



Ready for the new you.

A guide for men & women considering cosmetic surgery

Considering cosmetic surgery?

If you're thinking about having cosmetic surgery, it's important that you're confident about what you want and why you want it. When considering any cosmetic procedure, surgical or non-surgical, please take your time and do your research. Do not rush in to making a quick decision, no matter how urgently you want something done. You should assess all your options and find the right surgeon for the job. You'll get the best result if you have a cosmetic procedure for the right reasons, at the right time, in the right place and with an appropriately qualified Plastic Surgeon - or other specialty surgeon - who understands your needs.

Sometimes, a surgeon will advise you against a procedure. A responsible and experienced surgeon will have your best interests in mind, so please listen to their advice even if it may disappoint you.



Our approach.

With over 50 years experience in healthcare and a national network of hospitals, we're committed to providing a safe and supportive environment for your procedure. We're experts in cosmetic surgery.

Come and see us about a procedure you're interested in and our surgeons will go through everything with you – discussing your options, answering your questions and deciding what's right for you. We will never pressurise you to have treatment and we recommend a two week cooling period after your consultation, prior to making any decisions about your treatment. Then, if you do decide to go ahead, an expert Consultant will be with you all the way – from your first consultation until you're ready to return home.

The Nuffield Health Promise.

With Nuffield Health Hospitals you can be sure you are in the best possible hands.

Our aim is to provide a different kind of treatment for cosmetic surgery patients. We're an independent not-for-profit organisation, so any surplus we make is reinvested to improve the quality of the procedures and healthcare we offer.

As a Nuffield Health patient, you are covered by our unique promise.

Our Price Promise

Our prices will always be totally transparent and when you are quoted an all-inclusive procedure price it will be inclusive of all costs - with no hidden surprises.*

If you find an alternative private hospital in your local area offering a better price for the same procedure, sold with the same service conditions, we'll lower our price to equal it.**

Our Treatment Promise

We promise to guide and support you through every stage of your treatment at Nuffield Health.

You will be looked after throughout by your Consultant. At the same time, our matrons will ensure you receive the highest standard of compassionate and professional care.

Our Follow-up Promise

Our relationship with you doesn't end when you walk out of one of our hospitals. As a Nuffield Health patient, subject to the clinical needs related to your procedure, there are no time limits on your aftercare.***

We can make this Promise because Nuffield Health is a not-for-profit organisation. We don't have shareholders, which means we can reinvest any surplus we make into continually improving patient care.

* Initial consultation(s), diagnostic scans/tests and investigations required to establish a diagnosis are not part of your procedure price. ** Not including Private Patient Units at NHS hospitals. Local area defined as within 15 miles of your chosen Nuffield Health hospital. We will match against any written quotes only. *** Where necessary, we promise to assist you to receive any follow up advice, treatment or care that is clinically required. Where a prosthesis is required for your procedure, this is guaranteed for the manufacturer's expected prosthesis lifetime. Clinically required indicates where further intervention and/or monitoring of your condition is deemed necessary as a direct result of your procedure. The Nuffield Health Promise applies for patients paying for themselves and excludes fertility services.



Cosmetic procedures.

Nuffield Health Hospitals offer a range of cosmetic surgery procedures including, but not limited to:

Surgical procedures

- Breast augmentation
- Breast uplift
- Breast reduction
- Tummy tuck
- Liposuction
- Face lift
- Brow lift
- Rhinoplasty
- Otoplasty (ear correction/repositioning)
- Eyelid surgery
- Neck lift
- Brachioplasty (arm lift)
- Pectoral implants
- Gynaecomastia (male breast reduction)

Non-surgical procedures

- Injections for wrinkles
- Laser Tattoo Removal
- IPL Hair Removal

To find out more about individual procedures and whether they are right for you visit nuffieldhealth.com/cosmetic-surgery



What's next?

5 steps to the new you

We know that making such a personal and potentially life-enhancing decision isn't easy. But don't worry, we're here to help and we always set aside plenty of time to discuss your plans with you. Here's a simple, step-by-step guide to what happens when you choose a Nuffield Health Hospital for your procedure:

Step 1 – Contact us

When you take the first step and contact us, you'll be in touch with one of our dedicated team at our local Advice Centre. Telephone **0330 311 4548** or use our online enquiry form for a call back. Staff in our Advice Centre know about all our procedures and can help answer any questions.

You can also arrange to speak to one of our cosmetic nurses if you need further guidance. Alternatively they can let you know about the next free cosmetic surgery open event at your nearest Nuffield Health Hospital.

Step 2 – Your consultation appointment

Choosing your surgeon is one of the most important decisions you have to make. It's essential that you have the guidance of a qualified surgeon if you're thinking about any kind of treatment or surgery on your skin, face or body. It is important to discuss your options for treatment with your surgeon, including any non-surgical alternatives. Make sure that your surgeon is a member of the General Medical Council (GMC), and associated with the appropriate professional organisations such as the British Association of Aesthetic Plastic Surgeons (BAAPS) or the British Association of Plastic, Reconstructive and Aesthetic Surgeons (BAPRAS).

Visit our website to view our Consultant surgeons' qualifications and specialities. Alternatively call our Advice Centre on **0330 311 4548** for help choosing a surgeon and to book your first consultation at a time and place that suits you.

Step 3 – Booking your procedure

Booking a procedure is simple. Just telephone the hospital or your surgeon's secretary and they will book a time to suit you. Your hospital will then send you details of the hospital's admission arrangements and any other documentation that you will be required to complete.

Feel free to call the hospital with any questions you may have during this process.

Step 4 – Preparing for your operation

Prior to your admission, you may be asked to come to the hospital for a pre-operative assessment with a nurse. At this appointment, the nurse will explain what to expect when you come into hospital. You will be given the opportunity to ask any questions you may have or raise any concerns.

Normally you will be admitted to hospital on the day of your operation. If you are having a general anaesthetic or sedation, you will be asked not to eat anything six hours before surgery.

If you smoke, you should consider giving up six weeks before your operation. The longer you give up beforehand, the better. If you can't stop completely, cutting down will help.

It is important to tell your surgeon, anaesthetist and nurse about any medication you take. You may also be asked to stop taking the contraceptive pill or hormone replacement therapy for a short time. Your surgeon will be able to advise you.

Step 5 – After your surgery

After your operation, you'll see your surgeon to make sure everything is fine and you are happy with the outcome, as well as follow-up care to help with your recovery and ensure you stay happy. We'll also advise you on what you can and cannot do when you get home. And you'll be given a contact telephone number to ring at any time if you have any concerns.

Please arrange for someone to take you home the day you leave us as you will not be able to drive yourself home afterwards. Even if your surgery is done as a day case, you'll need transport home.

FAQ's.

What are the risks and side effects of surgery?

Having cosmetic surgery can be a very positive experience. Complications are infrequent and usually minor. However, no surgery is without risk and it is important that you are given a clear picture.

General complications of any operation may include:

- Pain
- Bleeding
- Minor infection
- Unsightly scarring
- Blood clots (deep vein thrombosis)

All the risks will be discussed in detail at your consultation. However, if you have further questions or concerns, do not hesitate to discuss these with your surgeon. Decisions about cosmetic surgery should never be rushed.

For more details on your specific procedure visit the treatment pages on our website at nuffieldhealth.com/cosmetic-surgery or contact our Advice Centre.

What happens at a cosmetic open event?

The majority of Nuffield Health Hospitals run regular cosmetic surgery open events, which are an introduction to the range of procedures that are available and a chance to meet the Consultants that practice at your local hospital. At some events, there is also the opportunity to have a mini advice session with a Consultant Surgeon or Specialist Cosmetic Nurse, that usually lasts 10 minutes. This is a great way to find out more about your suitability for a procedure without committing to a full consultation and ask any questions you may have. The next step would be to then have a full consultation appointment.

What happens at a cosmetic surgery consultation appointment?

A consultation appointment usually lasts around 30 – 40 minutes and takes place with a Consultant surgeon. Your Consultant will take a full medical history, examine you and discuss the procedure you're interested in. Your Consultant will also talk to you about the expected outcomes and risks of the procedure.

How much does a consultation cost?

The price of a consultation is a one-off fee paid to the Consultant. Prices vary depending on the Consultant you choose to see, and start from approximately £150. Your hospital will be able to give you an exact price.

What does the treatment price include?

You will be quoted an inclusive price for treatment that will not change. This will include your consultation fees, anaesthetist fees, hospital fees, any overnight stays, medication and take home drugs. It also includes all your follow-up appointments and after-care.

Can I spread the cost?

Our financial partner, Zebra Health Finance, offers interest-free loans* to help pay for all or part of your treatment. There is no deposit required and you simply pay back the cost of your treatment with 6 or 10 equal monthly payments, completely interest free. Come into one of our hospitals, or contact Zebra Health Finance directly on **01332 680 400** to speak to an advisor and find out if you are eligible for a medical loan.



Testimonials.

And you don't just have to take our word for it.

Here are just a few of the things our patients have to say about their experience:

"...sensitive and understanding at all times."

"...completely understood both my needs and worries."

"...met my expectations on every level, his skill as a surgeon is second to none and equally importantly he is kind, polite and considerate, making you feel at ease, giving enough time at every appointment to deal with any questions and anxieties you may have."

"...made me feel very welcome and I felt in very safe hands."

"The care I received prior to my surgery helped me to feel relaxed and prepared for what was to come."

"...the staff were friendly and reassuring."

"...very caring and considerate person who always puts the patient's best interest first. He fully explained the procedure and expected outcome putting me at ease straight away. The results were far better than I expected and all aftercare is given the same level of care and attention."

Visit our website for a full list of our patient testimonials: nuffieldhealth.com/cosmetic-surgery

We're here to help.

Our aim is to give you all the information you need to help you decide if cosmetic surgery is right for you.

To ask about any of our procedures, please call **0330 311 4548** or visit **nuffieldhealth.com/cosmetic-surgery**



The Nuffield Health Promise

Our prices are all-inclusive.*

We will equal any comparable price.**

There are no time limits on your aftercare. ***

Don't wait. Contact us now.
Nuffield Health Hospitals.

 **0330 311 4548**

 nuffieldhealth.com/cosmetic-surgery

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 **Nuffield Health**
For the love of life®

Regulated by



All Nuffield Health Hospitals in England are regulated by CQC

Hospitals
+ Health Checks + Physio + Gyms