



Spire

Bristol Hospital
The Glen

Cosmetic surgery



*I can't stop looking at
my reflection - I love it!!*

Looking after you.

Now I feel ready
for anything -
I have so much more
confidence



Welcome

Be who you want to be

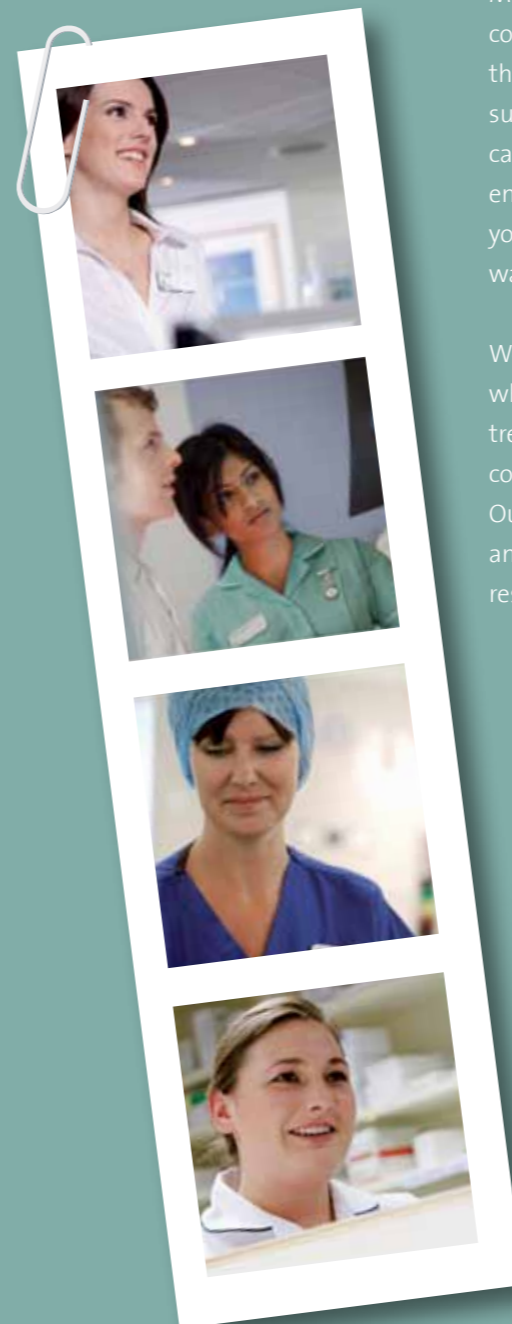
More and more people are choosing cosmetic surgery to achieve the look they've always wanted. With cosmetic surgery from Spire Bristol Hospital, we can help you to look your very best and enhance your natural beauty. It's about you; the way you want to look and the way you want to feel.

We recognise that everyone is different, which is why you'll receive personalised treatment from the very first time you contact us, until your final check up. Our highly trained consultant surgeons and nurses work to achieve excellent results and meet your specific needs.

At Spire Bristol Hospital, you will be looked after by a specialist consultant surgeon, from your first personal consultation through to your procedure and follow-up appointment/s.

We've been offering cosmetic surgery for over 25 years. The care, expertise and range of treatments we provide means that more and more people are now discovering how good it feels to achieve the look they've always wanted.

For us it's more than just treating patients; it's about looking after people. So now you can look your best with help from Spire Bristol Hospital.



THIS HAS CHANGED MY LIFE!
I NEVER THOUGHT I COULD HAVE
SO MUCH CONFIDENCE.



We understand how important it is to have all the information and support you need to make an informed decision about your cosmetic surgery.

Step 1

Discover

For initial information by phone, you can contact our friendly and knowledgeable cosmetic surgery team on 0117 9804 080. We can talk you through all aspects of your procedure, and provide an initial price guide.

If you'd like to have a more in-depth chat before meeting with a consultant surgeon, you're welcome to have a free appointment here at Spire Bristol Hospital with one of our specialist cosmetic nurses. Based on our experience and expertise, we can discuss your individual needs in detail, from treatment advice to aftercare. We can also help you decide which of our cosmetic surgeons is the right choice for you.

Information event

You may also wish to attend our next information event hosted by the experts; Spire cosmetic surgeons.

Step 2

Plan

Once you have chosen which cosmetic surgeon is right for your needs, you will attend a private personal consultation to discuss your requirements and plan together. S/he will provide a firm fixed price for your procedure based on your requirements. Together you can agree a date for your surgery. This is normally a minimum of 2 weeks, giving you time to get organised; book time off work etc.

Step 3

Surgery and after care

Your surgery will take place in the comfort and safety of Spire Bristol Hospital, with your chosen consultant. You will be surrounded by skilled staff and access to extensive medical support.

If you stay overnight, you'll enjoy your own private room complete with en-suite bathroom, TV and radio, phone and nurse call system. It's reassuring to know that in March 2008 Spire Bristol Hospital was assessed by the Healthcare Commission as having zero core standards 'Not Met'. The national minimum standards assess the quality and safety of treatment, cleanliness, staff recruitment and training, as well as the information available to support patients.

You'll normally have a follow up check approximately one week after you leave hospital.



Now I feel
ready for anything



*It's not just
the lift that
makes me feel great
- It's my Smile*



Facial procedures

Rhinoplasty

Rhinoplasty operations can increase or decrease the size of your nose, or change its shape. This in turn can enhance the appearance of the whole face. Reduction rhinoplasty makes the nose smaller. Augmentation rhinoplasty is carried out to make the nose larger or to give it more bulk.

Your surgeon will explain the potential benefits of having a rhinoplasty, and discuss the associated risks and alternatives to the procedure. Reduction rhinoplasty is usually carried out under general anaesthesia, which means you will be asleep throughout the procedure. The operation usually requires an overnight stay in hospital.

During the operation, your surgeon will make cuts inside your nostrils to reach the bone and cartilage.

The cartilage is then removed or rearranged to achieve the shape you have agreed with your surgeon. The skin over your nose is left untouched and shrinks down to the new shape.

Augmentation rhinoplasty is also usually carried out under general anaesthesia, there is usually an overnight stay in hospital.

Facelift

As we age, our facial muscles become slacker and the skin on the face becomes looser and less elastic, creating folds and lines. A facelift is a cosmetic operation to leave the face tighter and smoother.

At the consultation, your surgeon will discuss what you are hoping to gain from your operation, and the results you can realistically expect. A facelift typically requires an overnight stay in hospital and is usually done under general anaesthesia. This means that you will be asleep during the procedure and will feel no pain.

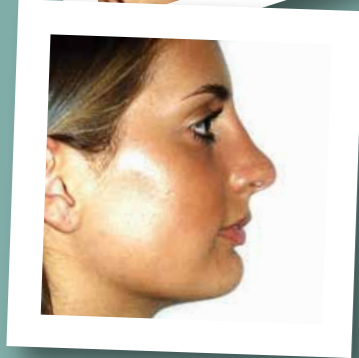
Your surgeon will explain how you can expect to look after your facelift, neck or brow lift and will discuss the associated risks and any alternatives to the operation.

There are a number of different facelift, brow lift and neck lift techniques. Your surgeon will explain the options available to you.

Other facial procedures

- Browlift
- Cheek implants
- Chin implant
- Ear pinning
- Eyelid reduction
- Split earlobe repair
- Liposculpture

Before



After



My friends say I've become the life & soul of the party - they used to call me shy



Body procedures

Breast enlargement

A breast enlargement operation is a proven way to permanently increase the size of your breasts. It usually involves inserting implants behind the breasts.

A variety of implants are available, at your consultation with the surgeon s/he will advise what size, shape and type of implants are suitable options for you.

The safety of silicone implants has attracted much publicity in recent years. The Department of Health asked an

independent review group to look at the evidence in 1998. Their research found no evidence of any connection between silicone-based implants and illness.

The operation usually requires an overnight hospital stay. It is usually done under general anaesthesia, which means you will be asleep during the procedure.

The operation usually lasts one to two hours.

Breast reduction

A breast reduction (or reduction mammoplasty) is an operation to reduce the size of your breasts by removing some of the excess fat and skin.

This surgery can relieve the discomfort caused by large breasts, including back and neck pain, grooves in the shoulders from bra straps and rashes under the breasts. Many women feel happier and less self-conscious about the way they look after the operation. Your breasts will not grow back, but they may increase in size if you put on weight or become pregnant.

A breast reduction operation is performed under general anaesthesia, which means you will be asleep during the procedure. You will need to stay in hospital for at least one night after your operation.

Tummy tuck

A Tummy tuck, or abdominoplasty is an operation to remove excess fat and skin from your abdominal (tummy) area and tighten the tummy muscles. The aim is to produce a tighter, flatter stomach. The operation can help people who have been left with folds of skin after losing a lot of weight, either through diet and exercise or after successful surgery to treat obesity.

Women who have stretched skin and muscles after pregnancy (and who don't plan to have another baby) may also opt to have an abdominoplasty.

This operation is not a treatment for weight control. If you intend to lose more weight, it is best to do so before having

an abdominoplasty. The results of abdominoplasty can be long-lasting. If you maintain a healthy weight, your skin shouldn't stretch again and your new shape will last. If you put on weight, fatty bulges may appear.

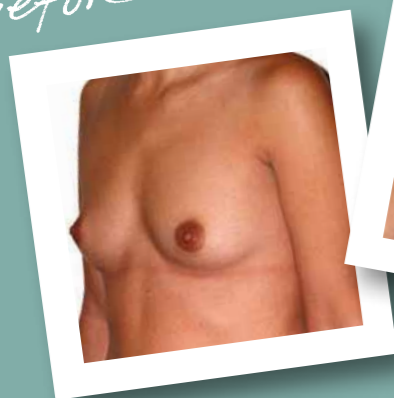
Your surgeon will explain how you can expect your stomach to look after having an abdominoplasty, and will discuss the associated risks and alternatives to the operation.

The operation is carried out under general anaesthetic, which means you will be asleep for the operation and will feel no pain. There is usually a 2 night stay in hospital.

Other body procedures

- Inverted nipple correction
- Breast uplift
- Arm reduction
- Thigh and buttock lift (lower body lift)
- Labial reduction
- Liposuction
- Mole removal
- Scar revision

Before



After



Non surgical procedures

Anti wrinkle injections

As we age, the skin loses some of its elasticity. This, added to the long-term effects of muscle contractions including smiling, laughing and frowning, can lead to the development of wrinkles. They are also worsened by sun damage and smoking.

Different injection methods are used to reduce wrinkles and give a smoother, more youthful complexion. One method blocks the nerve impulses that cause muscle contractions, effectively paralysing certain facial muscles and smoothing the skin. The injections will gradually take effect over a period of a week or two.

Anti-wrinkle injections are a simple and effective solution to improve some wrinkles. However, the effect of this temporary improvement wears off gradually, so you will need to maintain the results with top up injections.

Your specialist will discuss the advantages and disadvantages of the different treatment options to help you decide which is best for you.

Other non surgical procedures / cosmetic skin treatments

- Anti wrinkle treatment
- Dermal fillers
- Chemical peels
- Dermabrasion



*For detailed information
on any of our specialist
consultants, just call*

0117 980 4080





For more information or to book a free consultation, call 0117 980 4080*

*Calls are free from landlines, mobile providers may charge.

*I wish I'd done it
years ago!!!*



Spire

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The Glen**

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