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## PRE-OPERATIVE PSYCHOLOGY SCREENING & ASSESSMENT

PATIENT INFORMATION



## Why Undertake Pre-Operative Psychological Screening & Assessment?

**The Royal College of Surgeons advise that it is best practice to undertake psychological screening & assessment prior to cosmetic surgery. This is to ensure that both the patient & medical team are confident that surgery is in the patients best interests & will not pose any emotional or psychological risk.**

The choice to undergo surgery is a big decision. Surgery takes a toll on the body. As well as the physical risks, there are psychological risks too. These include medical procedural anxiety, uncertainty or distress regarding surgery outcome & the development of body, identity & self-esteem issues that can contribute to mental health difficulties.

The presence of psychological distress such as anxiety, panic, medical procedure phobias & stress can also impact pre-operative preparation & post-operative recovery, leading to poorer surgical outcomes. Low mood, body image & self-esteem issues are also common & are often driving factors for seeking surgery. However these factors can impede decision-making processes & may lead to preferences that are not in the patients best interest.

Therefore cosmetic surgery should only be undertaken following a holistic assessment with the patient to support careful consideration as to whether it is the right decision for them. Psychological assessment also explores the patients psychological functioning & capacity to cope with the demands of the procedure, helping to identify factors that may impede pre-operative preparation or post-operative recovery, which are amenable to change through psychological support.

### Follow-On Care

Psychological support & therapy can aid with addressing the factors that may create barriers to readiness for surgery & successful outcomes. Psychological treatment provides a reflective & emotional processing space, as well as a skills-building component to develop coping strategies. Treatment can support with preparation & readiness for surgery, or with post-operative adjustment, processing & recovery.

Following your assessment, if psychological needs are identified, the various treatment options will be discussed. Support options include counselling, psychological therapy, hypnotherapy, EMDR & couples counselling.

## What To Expect During & After Your Appointment

For your screening & assessment appointment you will meet with a clinical psychologist who specialises in physical health & medical procedures. Our team of highly specialist clinical psychologists have worked in physical health teams in both NHS & private settings & have significant experience of the processes surrounding surgery & medical procedures, & are experienced in providing psychological assessment & therapy for these purposes.

The initial assessment appointment lasts 60 minutes. In certain circumstances a longer assessment is required. If follow-up assessment sessions are required this will be discussed with you during the initial appointment.

During your assessment the psychologist will explore your motivating factors for surgery & your understanding of the impact of the surgical process, including the potential physical & psychological impact that it may have on you. They may also explore other relevant factors such as your mental health history, social support, your coping skills & your previous experiences of healthcare.

Following your assessment you will receive a comprehensive assessment report detailing the psychologists formulation & clinical opinion regarding your suitability for surgery. If relevant, the report will also detail any psychological barriers to surgery processes & outcomes that should be treated prior to surgery, & the recommended treatment options.

### FEE SCHEDULE

Psychological Assessment (incl. report)	£300.00
Follow-Up Assessment Session	£135.00
Psychological Therapy Session	£135.00
Additional Reports	£150.00