operative appointments. We will see you one week after surgery to ensure your operative site is healing well and make any further recommendations, if required. We will then advise when we'd like to see you next, which is usually at the six-week mark.

Am I ready for my consult?

- ☑ I have read about my procedure
- ☑ I know what my goals/desired outcomes are
- ☑ I have my questions ready for the surgeon
- ☑ I have ceased smoking
- ☑ My BMI is within the healthy range



Accredited Facilities:

Dr Richardson is a qualified and experienced Specialist Plastic Surgeon who performs surgery in an accredited facility. Accreditation ensures that the facility has met specific standards for safety, quality, and professionalism. These standards cover a wide range of factors, such as the qualifications and training of the medical staff, the cleanliness and safety of the facility, and the availability of emergency equipment and procedures. By having surgery at an accredited facility, patients can have greater confidence in the safety and effectiveness of the procedure.

Do you know the difference between a Specialist Plastic Surgeon and a Cosmetic Surgeon?

Comparing the differences between plastic surgeons and cosmetic surgeons:

Plastic Surgeon	Cosmetic Surgeon
<ul style="list-style-type: none"> ☑ Registered as an approved Specialist Plastic Surgeon 	<ul style="list-style-type: none"> • Not registered as a Specialist Surgeon
<ul style="list-style-type: none"> ☑ Recognised as Specialists in Plastic Surgery by AHPRA, Medicare Australia, and the Department of Health 	<ul style="list-style-type: none"> • Not recognised as Specialists in plastic surgery by Medicare Australia, AHPRA, and the Department of Health
<ul style="list-style-type: none"> ☑ Certified by the Royal Australasian College of Surgeons (RACS) 	<ul style="list-style-type: none"> • Not certified by the Royal Australasian College of Surgeons (RACS)
<ul style="list-style-type: none"> ☑ 6 years of medical undergraduate training, followed by 8-12 of post-graduate surgical AMC Accredited Training 	<ul style="list-style-type: none"> • 6 years of medical undergraduate training. No accredited post-graduate AMC surgical training
<ul style="list-style-type: none"> ☑ Eligible to work as a Specialist Surgeon in public hospitals and tier 1 private hospitals 	<ul style="list-style-type: none"> • Not eligible to work as a Specialist Surgeon in public hospitals
<ul style="list-style-type: none"> ☑ Official AHPRA title: Specialist Plastic Surgeon 	<ul style="list-style-type: none"> • Non-official (fictitious) title: Cosmetic Surgeon



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