Cosmetic surgery

We've been helping people look and feel better long before the term 'cosmetic surgery' was invented. More than 50 years later, we have a wide network of expert professionals and specialists at our hospitals all over the UK.

We're experienced in all types of cosmetic surgery, from breast augmentation and tummy tucks to facelifts, and nose surgery. You will receive the individual attention you need and deserve. You will see the same consultant throughout your treatment journey from the initial consultation, right through to the surgery itself and the recovery period.

As a proud not-for-profit organisation, we have no shareholders to pay, we reinvest everything back into improving services and facilities, for you. You couldn't be in better hands.

Look good, feel great - you deserve it

The new you starts here. More and more people are considering cosmetic surgery when there's something they want to change about their body. If you're thinking of surgery, tell us what you have in mind and we'll listen. We have the expertise to help you decide what's best for you. We'll suggest options and help you make a plan to get the results you want. It all starts by talking. Come in and see what we can do for you.

The first step to a new you

Meeting your consultant is the first step towards achieving your goal. It?s a big decision and having cosmetic surgery can seem like a giant step, but it?s a step that could make a huge difference to the way you feel, as well as the way you look.

It?s natural to have questions and you may be worried about a particular aspect of treatment, or feel nervous because you?re not sure about what is going to happen. We are here to answer any questions you may have as well as to listen to you and guide you through every part of your treatment.

Preparing to visit us

At your outpatient visit, you will chat to the consultant who will look after you throughout your stay in hospital, and perform the procedure as well. Your consultant can help ease any worries you have. You may want to think about what you want to ask before your visit and jot it down on paper.

The Nuffield Health approach is always to be helpful, caring and friendly and we genuinely want you to feel able to ask any questions you have. We will never pressure you into having treatment and we are passionate that you get the best outcome for you. This could include coming in for a consultation and actually deciding that cosmetic surgery is not the best option for you.

We want to make sure that you are fully informed before deciding to go ahead with your cosmetic surgery. If you have a question, we?ll answer it. If certain medical terms aren?t clear, we?ll explain them. If you?d like to bring a friend for support when we talk, no problem.

Your appointment can take from 15 to 45 minutes, depending on your individual needs. We sometimes need to carry out further tests on the same day. Or we may ask you to come back another day. But we will always fully explain why we need to do any extra tests.

If you are on any prescribed medication, please bring the details along to your outpatient visit.

What are your thoughts?

- How do you want cosmetic surgery to make you feel?
- Will cosmetic surgery change your lifestyle?
- What are your particular concerns?
- Do you have questions that we can help you answer?
- What do you want to achieve?
- Is it solely your decision to want cosmetic surgery?

Arriving at the hospital

We suggest you go to the main reception when you arrive at our hospital. The reception staff will then direct you to the outpatient area. It?s best to let a member of staff know you have arrived. We will need to check the forms you have brought with you, just to make sure we are up-to-date with all your details.

It?s normal to feel a bit anxious or unsure. We are here to help, support and care for you. If you have any concerns, do let us know and we will help you.

May we have your permission?

When a consultant, nurse or therapist asks you to agree to any form of examination or treatment, we understand that you always have a choice. It?s quite acceptable for you to say no or ask for more information. Your consent is most important. So, when having any operation, we ask you to sign a consent form to show that you agree to the procedure and fully understand what will happen.

You?ve decided - what?s next?

You can take as much time as you want to make a decision and in fact we advice that you think long and hard about all aspects of the procedure before agreeing to proceed. We appreciate there?s a lot to think about, and we won?t pressure you. If you think that cosmetic surgery is for you, we can discuss operation dates that may suit. We can also tell you more about coming into one of our hospital's. Finally we will advise

you of all the costs and terms of your surgery.

Our spotless hospitals

You can be assured that we take infection prevention very seriously. We train our people to maintain a clean environment. Naturally all our consultants, nurses and other healthcare staff wash their hands or use the alcohol hand rub before they treat you. Of course you will find all areas of the hospital are clean and tidy.

Questions? Call us

Before you come in, you may have some concerns or queries. **Please feel free to call us on 0845 603 4346**, so we can help put your mind at ease.

Source URL: https://www.nuffieldhealth.com/hospitals/tests-and-treatments/cosmetic-surgery