

COSMETIC SURGERY

IS COSMETIC SURGERY RIGHT FOR ME?

What You Need To Consider

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The McIndoe Centre

HORDER HEALTHCARE



Why Choose The McIndoe Centre

- Internationally Renowned Consultants
- Two Years Inclusive Aftercare
- 0% Finance Options Available
- Life-Changing Results

To arrange your consultation call **0800 917 4922**

To view our full range of of cosmetic procedures visit

www.themcindoecentre.co.uk/treatments

The McIndoe Centre
Holtye Road, East Grinstead
West Sussex, RH19 3EB

Registered charity number: 1046624

The McIndoe Centre
HORDER HEALTHCARE

WELCOME TO THE MCINDOE CENTRE

Next door to the world-renowned Queen Victoria Hospital, The McIndoe Centre is home to some of the UK's most esteemed consultant plastic and reconstructive surgeons. Under one roof they form a multi-disciplinary team, the largest of its kind in the UK. Their reputations are not only based on their surgical skill, but the dedicated plastic surgery team who support them.

As part of Horder Healthcare, our world-class consultants and dedicated nursing staff are committed to treating our patients with kindness, respect and dignity - resulting in life-changing outcomes. The satisfaction of our patients and the best possible outcomes for them are our priority.

For enquiries or to book a consultation please call one of our Patient Services Advisors on **0800 917 4922**. They are on hand to answer any questions you may have.

IS COSMETIC SURGERY RIGHT FOR ME?

The decision to have cosmetic surgery is more than just skin deep. Self-image means different things to different people. You may feel that cosmetic surgery could change the way you feel about your body image and your relationship with others. As well as changing your perception of yourself to give you confidence, plastic surgery can be functional and help you achieve your ideal self.

Planning your long-term goals with your consultant, and researching the procedure, will reinforce whether surgery is the right option for you. Surgery is not without risk so you should be sure in your reasons for wanting to go ahead. It is important that your expectations are realistic and that the advantages to you always outweigh the risk of surgery.

Cosmetic surgery should always result in changing your life for the better.

Choosing your consultant

We are proud to offer our patients the largest number of expert cosmetic surgeons within a single hospital in the UK.

Visit www.themcindoecentre.co.uk to find out more about the consultants offering cosmetic treatment at The McIndoe Centre. You will be able to read their profiles and specialist areas to help you make an informed decision. See the FAQs on page 12 for advice on choosing a consultant.

TESTIMONIAL

Rhinoplasty with Mr. Dheansa

'Having the rhinoplasty was the best money I have ever spent. I felt reassured and well looked after throughout my treatment. I have recommended Mr. Dheansa to many of my friends considering surgery.'

YOUR JOURNEY

1

Initial consultation

Before your treatment, you will have a one-to-one consultation with the surgeon of your choice. Your surgeon is there to advise you, listen to your concerns and discuss what you want to achieve. This is also the opportunity to discuss any pre-existing medical conditions that you may have. It is a good idea to make a note of the questions you would like to ask and bring them with you to your consultation.

2

Second consultation

In keeping with our ethos of providing excellent patient care, we advise a second visit to consult with your surgeon prior to any procedure. This allows you more time to be certain that you have made the right choice about surgery and have no further questions.

3

Pre-assessment

Following your consultations, we advise that you take time to process all aspects of your surgery. If you decide to proceed it may be necessary to have a pre-assessment. This is a health-check to ensure that you can safely have the operation. Depending on your health status and the type of procedure, there will be some tests which may include infection control swabs and blood pressure measurement.

4

Treatment letter

At this stage you will receive a letter which will outline your treatment package, the fixed cost of your procedure and the method of payment. This will also detail how your consultant and anaesthetist will collect their fees.

5

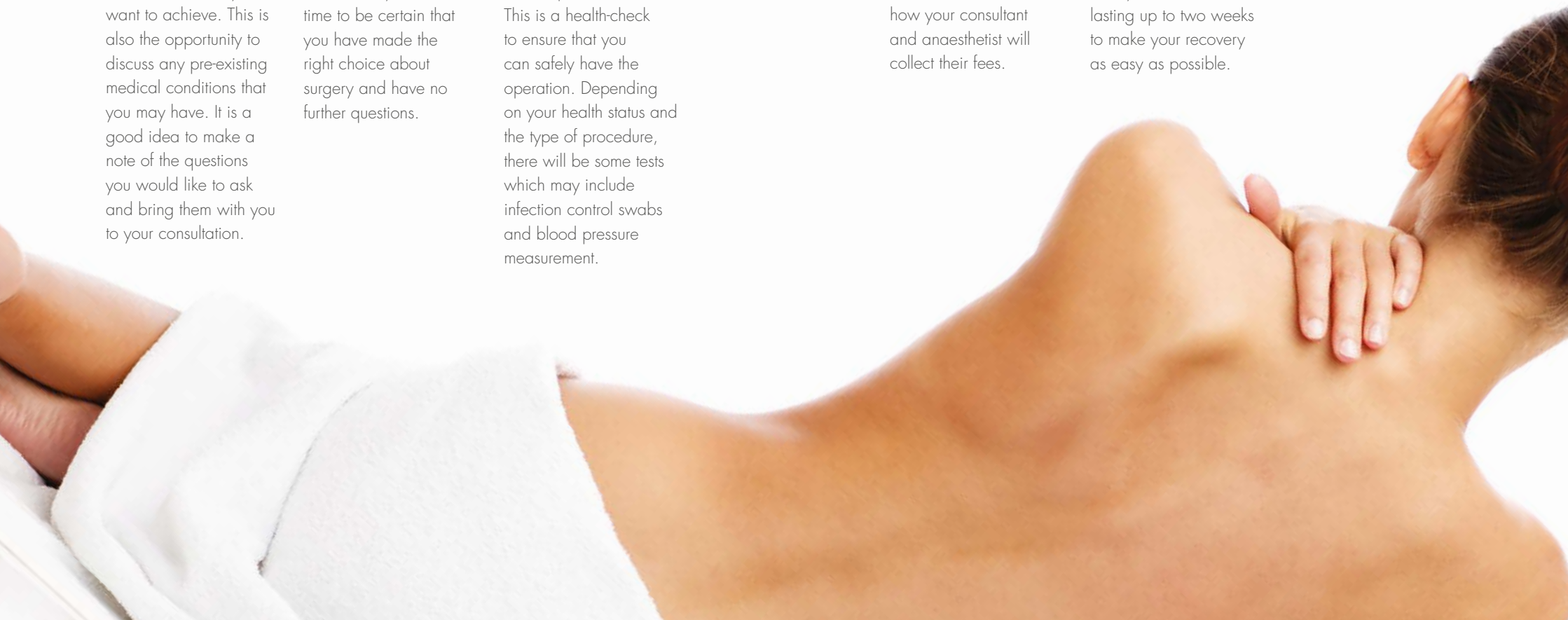
Post-Surgery

Our comprehensive after-care plan ensures that you are cared for in any eventuality. In the first instance, you will be sent home with prescribed medication from your consultant lasting up to two weeks to make your recovery as easy as possible.

6

Aftercare

You will be invited back to have a one-to-one consultation with your surgeon to make sure that your recovery is progressing as expected.



GUIDE PRICES

We offer a range of surgical and non-surgical cosmetic treatments for both men and women. The following prices are a guide, please arrange a consultation to find out the exact cost of your treatment. The initial consultation will cost £110. For a full list of procedures, please visit www.themcindoecentre.co.uk/treatments. Please note that all prices exclude histology (if applicable).

BREAST/CHEST

Breast Enlargement (Augmentation)	from £4155 (excludes implants, 1 night stay)
Breast Implant Removal	from £3150 (1 night stay)
Breast Reduction	from £5865 (1 - 2 nights stay)
Breast Uplift (Mastopexy)	from £5440 (1 - 2 nights stay)
Chest Reduction (Gynaecomastia)	from £4390 (1 night stay)

BODY

Arm Lift (Brachioplasty)	from £4130 (1 night stay)
Labiaplasty	from £2450 (day case)
Liposuction	from £2475 (dependent on the number of sites, day case – 1 night stay)
Thigh Lift	from £5940 (1 night stay)
Tummy Tuck (Abdominoplasty)	from £4665 (3 night stay)

FACE

Brow Lift	from £3920 (1 night stay)
Ear Correction (Pinnaplasty)	from £3105 (day case)
Eye Bag Removal (Blepharoplasty)	from £2555 - £3155 (2 lids, day case) from £4305 - £4635 (4 lids, 1 night stay)
Facelift (Rhytidectomy)	from £6080 (2 night stay)
Nose Reshaping (Rhinoplasty)	from £4305 (1 night stay)
Neck Lift Surgery	from £4835 (1 night stay)

SKIN

Scar Revision	from £560 (dependent on size and location)
Sebaceous Cyst and Lipoma Removal	from £580
Skin Lesion Removal	from £410 up to 3, £610 up to 6 (excludes histology/biopsy)
Tattoo Removal	from £850 (dependent on size)

Finance

Holder Healthcare work with Zebra Health Finance to offer approved customers Finance Options of Interest free finance at Representative 0% APR for repayment periods of 6 months and Representative 16.9% APR for periods of 12 to 60 months.

Zebra Health Finance offer finance plans to suit your individual budgets:

- ✓ Representative 0% APR - Interest free finance on 6 months
- ✓ Representative 16.9% APR from 12 to 60 months
- ✓ Simple and quick application process
- ✓ Once approved, the loan money is paid directly to Holder Healthcare

CASE STUDIES

Arm Reduction, Beverley Garland.



Life really will begin at 40 for Beverley Garland after arm reduction surgery at The McIndoe Centre. Beverley, who celebrates her 40th birthday in October, will be able to wear a sleeveless dress for the first time when she goes on holiday after an operation to remove excess skin that was left after she lost ten stone. Beverley said: "The weight loss meant I was left with excess skin on my arms, chest and legs. The skin on my arms bothered me more than before the weight loss. I'd see people looking at my arms wobbling if I stretched to reach something off a shelf or if I waved at anyone. I found myself hiding my arms to make sure that my tops or cardigans came down to my elbows so no one could see the baggy skin. This was causing me a lot of upset and distress so I decided to see if I could have the skin removed."

After researching online, Beverley found The McIndoe Centre website which she found informative and arranged an appointment with Consultant Surgeon Anita Hazari.

Beverley, a housing officer who lives in Horley, said: "The whole experience from start to finish has been amazing. Anita was very open and honest and this has helped with deciding on my next course of surgery that will be a breast lift to remove the excess skin left there."

"I'm absolutely thrilled with the results of my operation. I think from the moment I had the surgery, my confidence returned. I'm so proud of my arms and keep showing them off. I can't wait to go on holiday in October and be able to dress for the weather rather than hiding in a cardigan in 40-degree heat."



Breast Augmentation, Jennifer Smith.

When Jennifer Smith decided she wanted cosmetic surgery, she chose The McIndoe Centre because it was where she felt the "most comfortable". Jennifer, 25, said "I chose The McIndoe Centre because of its good reputation and its locality was a big plus for me. I had consultations at big name organisations but I felt the most comfortable at McIndoe with the process and information provided. There was no hard sell and I like that I saw the surgeon in the first appointment." Jennifer stayed overnight at The McIndoe Centre after breast augmentation surgery by Consultant Surgeon, Asit Khandwala. She said: "I found the experience of The McIndoe Centre really easy from my first phone call through to my follow-up appointments. I was given so much information before and after the procedure. The nurses who looked after me were some of the nicest people I have ever met and I couldn't have asked for better care or patience from them."

Breast Reconstruction, Victoria Strong.

Victoria Strong caught her cancer at a very early stage. After a mastectomy, Victoria opted to have implants put in. What she didn't know, like my many others, is that implants can be rejected by the body. This led her implant to harden and actually move in her body.

"To say the result was unsightly was an understatement. I started to see myself only from the neck up, disconnecting me from who I was".

Immediate arrangements were made for her to see a specialist reconstructive surgeon by her GP. Someone "young, very nice, highly skilled and creative". That someone was Martin Jones.

"Mr Jones embodied what I was looking for in a surgeon; someone who works from the perspective that breast cancer recovery and reconstruction is about the overall quality of each patient's life long after leaving the operating theatre." Victoria added, "during my hospital recovery, the entire staff said they'd never seen someone recover so quickly. That's a testament to Martin Jones, first and foremost. Even with scars and bandages when I looked into the mirror, I smiled... Well, hello me."

FAQs

HOW DO I PICK THE RIGHT CONSULTANT?

Making sure you have the right consultant is a crucial part of your experience. You should research their reputation before making a decision. Always choose someone with the letters FRCS (Plast) after their name and someone who is on the General Medical Council (GMC) specialist register as a plastic surgeon. This means that the surgeon is an accredited specialist who has spent a minimum of six years specialist training in approved plastic surgery centres and has passed the specialist exam in plastic surgery. All of our consultants are registered with the GMC. A large number are also members of leading professional bodies such as The British Association of Aesthetic and Plastic Surgeons (BAAPS) and the British Association of Plastic and Reconstructive Surgeons (BAPRAS).

WHAT ARE THE RISKS AND SIDE EFFECTS OF SURGERY?

It is important to approach plastic surgery with the same caution you would any other surgical procedure. All types of surgery carry risk, but complications are uncommon and often easily resolved. General complications of any operation may include: pain, bleeding, infection of the wound, scarring and blood clots (DVT). All risks will be discussed in detail during your initial consultation and you will have the opportunity to express any worries that you may have. Visit the website www.themcindoecentre.co.uk/treatments for further details.

WHAT IS INCLUDED IN MY AFTERCARE?

Your physical and emotional wellbeing is of the utmost importance to us - our commitment to you does not end as soon as you have had surgery. We make it our promise that should you need to be re-admitted in the two years after the date of your procedure due to any complications related to your treatment, you will be attended to free of charge.



WHAT IS THE DIFFERENCE BETWEEN COSMETIC AND RECONSTRUCTIVE SURGERY WHEN USING MEDICAL INSURANCE?

Cosmetic surgery is performed to reshape normal structures of the body in order to improve appearance and self-esteem. It is not usually covered by health insurance because it is elective.

Reconstructive surgery is a surgical specialty dedicated to repair abnormal structures of the body caused by congenital defects, developmental abnormalities, trauma, infection, or disease. Reconstructive surgery is performed to improve function, but may also be necessary for aesthetic reasons. Reconstructive surgery is typically covered by most health insurance policies, although coverage for specific procedures and levels of coverage may vary.

AM I LIKELY TO FEEL DISCOMFORT OR PAIN AFTER SURGERY?

Like with any surgical procedure, it is inevitable that you will feel some discomfort during the recovery process. Your consultant and anaesthetist will plan your aftercare to minimise any discomfort you may experience. Our dedicated nurses are there to deliver your aftercare plan. Any concerns about the medication prescribed will be fully discussed before surgery.

SO, WHAT'S MY NEXT STEP?



We always advise that you come in for a consultation with one of our experts to discuss what you would like to achieve. During this consultation you will meet directly with the consultant of your choice - they'll be with you every step of the way.

Call Us

To get started, please call one of our Patient Services Advisor's on **0800 917 4922**. They are on hand to answer any questions you may have and to book your initial consultation.

Information Events

Making an educated and informed decision is essential to achieving an excellent surgical outcome. There is a lot of information to process, so we consider it our duty to offer you insight and guidance.

We regularly hold free open evenings with our consultants, these informative events can help you prepare for surgery. Visit www.themcindoecentre.co.uk/events to find out more about upcoming events and to book your place.

In The Meantime

For a real insight into patient experience at the hospital, be sure to check our social media sites. As we post daily, our profiles hold a wealth of information which you can refer to. Check in or tweet us about your experience, we'd love to hear from you!

'With zero waiting lists, we can arrange an appointment at a convenient time to suit you.'

TESTIMONIAL

Facelift Surgery with Elena Prousskaia.

"Absolutely lovely stay. The staff made me feel comfortable, happy and at ease. I was able to put total trust in all members of staff. I will certainly recommend McIndoe to others."

 TheMcIndoeCentre

 @McIndoeCentre

Appointments 0800 917 4922

www.themcindoecentre.co.uk

