Pretreatment Assessments
FOR FEMALES SEEKING AESTHETIC TREATMENTS

BODY DYSMORPHIC DISORDER

- Preoccupation with perceived defects not observable to others.
- Repetitive behaviors: Mirror checking, skin picking, excessive grooming, reassurance seeking.
- The preoccupation causes clinically significant distress or impairment.

RED FLAGS FOR COMORBID PSYCHIATRIC DISORDER

- Extreme dissatisfaction.
- Bizarre requests.
- Concerns that do not match with physical examine findings.
- Severe psychological impact of concern.

WHEN NOT TO TREAT

- History of mental illness is not uncommon in patients seeking aesthetic treatments.
- In cases of comorbid psychiatric disorder, chances are the patient will not be satisfied.
- Defer treatment until after coordinating with a mental health provider.
- Patients who refuse mental health referrals may not be good candidates for treatment.

SHORT AND LONG-TERM IMPACT OF AESTHETICS

- Analyses show that patient satisfaction is generally high with procedures: Over 90%.
- Experts suggest also measuring body satisfaction, body image and overall self-esteem.

WOMEN, AESTHETIC AND PLASTIC SURGERY PROCEDURES IN 2016

90%+
OF NON-SURGICAL AESTHETIC PROCEDURES WERE DONE ON WOMEN

80%+
OF WOMEN WERE OVER AGE 35

10+
MILLION
MORE TREATMENTS WERE PERFORMED

5 QUESTIONS YOU SHOULD ASK YOUR PATIENTS BEFORE TREATMENT

1. What are you interested in treating?
   - Confirm reasonable visibility and appropriate severity of desired treatment area.
   - Confirm primary motivation for the procedure.

2. How dissatisfied are you with the targeted area and how does it affect your daily life?
   - Confirm reasonable correlation between severity and reported distress.

3. What treatments have you had for this condition in the past?
   - Confirm history.
   - Assess for poor outcomes.
   - Assess for prior doctor shopping.

4. What are your expectations for treatment?
   - Confirm reasonable understanding of treatment outcomes and limitations.

5. What, if any, mental health issues have you sought treatment for?
   - Confirm stability of symptoms with or without medications.