

YOUR CONSULTATION · WHAT TO EXPECT

Preparing for your consultation

What happens at a consultation with Dr Sin Yong, step by step, what to bring, and the questions worth asking before you agree to anything.

KEY FACTS

Booking	WhatsApp +65 8023 7170, email dr.sinyong@gmail.com, or the call-back form on the contact page.
Hours	Mon–Fri 10am–8pm, Sat 11am–3pm. Messages are answered during clinic hours.
Location	Orchard Road district, Singapore; Dr Sin Yong consults at more than one clinic, so the exact address is confirmed on booking.
Who you see	Dr Sin Yong personally, at consultation and at treatment. Treatment is not delegated to a nurse or therapist.
Photographs	Taken for your medical record and planning only, with consent. Not used to advertise.
Options	Can include waiting, no treatment or referral.
Fees	Set out at consultation, before anything is agreed. A consultation fee applies.

The six steps

STEP	WHAT HAPPENS
1 · Enquiry	A short WhatsApp message, email or call-back request. A sentence on what you would like assessed is enough.
2 · Assessment	Your history and the area concerned are assessed in person by Dr Sin Yong. Photographs may be taken for your record.
3 · Options	What is driving the concern, the realistic options, what each can and cannot do, the risks and what recovery involves. Waiting, no treatment or referral are legitimate outcomes.
4 · Consent	The plan and the fee are set out; you take the time you need to decide. You are not expected to be treated on the day.
5 · Treatment	Performed personally by Dr Sin Yong, with comfort measures discussed in advance. You leave with written aftercare.
6 · Follow-up	Injectables are reviewed once the product has settled; the interval for longer programmes is set at review. Questions come back through the same WhatsApp line.

How to make an enquiry

Most people message the practice on WhatsApp at +65 8023 7170. A sentence on the area, roughly how long it has been changing, and anything already tried lets the team book the right length of consultation. There is no need to send photographs over messaging platforms; the assessment is done in person. If you are enquiring about a treatment you have read about on the website, mention the page and the conversation will start from there.

What to bring

- A list of your medicines and supplements, including anything that affects bleeding or healing.
- Records of previous aesthetic treatments if you have them: the product name, the areas treated and the dates. If you do not have records, the assessment still proceeds.
- Relevant medical history: pregnancy or plans for it, a tendency to scar, allergies, and any past reaction to filler or anaesthetic.
- Recent blood results from your GP, if your concern is hair loss or pigmentation.
- Photographs of how you looked five to ten years ago, which can be a useful reference for facial concerns.
- Your questions, written down, so none are forgotten in the room.

What happens at the assessment

The consultation begins with your history: what concerns you, how it has changed, your general health and medicines, previous treatments and how you responded to them. The area is then examined, at rest and in movement where that matters, and in the light and at the angles that show what is actually happening in the skin or tissue. For filler concerns, ultrasound may be used to see where existing product sits before anything is decided. Photographs may be taken for your medical record; they are used to compare like with like at review, are not used to advertise, and you can ask to see them.

“Every plan begins with an assessment. You will always know what is proposed, and why, before anything is done.”

Dr Sin Yong

What will be discussed

You will be told what is driving the concern and what the realistic options are, including what each can and cannot do, the common and the less common risks, and what recovery involves. Singapore's guidelines expect aesthetic doctors to disclose a wider range of side effects than in conventional medicine, including rarer ones. Options can include waiting, doing nothing, or treating something other than what you came in asking about. Concerns that need a dermatologist, or surgery, are referred rather than approached with a treatment that cannot reach them.

Where treatment is proposed, the plan sets out what would be done, with which product or platform, in what order, and what review is included. Fees are set out at this point, before anything is agreed. Treatments are often combined or sequenced; combination plans are built to avoid over-treatment.

Time to decide, and how consent is taken

You are not expected to decide at the first visit, and you should not feel pressed to be treated on the same day. You can take the plan away, think it over and come back with questions. The Singapore Medical Council guidelines require consent to be taken in a way that leaves patients sufficient time to consider and clarify doubts, and for the more invasive aesthetic procedures they call for a cooling-off period proportionate to the procedure. Consent covers what will be done, why, the material risks, the alternatives and who will perform the treatment. You can withdraw or change your consent at any point before treatment. The fee for the plan is set out before consent is taken, not presented after treatment.

Treatment day and afterwards

Treatment is performed personally by Dr Sin Yong. The plan is confirmed before starting, and comfort measures appropriate to the treatment, such as topical or local anaesthetic, are discussed in advance. You leave with written aftercare that sets out what is expected, what to avoid and which signs to report. If something feels wrong after treatment, the complication care sheet sets out which signs need same-day attention and which need an emergency department.

Questions worth asking any doctor

- Will you personally perform every step?
- Which product or device will be used, and is it registered with the Health Sciences Authority?
- What are the realistic risks, including the less common ones?
- What will this not change?
- What happens if I am not happy with the result?
- What would you recommend if I chose to do nothing?

Practical questions

Will I be treated on the same day?

Not unless you want to be and the treatment is suitable. More invasive procedures call for a cooling-off period.

Is there a minimum age?

Most aesthetic treatments are appropriate from age 21 onwards. Each patient is assessed individually, and only treatments that are clinically appropriate for your age and stage are recommended.

What if the doctor recommends no treatment?

That is a legitimate outcome. If waiting, doing nothing or a referral serves you better than treatment, you will be told so and why.

Why are there no before-and-after photographs on the website?

Under Singapore's Healthcare Services Act, before-and-after imagery in advertising for licensable healthcare services is not permitted, and prices cannot be advertised. The rule binds every licensed clinic identically.

What replaces them is an assessment thorough enough to find the cause of your concern.

Is Dr Sin Yong registered with the Singapore Medical Council?

Yes. Dr Sin Yong holds full registration with the Singapore Medical Council, with postgraduate qualifications in aesthetic medicine (MSc, London) and practical dermatology (MSc, Cardiff), MBBS (NUS) and MRCS (Edinburgh).

NEXT STEP

Consultations with Dr Sin Yong are by appointment at Orchard Road, Singapore. WhatsApp a short note on your concern to +65 8023 7170 (replies within clinic hours: Mon–Fri 10am–8pm, Sat 11am–3pm). Every assessment is carried out personally; options explained include waiting, no treatment or referral.

SOURCES

- SMC Ethical Code and Ethical Guidelines (2016 edition). Singapore Medical Council.
- Guidelines on Aesthetic Practices for Doctors (2016 edition). Singapore Medical Council.
- Healthcare Services (Advertisement) Regulations 2021. Singapore Statutes Online.
- Source pages: drsinyong.com/consultation-process/ and drsinyong.com/faq/