

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 self-isolation prior to the surgery date dependent on local hospital guidelines, a Covid swab or Lateral Flow test 2-3 days before surgery to minimise the risk of infection with COVID-19 and being a source of infection when you are admitted to the hospital.
- COVID-19 is extremely contagious and it is believed to spread from person-to-person via respiratory droplets and being airborne, from close contact with infected person or by contact with contaminated objects and surfaces.
- 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.
- 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.
- It is recommended that you are vaccinated for Covid prior to undertaking cosmetic surgery to reduce the severity of illness if covid is contracted during the peri-operative period.
- If you contract covid before surgery or you have a positive test at admission, your surgery may be postponed for 49 days (7 weeks) in line with guidance from the Royal College of Anaesthetists, as there is an increased risk of pulmonary (lung) complications with general anaesthesia and potentially increased mortality.

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