

Spire Fylde Coast Hospital Cosmetic Centre



Spire Cosmetic Surgery
Fylde Coast Hospital

Looking after you.

Why Spire Fylde Coast Hospital



36 beds including 25 single en suite rooms and 11 day care beds



3 theatres



BUPA Health Assessment Centre on site

Over 145 consultants from 30 different specialities



Full disabled access

On site MRI scanner, CT scanner, Mammography, X-ray and Ultrasound scans



Appointments available within 48 hours of initial enquiry



Free on site car parking



Services available to everyone whether you are insured or self-pay. We also offer services on behalf of the NHS



On site pharmacy department



10 consulting rooms



On site physiotherapy department

0

cases of MRSA or C.difficile

24 hour

care including on site doctor (RMO)



Flexible visiting hours



Free tea and coffee for our patients and visitors

Why wait? More people are choosing to pay for their own treatment, either because waiting lists are too long, or their treatment may have been restricted on the NHS and is no longer available. For some, they will be in pain or unable to work or have a health problem that effects their quality of life; while others simply want to get back to what they love doing. More patients each year are opting to have their treatment in a safe, clean and comfortable hospital at a time that suits them at an affordable price

Cosmetic treatments, chosen by thousands of people every day, range from surgical procedures such as nose surgery, face lifts or breast enlargements, to injectable treatments.

Some help reduce the effects of ageing. Others help change the appearance of a part of your body that you're self-conscious about.

Some people may choose to treat themselves around a significant time in their lives for example before a wedding or special birthday or after having a baby or losing a substantial amount of weight.

Many people tell us they feel more self-confident and have greater self-esteem after having cosmetic treatment with us.

While the NHS offers certain cosmetic procedures, some local NHS commissioners are limiting procedures such as breast augmentation/uplift/reduction, face and brow lifts, ear correction (pinnaplasty), nose re-shaping and skin lesions and waiting lists are increasing.

We're proud to have been recognised for achieving excellence in patient care, staff training, nursing practice and healthcare outcomes. Our guiding ethos is to treat the person, not just the patient, helping to give them a big confidence boost to live their life to the fullest.



Our Patient Adviser team provide a specialist, personalised service with quick and easy access to cosmetic advice and treatment. They can arrange an appointment with a consultant within 48 hours.



Spire Fylde Coast Hospital offers surgical and non-surgical cosmetic treatments for breast, face and body to patients from across the Fylde Coast and the surrounding areas.

More and more men and women are choosing cosmetic surgery to help achieve the look they want. We know having cosmetic surgery is a big decision and there's a lot you'll want to consider. At Spire Fylde Coast Hospital, we are here to give you all the information you need to make the choice that's right for you. We recognise that everyone is different, which is why you will receive personalised treatment throughout your journey with us.

Please note that the procedures listed here are just a few of the many cosmetic treatments we offer. To view a full list of procedures that are available, including arm lifts, ear pinning and breast implant removal for example, please visit our website www.spirefyldecoast.com or call **01253 308 031**.

Our Cosmetic Surgeons

At Spire Fylde Coast Hospital you can choose your own experienced Consultant Surgeon who will be with you all the way – from first consultation through to your operation and follow-up appointment(s).

Cosmetic open evenings

To help you make the right choice, we offer free, monthly cosmetic open evenings. These give you the opportunity to meet the surgeon and find out more about all aspects of cosmetic surgery, including expected results and what to expect after surgery. Following a presentation from our surgeons, there is then the opportunity to briefly meet with the surgeon on a one to one basis to discuss your personal requirements. Our Private Patient Advisers will also be on hand to assist you with any initial questions you may have and help you to book an appointment for a formal consultation.

Please note mini consultations are not a formal outpatient consultation. If you wish to proceed to surgery, a full outpatient consultation will be required.

Our treatments and procedures

At Spire Fylde Coast Hospital we perform a wide range of cosmetic and plastic surgery procedures and treatments including breast enlargement, breast reduction, liposuction, tummy tuck, facial surgery such as nose surgery and facelift. We also offer non-surgical, anti-wrinkle treatments.



Breast enlargement (breast augmentation)

Breast enlargement surgery – commonly known as a breast implant – involves surgically inserting breast implants underneath the natural tissue to make the breasts permanently larger, firmer and fuller. If you have always longed for bigger or more shapely breasts, or if you are unhappy with the way that they have changed after pregnancy or weight loss, then breast enlargement surgery may be an option for you.



Breast reduction

Many women suffer physical discomfort such as back pain, bra strap pressure and chest rashes as a result of having large breasts. For others it can affect their self-esteem, the clothes they wear and some are unwilling to take part in any vigorous physical activity, which has a knock-on effect on their mental and physical health.

The operation is a straightforward procedure during which excess tissue is removed through incisions in the lower part of the breast. The nipples are then moved to suit their new shape and size.



Breast uplift (mastopexy)

Your breasts may have lost their shape with age, or after pregnancy, breastfeeding or weight-loss. Whatever the reason, a breast uplift at Spire Fylde Coast Hospital could help to rejuvenate your figure and give you back younger, firmer and more shapely looking breasts. Often a breast uplift, also known as a mastopexy, is performed at the same time as a breast enlargement or reduction to help achieve the shape and size you would like your breasts to be. A breast uplift raises and reshapes your breasts by removing excess skin from underneath your breast and around the areola (the dark area of skin around your nipple). The skin and tissue of the breast is tightened and your nipple is moved to a higher position to give a more youthful and firm appearance.



Male breast reduction (gynaecomastia)

Male breast reduction surgery removes excess breast tissue, fat and sagging skin that lead to the appearance of 'man boobs'. Gynaecomastia, the presence of excess breast tissue in men, can occur for a number of reasons. You may have gynaecomastia if you have lost weight and been left with sagging skin across the chest, or they may simply be the result of age. You may have developed excess breast tissue during puberty, a common occurrence, but did not lose it when you got older. Whatever the reason, male breast reduction surgery could help to give you a flatter, firmer and more masculine chest.



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 that aims to make your face tighter, smoother and more youthful.

A younger looking face can convey vigour and energy and increase confidence in your social, personal and working lives. If you feel that your face no longer reflects your vitality and you want to do something about it, you may consider a facelift.

During a facelift operation your surgeon will make cuts across your hairline, past the front of your ears and sometimes under your chin. These cuts allow your surgeon to remove excess skin and fat, tightening the muscles.

Sometimes other cosmetic procedures are carried out at the same time including surgery to correct droopy eyelids (blepharoplasty), a brow lift which lifts the level of your eyebrows and a neck lift which tightens the skin in the neck.

If you decide to have your procedure with us, you will be looked after by an experienced multi-disciplinary care team.



Cosmetic eye surgery (blepharoplasty)

If you have droopy eyelids or bags under your eyes, blepharoplasty can help smooth these out to give you a more alert and youthful appearance. This procedure at Spire Fylde Coast Hospital, also known as eyelid reduction or eye bag removal, can be carried out on the upper eyelids, lower eyelids, or both. Blepharoplasty removes excess skin, fat and muscle from around your eyes. For surgery on the upper eyelids, your surgeon will make cuts into the natural lines and creases in the lid and into the laughter lines at the corner of your eye. On the lower eyelids, the cut will usually be just below your eyelashes. This means the scars run along the eye's natural folds, concealing them as much as possible. If only fat is being removed and no excess skin, the cut may be made inside the lower eyelid, leaving no visible scar.



Tummy tuck (abdominoplasty)

A tummy tuck aims to flatten your stomach by tightening your abdominal muscles, you may have been left with folds of skin after losing weight or following pregnancy. Your saggy tummy may simply be a result of the ageing process or it could be a stubborn area that you have been unable to shift with diet or exercise. Whatever the reason, an abdominoplasty at Spire Fylde Coast Hospital could give you a slimmer, more shapely figure. The procedure should not be considered as a way to lose weight. It is better to have a tummy tuck after you have achieved your target weight.



Nose-reshaping (rhinoplasty)

If you are not happy with the size or shape of your nose, rhinoplasty can change it. You may feel your nose is too big, too small, too narrow or too wide or perhaps it is crooked, has a bulbous end, or a bump in it. Whatever you are unhappy with, nose reshaping at Spire Fylde Coast Hospital may help you achieve the look you want. There are two main types of rhinoplasty – reduction rhinoplasty to make the nose smaller, and augmentation rhinoplasty to give the nose more bulk or make it larger.



Liposuction

Liposuction, also known as liposculpture, is an operation to improve your body shape by removing unwanted fat from areas of your body. Liposuction is a way of getting rid of stubborn fat that you have not been able to shift with diet and exercise and the results of liposuction can be long-lasting. It is not a treatment for weight control or obesity and it cannot remove cellulite, stretch marks or loose skin.

If you maintain a healthy weight and exercise regularly, your new shape will last. If you put on weight, fatty bulges may reappear. Liposuction is usually done under general anaesthesia i.e., you will be “asleep” during the procedure. If only a small area of fat is to be removed, local anaesthesia may be used instead. This means that you will be awake during the procedure, but the area being treated will be completely numb.



Varicose veins

Varicose veins can be unsightly blemishes that appear most commonly on the parts of us that are most open to public view – the face and legs. They can affect your self-confidence and self-esteem as they are often thick, knobby, and can bulge under the skin. They can appear as a blue or dark purple colour.

The NHS does not usually offer varicose vein treatment for cosmetic reasons, instead largely reserving such procedures for those experiencing pain, discomfort or complications.

As well as helping you improve the appearance of the affected area, we can also offer rapid treatment if you are seeking relief from pain or discomfort or are affected by complications such as leg ulcers or swelling.

We can offer both surgical and non-surgical treatments but you should discuss what option is best for you at your initial appointment with your consultant. Treatment choices often depend on the type of varicose veins you have, what you are trying to achieve and your general health.

Dermatology services



Mole, cyst, wart and skin tag removal

Moles, skin tags, cysts and warts are skin growths that are usually completely harmless but can look unsightly. They can become troublesome if they catch on clothing or you cut them while shaving. They can also be large, noticeable and situated in a prominent place, making you feel self-conscious about the way you look.

If you have a skin lesion and would like it removed, it is usually a simple procedure and you'll be able to go home the same day.

The affected area of skin will be numbed with a local anaesthetic before the doctor starts the removal procedure. If you're worried about the procedure the doctor may also give you a sedative to make you feel more relaxed.

The exact technique used will depend on size and location, but moles and larger lesions are usually removed with a scalpel, the wound closed with stitches and then covered with a temporary dressing.

Warts will be frozen off with cold liquid nitrogen gas while skin tags are usually excised.



Scar revision

Scar revision is a range of treatments that can remove the top layers of skin in order to reduce the appearance of scars. Treatments usually take between 30 minutes and an hour and are performed as a day-case procedure.

If you have scarring that might have been caused by burns, injury, surgery, acne or chickenpox, you may be self-conscious about your appearance and your confidence may be affected as a result. There are a number of methods you might have already tried to reduce the appearance of scars - such as steroid injections, silicone gels/sheets and other non-surgical techniques such as fillers or IPL (laser treatment).

Scar treatments do not guarantee complete removal of the scar, but aim to make it less obvious. They can also help to reduce tightness caused by the scar tissue. The colour and type of your skin, your age and the type of scarring influence the result you can expect.



Dermabrasion

Dermabrasion treatment aims to smooth out blemishes such as sunspots, fine facial wrinkles and acne scars and improve the texture of your skin. The technique removes the top layers of skin and aims to reduce irregularities and promote a younger, fresher appearance.

If you're concerned about scarring, lines or age spots – particularly on your face – this treatment could help give you a confidence boost.

Dermabrasion is similar to a 'buffing' process and is carried out with a handheld device with a small abrading head, or a specialised laser device. When the new skin grows back it is smoother and fresher than before and the appearance of scars, wrinkles and excess pigmentation should be reduced. As well as treating wrinkles, it can be particularly useful for treating raised areas of skin or scarring, which can be leveled out, and for removing areas of pigmented skin.

Although dermabrasion is available at many beauty salons we recommend you have your procedure done by a trained medical professional in a hospital environment to help achieve the best results for you.



Anti-wrinkle treatment by injection

As we age, our faces show the effects of time. Whether it is from simply laughing and frowning, or smoking and sun damage, our faces are prone to fine lines and wrinkles.

For many of us, the confidence we felt when we were younger is affected by the ageing that shows on our faces. An increasing number of people are choosing anti-wrinkle injections as a non-surgical approach to combating the appearance of age and to boost their confidence.

Anti-wrinkle treatments aim to smooth out these facial wrinkles. They are popular choice for those who want to reduce the effects of ageing on our skin. The benefits some of our patients have said they experience are:

- a reduction of the visible effects of ageing
- feeling as though you look younger, or closer to your actual age
- an overall improved appearance
- greater self-esteem and self-confidence

If you are considering this type of treatment it's important to have it done by a qualified medical

practitioner. Beauty salons offer anti-wrinkle injections but we would always advise that this is carried out by a qualified medical practitioner or nurse. At Spire Fylde Coast Hospital you will be treated by one of our cosmetic specialists.

The two most common types of treatment are muscle relaxants and dermal fillers:

- Muscle relaxants – These injections use the botulinum toxin to block the nerve impulses that cause muscle contraction, leading to smoother looking skin
- Dermal fillers – These are made from hyaluronic acid and are used to plump out wrinkles

Both types of anti-wrinkle injections take about 15 minutes to administer, but this can vary depending on the number of wrinkles treated.

No anaesthetic is needed during this treatment as you will only feel a small prick from the needle. After your skin is cleaned and disinfected, small needles will be used to inject the muscle relaxant or dermal filler in the areas of your face that require treatment. The most common sites for treatment are the skin around the eyes and lips.

Weight loss



Being overweight or obese can have serious impact on both your physical and mental wellbeing. It can negatively affect your self-confidence and self-esteem and put you at increased risk for serious health conditions such as type 2 diabetes, cancer and heart disease. If you're still struggling to lose weight even after dieting and exercising, these types of treatments can help give you the extra boost you and your health need to help shed significant amounts of weight.

At Spire Fylde Coast we offer various weight loss options and we can help you choose the treatment that's right for you, helping to give you the energy and self-confidence to enjoy a healthy life.

Gastric band surgery

Gastric bands are appropriate for people who need to lose a more substantial amount of weight. The band places a restriction on the quantity of solid food that you can eat by reducing the size of your stomach. The decreased holding capacity of the stomach creates a feeling of fullness and decreases appetite.

Your surgeon will place an adjustable band around your stomach to create two compartments, keeping a narrow opening between the top and bottom of your stomach so that food can pass through it slowly.

Sometime after the procedure it's possible your band may need adjusting, depending on how much weight you are losing and how quickly. This is usually done through injecting fluid into the band to tighten it, a process known as a band fill. You will usually need to make several repeat visits to hospital for band adjustments.

Gastric sleeve surgery (sleeve gastrectomy)

Like gastric banding, sleeve gastrectomy and gastric plication is a restrictive weight loss procedure. It is considered as a treatment option for patients with a BMI of greater than 35kg/m².

Your surgeon will create a small, sleeve-shaped stomach pouch along the length of your stomach. The excised part of the stomach is removed completely through one of the incisions. This surgery is not reversible therefore a decision to proceed is a lifelong commitment to the diet and lifestyle changes required for successful long-term outcomes.

One of the benefits of sleeve gastrectomy relates to the removal of the excised part of the stomach where many hormones linked to hunger are produced. This results in a significant reduction in hunger.

Gastric plication surgery

Like gastric banding and sleeve gastrectomy, gastric plication is a restrictive weight loss procedure. It is considered to be a treatment option for patients with a BMI greater than 35kg/m² and is performed as a single surgical procedure.

Your surgeon will reduce the volume of the stomach by creating a small, sleeve-shaped pouch along the length of the stomach by inverting part of the stomach and stitching to secure the pouch. This surgery is reversible as stitches can be removed within the first few weeks following the procedure. After this point, though possible, reversal would be very difficult.

Gastric bypass surgery

Gastric bypass is appropriate for those who are severely overweight, with a BMI greater than 35kg/m². It is a more invasive and complex procedure.

Your surgeon will create a small compartment at the top of your stomach using staples. This will effectively be your new stomach and as it will be small, it will fill up quickly with food, giving you a sensation of fullness.

A piece of your intestine is then joined to this compartment, which bypasses the rest of your stomach and the upper part of the intestine, where most nutrients and calories are usually absorbed.

Paying for your treatment

Here at Spire Fylde Coast Hospital we understand that your health is a priority, so we offer fast, effective treatment that you can pay for independently. We understand you may not have paid for private healthcare before, so please see the guidance below that may help you with your journey with us.

Out-patient consultation

When you book your initial consultation, we'll let you know the consultation fee for the cosmetic surgeon you are seeing. As a guide, you should expect to pay around £155, which is normally paid to the surgeon directly. At the time of booking, we will take your credit or debit card details from you to cover any tests or diagnostic investigations that may be required prior to surgery. You will receive an invoice from us after your consultation with any related cost to date, which you can pay over

the phone or if you're happy to pay by the original card supplied to us you need not do anything further. Payment will automatically be taken seven days following from the date of your invoice. There is no additional charge for using a credit card.

We understand that you need to be confident about your decision to have cosmetic surgery and after seeing your consultant for your first appointment, you will be offered a two week 'cooling off' period prior to your surgery.

In-patient treatment

Once your consultant has discussed any treatment that you may require, you will be given a fixed price by our Private Patient Advisers. This price includes your hospital, consultant and anaesthetist fee plus one follow up consultation and aftercare; this is described in the Patient Terms and Conditions Booklet Part B.

The terms and conditions can be found on our website www.spirefyldecoast.com or are available upon request.

You can pay for your surgery with cash, credit or debit card or by bank transfer, and we ask that the funds are cleared at least ten days prior to your surgery date. Please note, we require payment details in full, even if you are using the same card you have previously used for your out-patient treatment.

Alternatively, we work with a company called Zebra Finance that can offer 0% finance over 10 months. They are an external company and work alongside all of our Spire hospitals.

Call Zebra Finance today on **0845 618 5375** for further information.

If you have any questions regarding paying for your treatment, please do not hesitate to contact our Private Patient Adviser team on **01253 308 031**.

Prices

Initial consultation fee	from £155	Tummy tuck	from £5,525	Scar revision	from £470
Breast augmentation	from £4,350	Nose-reshaping (rhinoplasty).....	from £4,045	Dermabrasion.....	from £2,565
Breast uplift	from £5,320	Liposuction	from £4,310	Mole, cyst, wart and skin tag removal.....	from £245
Breast reduction	from £5,550	Arm reduction and lift surgery.....	from £4,310	Gastric band	from £4,950
Male breast reduction	from £3,645	Breast implant removal	from £3,130	Gastric bypass	from £7,950
Facelift.....	from £6,285	Brow lift surgery	from £4,555	Sleeve gastrectomy	from £7950
Blepharoplasty (lower)	from £3,645	Ear pinning	from £2,850	Gastric plication.....	from £5,950
Blepharoplasty (upper)	from £2,515	Labial reduction surgery.....	from £2,355		
Blepharoplasty (upper and lower)	from £4,335	Varicose vein	from £1,050		

This is not an exhaustive list of the cosmetic procedures we offer and prices are a guide and may vary depending on the treatment or consultant involved in your care. Fixed self-pay prices can be confirmed by calling our Private Patient Advisers on 01253 308031.



Spire Cosmetic Surgery
Fylde Coast Hospital



01253 308 031



info@spirefyldecoast.com



www.spirefyldecoast.com

  @Spire_Fylde

St Walburgas Road, Blackpool, Lancashire FY3 8BP