

Making a decision to proceed with cosmetic surgery should not be undertaken lightly during COVID-19. Plastic and cosmetic surgery is not a necessity and you may wish to delay surgery. Your surgical care may be affected in a number of ways:

- If you decide to proceed with surgery, you have to be prepared for 14 days of strict self-isolation prior to the surgery date, including maintaining social distancing from household members, a covid swab 2-3 days before surgery and a further 14 days of isolation after surgery to minimise the risk of infection with COVID-19 by being in contact with others.
- COVID-19 is extremely contagious and it is believed to spread from person-to-person via respiratory droplets from close contact with infected person or by contact with contaminated objects and surfaces.
- It has a long incubation period during which carriers of COVID-19 may not show symptoms and still be highly contagious. On this basis, and through following advice from the Government, social distancing is recommended for the foreseeable future.
- Though reasonable preventative measures aimed to reduce the spread of COVID-19 are being undertaken, given the nature of the COVID-19 virus, there is a risk of individuals becoming infected with COVID-19 by virtue of proceeding with elective surgery.
- You may be tested for COVID-19 to inform your clinical diagnosis. However, in some cases a test may fail to detect the COVID-19 virus and it therefore may return a negative result. Given the current limits of COVID-19 testing, it is impossible to determine with complete certainty who has and who does not have COVID-19.
- If COVID-19 is contracted in the period around surgery, there may be an increased risk of frequency and severity of complications relating to your surgery.
- Certain factors may place you at higher risk from worse outcomes, if you get infected with COVID-19 in the period around surgery: Age over 70 years, Male sex, Smoking, Fitness for anaesthesia (ASA grade above 3) and the presence of one or more underlying health conditions such as Diabetes, Heart disease, Stroke, chronic Kidney disease, High blood pressure, COPD and Asthma. If you get COVID-19 infection, you may require oxygen therapy, ICU care and ventilator support, which can result in death.
- If you, or someone you live in the same house, experiences COVID-19 symptoms – a new, continuous cough or high temperature (of 37.8 degrees or higher) or loss of sense of smell/ taste, and/or other symptoms known to be associated with COVID-19, you should not visit the hospital but should self-isolate and visit the NHS website online for further advice.

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