

# Welcome to Dr. Mark Kohout's PRACTICE

Plastic & Cosmetic Surgery

MBBS · MS · FRACS (Plast) · FRCS · ANZBCPS

PATIENT WELCOME GUIDE

25+

YEARS EXPERIENCE

2

CLINIC  
LOCATIONS

12

STEP PATIENT JOURNEY

1:1

INDIVIDUAL CARE

**SYDNEY CLINIC** Suite 2, 37 Bay St, Glebe NSW 2037

**ORANGE CLINIC** Bloomfield Specialist Centre, Level 5 / 1521 Forest Rd

## A PERSONAL INTRODUCTION

## A Warm Welcome from Dr. Kohout

Thank you for taking the time to learn more about our practice. Choosing to explore plastic or cosmetic surgery is a significant decision, and however you arrived here — a long-held goal or a new consideration — we want your first steps with us to feel unhurried, informed and entirely your own.

Dr. Kohout believes that good surgical care starts long before the operating theatre, with honest conversation and realistic expectations. He will take the time to explain your options, likely outcomes and recovery in plain language, so that any decision you make is a fully informed one.

## NO PRESSURE, EVER

Booking a consultation does not commit you to surgery. It is simply an opportunity to receive individual medical advice and decide, in your own time, whether a procedure is right for you.

“

My goal is to help you understand your options, likely outcomes and recovery before you make any decision. Surgery should be considered carefully, and chosen for your own reasons.

DR. MARK KOHOUT  
SPECIALIST PLASTIC SURGEON

## YOUR SURGEON

## Meet Dr. Mark Kohout

**Dr. Mark Kohout**

MBBS · MS · FRACS (Plast) ·  
FRCS · ANZBCPS

Dr. Kohout is a fully qualified Specialist Plastic Surgeon (FRACS) with over 25 years' experience across the cosmetic and plastic surgery field, and current AHPRA registration. He holds MBBS and MS degrees from the University of Sydney and Melbourne, and completed further specialist training in the UK and at Harvard Medical School, Boston.

He sees patients at clinics in Glebe (central Sydney) and Orange NSW, with surgery performed at accredited private hospitals. His clinical focus spans breast, body and facial procedures, and every surgical plan is built around the individual patient in front of him.

Individual Treatment Planning

Honest, Direct Communication

Patient Safety First

Support Before &amp; After Surgery

# Dr. Kohout’s Approach to Patient Care

These eight principles guide every consultation, treatment plan and recovery journey at our practice. They are the standard we hold ourselves to, and what you can expect of us.

|                                                                                                                                                                        |                                                                                                                                                                        |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Individual Planning</b><br>No two patients are the same, so no two treatment plans are either. Your anatomy, health and goals shape the recommendation you receive. | <b>Honest Communication</b><br>Clear, direct information at every stage — including the occasions when we recommend against surgery, or a different approach entirely. |
| <b>Patient Safety</b><br>Safety and appropriate clinical assessment come before any procedure, and before any booking is confirmed.                                    | <b>Privacy &amp; Discretion</b><br>Your information and any clinical images are handled with strict confidentiality, at the clinic and beyond it.                      |
| <b>Realistic Expectations</b><br>We help you understand likely outcomes rather than idealised ones, so the result you plan for is the result you can expect.           | <b>Evidence-Informed Care</b><br>Techniques grounded in current surgical evidence and established best practice, not in trends.                                        |
| <b>Careful Assessment</b><br>Suitability for surgery is properly assessed — medically and personally — before any plan proceeds.                                       | <b>No Pressure, Ever</b><br>Time to decide in your own way, with support before and after, whatever you choose to do.                                                  |

A NOTE ON ADVERTISING

You will never receive a sales pitch, a deadline or a limited-time offer from this practice. Quotations are personalised, and clinical advice is never a sales conversation.

WHO YOU’LL MEET

## Meet Your Care Team

One number reaches the whole team — 1300 55 11 51

Patient Coordinator

Your main contact before surgery, helping with appointments, paperwork, quotations and general questions. Their name and contact details will be provided during your consultation.

Nursing Team

Pre-operative preparation and post-operative recovery: dressings, wound checks and practical after-care advice.

Reception Team

Your first point of contact by phone or in person — scheduling, confirming times and directing enquiries.

Anaesthetist

An independent specialist managing your anaesthetic care on the day, who may contact you beforehand about your history.

Practice Manager

Oversees the day-to-day running of the clinic; account, billing or administrative matters, including escalations.

Post-Operative Contact

After surgery, you will be provided with Dr Kohout’s personal contact number so you can contact him directly, 24/7, if you have any concerns.

APPOINTMENTS & COSTS

Contact your Patient Coordinator during clinic hours.

WOUNDS & RECOVERY

Contact the nursing team or your post-operative contact.

URGENT OR EMERGENCY

Call 000 or attend your nearest emergency department.

## OUR SERVICES

# Procedures We Offer

Dr. Kohout offers a comprehensive range of plastic, cosmetic and plastic surgery procedures across Sydney and Orange. This is a general overview only — a detailed guide is available for each individual procedure on request.

### Body Contouring

Abdominoplasty, arm tightening, body lift and thigh reduction. Suited to patients with stable weight and realistic goals around excess skin or tissue.

### Breast Surgery

Implant surgery and revision, reduction, lift and nipple surgery. May suit those seeking to restore, enhance or reconstruct breast appearance. Suitability depends on individual anatomy and goals.

### Facial Surgery

Facelift, neck lift, eyelid surgery and ear pinning. Outcomes and suitable techniques vary significantly by individual facial anatomy and age.

### Procedures for Men

Gynaecomastia correction, eyelid surgery and a full range of body and facial procedures tailored to male anatomy and goals.

### Genital Surgery

Labiaplasty, hymen restoration and vaginoplasty, performed with particular sensitivity, privacy and care.

### Revision & Combined Procedures

Revision of previous surgery, and combined procedures where clinically appropriate — assessed individually with you.

Procedure names and descriptions follow current Australian cosmetic surgery advertising requirements. Individual results vary and cannot be guaranteed.

## BEFORE YOU BOOK

# Is Cosmetic Surgery Right for You?

Dr. Kohout may advise against surgery, or recommend postponing it, if it is not the right time or the right option for you — this is part of responsible, individualised care.

- |                                                                 |                                                                          |
|-----------------------------------------------------------------|--------------------------------------------------------------------------|
| <input type="radio"/> Am I considering this for my own reasons? | <input type="radio"/> Do I understand every operation carries risk?      |
| <input type="radio"/> Are my expectations realistic?            | <input type="radio"/> Do I have support at home?                         |
| <input type="radio"/> Am I physically and emotionally ready?    | <input type="radio"/> Can I follow pre- and post-operative instructions? |
| <input type="radio"/> Can I allow enough time for recovery?     | <input type="radio"/> Have I considered the full financial commitment?   |

WHAT TO EXPECT

# Your Consultation

Your first consultation is a thorough, unhurried discussion. Dr. Kohout will cover:

|                                      |                                   |
|--------------------------------------|-----------------------------------|
| Your concerns and goals              | Medical history                   |
| Previous surgery or treatments       | Current medications & supplements |
| Smoking, vaping & nicotine use       | A physical examination            |
| Suitable options for you             | Likely benefits & limitations     |
| Risks & possible complications       | Recovery requirements & scarring  |
| Alternatives, including no treatment | Indicative or personalised costs  |
| Time for your own questions          |                                   |

## How to Prepare

- Complete your medical history form
- Bring a list of medications & supplements
- Bring details of any previous procedures
- Prepare your questions in advance
- Consider your preferred timing
- Think about work & caring responsibilities
- Bring imaging or medical reports, if requested
- Wear clothing suitable for examination or photos
- Bring a support person if helpful

Please don't stop any prescribed medication without advice from your doctor.

Consultations typically run 45-60 minutes. A second consultation is recommended before booking surgery.

COME PREPARED

# Questions to Ask Dr. Kohout

A short list to help you get the most from your consultation:

|                                      |                                        |                                                 |
|--------------------------------------|----------------------------------------|-------------------------------------------------|
| Am I a suitable candidate?           | Who will administer the anaesthetic?   | What help will I need at home?                  |
| What result is realistic for me?     | How long will recovery take?           | What happens if I have a concern after surgery? |
| Where will the scars be?             | When can I drive, work and exercise?   | What happens if revision surgery is needed?     |
| What are the main risks?             | Where will the procedure be performed? | What costs are included and excluded?           |
| What alternatives should I consider? |                                        |                                                 |

START TO FINISH

# The Complete Patient Journey

Your exact pathway will vary by procedure and individual need — this is the typical sequence.

|                                                                                                                          |                                                                                                                                                             |                                                                                                                                             |
|--------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1 Initial Enquiry</b><br>Call, email or submit an online enquiry. Your Patient Coordinator responds with next steps.  | <b>2 Information &amp; Screening</b><br>Procedure information is sent to you, and a short screening conversation checks that a consultation is appropriate. | <b>3 Consultation</b><br>An unhurried discussion with Dr. Kohout: assessment, options, risks, recovery and indicative costs.                |
| <b>4 Further Assessment</b><br>Where needed—imaging, blood tests or medical clearance.                                   | <b>5 Plan &amp; Quotation</b><br>A written surgical plan and an itemised, personalised quotation.                                                           | <b>6 2nd Consultation and Cooling-Off Period</b><br>Time set aside deliberately for you to reflect, ask more questions or change your mind. |
| <b>7 Decision &amp; Booking</b><br>If you choose to proceed, a date is confirmed and consent documentation is completed. | <b>8 Pre-Operative Preparation</b><br>Procedure-specific instructions: medications, nicotine, fasting, garments, transport and support at home.             | <b>9 Surgery</b><br>Performed at an accredited private hospital with specialist anaesthetic care.                                           |
| <b>10 Early Recovery</b><br>The first days and weeks — dressings, rest, restrictions, and a clear contact for questions. | <b>11 Follow-Up Appointments</b><br>Scheduled reviews to check healing and answer whatever has come up since.                                               | <b>12 Longer-Term Review</b><br>A final review once swelling has settled and scars have matured, typically over several months.             |

## STEPS 6 AND 9

The cooling-off period and the day of surgery are highlighted in gold. Both are points where nothing proceeds until you are ready.

## TIMING

From first enquiry to final review, most journeys span several months. There is no advantage to hurrying any stage of it.

COSTS

# Fees, Quotations & Payment

Cosmetic surgery is a significant financial commitment as well as a medical one. Everything below is set out in writing before you are asked to make any decision.

### One Written Quotation

Every fee is itemised in a single document, so you can see exactly what is and is not included.

### Third-Party Fees

Anaesthetic and hospital fees are billed by those providers and may be adjusted independently of our own.

### Ask Anything

Your Patient Coordinator can walk through the quotation line by line, before or after your consultation.

FEES

## Understanding Your Quotation

Your personalised written quotation may include:

|                             |                         |
|-----------------------------|-------------------------|
| Surgeon's fee               | Assistant's fee         |
| Anaesthetist's fee          | Hospital / facility fee |
| Implants or medical devices | Compression             |
| Prescriptions               | garments Pathology      |
| Post-operative appointments | Revision policy         |

You'll receive a personalised, time-limited quotation after consultation — never a discount, deadline or limited-time offer.

PRACTICALITIES

## Payment & Finance

Details on accepted payment methods, deposit requirements, payment deadlines, and our cancellation and rescheduling policy are provided at the time of booking.

Payment plans and third-party finance information are available on request — ask your Patient Coordinator.

Eligibility for any Medicare or private health insurance rebate depends on medical criteria and individual policy conditions, and will be discussed where relevant.

GETTING READY

# Preparing for Surgery & Recovery

### Preparing for Surgery

A short overview — detailed, procedure-specific instructions are provided after booking.

|                                         |                                      |
|-----------------------------------------|--------------------------------------|
| Medical clearance, where required       | Weight stability                     |
| Blood tests or imaging                  | Transport & support at home          |
| Medication review & nicotine cessation  | Time away from work                  |
| Alcohol, nutrition & hydration guidance | Fasting instructions & what to bring |

### Recovery Expectations

Every patient recovers differently — these are typical ranges, not guarantees, and will be discussed for your specific procedure.

|                                      |                                    |
|--------------------------------------|------------------------------------|
| Pain, swelling & bruising            | Time away from work                |
| Dressings & garments                 | Gradual scar development           |
| Reduced mobility & sleeping position | Scheduled follow-up visits         |
| Driving & exercise restrictions      | Emotional ups and downs are normal |

### INFORMED CONSENT — RISKS & POSSIBLE COMPLICATIONS

As with any surgery, risks can include bleeding, infection, anaesthetic complications, poor wound healing, fluid collections, altered sensation, asymmetry, visible or widened scars, persistent pain, blood clots, an unsatisfactory outcome, or the need for further treatment or revision surgery. Procedure-specific risks are discussed in detail during your consultation and documented as part of the consent process.

## CARE THAT CONTINUES

# Support, Privacy & Your Role

## Post-Operative Support

Our team supports you through business- hours contact for wound care and recovery questions, with a clear process for anything urgent. Scheduled follow-ups continue until you're fully recovered. For a medical emergency, always contact 000 or your nearest emergency department.

## Before & After Photographs

Where shown, photographs depict individual patient outcomes with consent. Results vary and similar results cannot be guaranteed. Images are unedited, consistently lit and clearly labelled by procedure and recovery stage.

## Privacy & Dignity

Your information and any clinical photography are handled confidentially. Consent for clinical use and consent for marketing use are always sought separately, and you may decline marketing use at any time.

## Your Role as a Patient

We ask that you share an accurate medical history, disclose medications and nicotine use, follow preparation instructions, attend reviews, and reach out promptly with any concerns.

## COMMON QUESTIONS

## Frequently Asked Questions

### Do I need a referral?

Yes—your Patient Coordinator can confirm what applies to your situation.

### Will I receive a quotation at my first visit?

Often yes, though some procedures require a second consultation first.

### Is a cooling-off period required?

Yes — this gives you time to reflect before booking surgery.

### Can I bring a support person?

Yes, we encourage you to bring a trusted family member or friend.

### Where is surgery performed?

At an accredited private hospital, with specialist anaesthetic care throughout.

### What if I live outside Sydney or Orange?

We can advise on travel timing and video consultation options where suitable.

### Can procedures be combined?

Sometimes, where clinically appropriate — this is assessed individually.

### What if Dr. Kohout advises against surgery?

He'll explain why, and discuss alternatives or a better-timed approach with you.

## READY WHEN YOU ARE

## A Clear, Unhurried Next Step

If you would like to explore your options, our team can help you arrange a consultation with Dr. Kohout. A consultation is an opportunity to receive individual medical advice, understand the risks, and decide — in your own time — whether surgery is right for you.

[Prepare Your Questions](#)[Request a Procedure Guide](#)[Confidential Enquiry](#)[Book a Consultation](#)

## FIND US

## Clinic Locations & Contact

**SYDNEY CLINIC**  
Suite 2, 37 Bay St, Glebe  
NSW 2037

**ORANGE CLINIC**  
Bloomfield Specialist  
Centre, Level 5 / 1521 Forest  
Rd, Orange NSW

PHONE 1300 55 11 51

EMAIL [info@drmarkkohout.com.au](mailto:info@drmarkkohout.com.au)

WEB [drmarkkohout.com.au](http://drmarkkohout.com.au)

Interstate and regional patients: ask your Patient Coordinator about travel timing, video consultations, and nearby accommodation.