BRAINS

B – Benefits (What are the benefits of this procedure/option?)

R – Risks (What are the risks of this procedure/option?)

A – Alternatives (What are my alternatives other than this procedure/option?)

I – Instincts (What do my instincts tell me about this procedure/option?)

N – Nothing (What will happen if I do nothing at all?)

S – Smile (Smile and decide for yourself.)