

Psychological Support and Cosmetic Procedures

What happens next?

A supportive psychology consultation can be conducted by a suitably qualified psychologist, psychiatrist or a GP.

Your clinician will ask you questions about your motivations for requesting the procedure, your general wellbeing and what you are hoping to achieve through cosmetic treatment.

Your clinician will then make recommendations to you and your cosmetic practitioner about how to proceed with cosmetic treatment, or what additional supports may be beneficial.

Why is support around cosmetic procedures recommended?

We know it may come as a surprise to be referred for further assessment before getting your cosmetic procedure. The reason for this is that during your consultation or in your screening questionnaire, you mentioned some experiences that you are having that could be linked to mental health concerns, heightened expectations for cosmetic treatment, or that you might be feeling unclear about why you are having this procedure.

Research shows that patients who are experiencing mental health concerns or who

have motivations or expectations that can't be addressed by a cosmetic treatment may be more dissatisfied with the outcome. They may also experience worsening mental health as a result of their treatment.

We want the best for you and your emotional and physical wellbeing. Speaking to an experienced clinician before getting this treatment can help you identify **why** you want this treatment, **why now**, if there are **alternative treatment options** and what kind of **support** you might need to achieve your goals and feel your best.

After this session, the final decision to get treatment will lie with you and your cosmetic practitioner.