



Spire Cosmetic Surgery
Methley Park Hospital



Cosmetic Surgery

at Spire Methley Park Hospital

Spire Methley Park Hospital offers comprehensive private hospital services, including cosmetic surgery.

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 is a lot you'll want to consider. At Spire Methley Park 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.

All outpatient consultations, follow up appointments and reviews after surgery take place at Spire Methley Park Hospital.

Please note the procedures listed here are just a few of the many cosmetic treatments we offer at Spire Methley Park Hospital. To view a full list of procedures that are available please visit our website www.spirehealthcare.com/spire-methley-park-hospital/ or call **01977 664245**

How do I choose a Cosmetic Surgeon?

At Spire Methley Park Hospital you can choose your own experienced, qualified surgeon who will be with you all the way - from your first consultation through to your operation and follow-up appointment(s).

To help you make the right choice for you we offer cosmetic surgery open evenings on a monthly basis.

Each open evening is hosted by a different surgeon covering all different types of surgical and non surgical procedures.

You will also be invited to have a free 5 minute, mini consultation with the surgeon.

Afterwards you have the chance to speak to our dedicated nursing team too, and take home literature on the procedures and treatments.

Mini consultations are an opportunity to ask any questions you may have about surgery and are not a formal out-patient consultation. If you wish to proceed to surgery a full out patient consultation will be required.

To find out more or to know when our next upcoming open evening is please call **01977 664 245** or visit our website

Many of our surgeons are members of the British Association of Aesthetic Plastic surgeons (BAAPS) and the British Association of Plastic, Reconstructive and Aesthetic Surgeons (BAPRAS). With so many Cosmetic Surgeons to choose from, give yourself time to research their qualifications, reputation and experience before you choose your consultant.



Paying for your treatment

Here at Spire Methley Park 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 come to the hospital for your consultation, if you have not already provided your debit/credit card details when booking your appointment, our receptionist will take your details for your initial consultation and any further investigations. There is no charge for using your credit card.

If you have any tests at your consultation you will receive a detailed invoice from us a week after your consultation and after seven days, this amount will be debited from the card provided. Your consultation invoice will be sent by the consultant billers and can be paid by calling them with your credit/debit card details.

In-patient treatment

Once your consultant has discussed any treatment that you may require, you will be given a fixed price that can be explained by our Self Pay Team if you have any questions. This price includes your stay in hospital (if needed) follow-up consultation(s) and aftercare; this is described in the Patient Terms and Conditions Booklet Part B.

You can pay for your surgery with credit/debit card or bankers draft. We ask that the payment be given at least seven days prior to your surgery date to secure your date. Please note, we require payment details in full, even if you are using the same card you have previously used for your outpatient treatment.

Through our carefully chosen partner Zebra Finance* you could be eligible for interest free finance or an alternative medical loan as a way to pay for your treatment.

Zebra Health Finance* helps to offer customers interest free finance **0% APR representative**, if approved, for one-off private treatments. A minimum deposit is payable. Zebra Health Finance offer finance plans to suit many individual budgets

You can apply online at <http://www.zebrahealthfinance.com> using access code 2407715 for Spire Methley Park Hospital or Call Zebra Health Finance on **01332 680 400** for further information or to see if you are eligible for a medical loan. Acceptance subject to credit status.

* Zebra Finance Ltd trading as Zebra Health Finance, Lincoln House, Stephenson's Way, Wyvern Business Park, Derby, DE21 6LY.

If you have any questions regarding paying for your treatment, please do not hesitate to contact us on **01977 664245**.

Our Cosmetic Surgeons

Miss Orla Austin

MB BCH, BAO, FRCSI, FRCS (Plast)
Consultant Plastic Surgeon



Procedures

- Arm reduction and arm lift
- Breast reconstruction following mastectomy
- Breast uplift (mastopexy)
- Breast enlargement
- Breast reduction
- Breast implant removal
- Labial reduction surgery (vaginal reshaping)
- Liposuction
- Male Breast Reduction (Gynaecomastia)
- Tummy tuck (abdominoplasty)
- Inverted nipple surgery
- Scar revision
- Thigh and buttock lift

To book an appointment please contact our friendly
Self Pay Team on **01977 664 245**

Our Cosmetic Surgeons

Mr David Mather

MA Oxford 2004, MSc Nottingham
2006, FRCS Royal College of Surgeons of
Edinburgh 2011, BM BCh Oxford 2000
Consultant Plastic Reconstructive and
Hand Surgeon



Procedures

- Breast enlargement
- Breast reduction
- Breast uplift (mastopexy)
- Liposuction
- Ear pinning (pinnaplasty)
- Arm reduction and arm lift
- Male breast reduction surgery (gynaecomastia)
- Thigh and buttock lift
- Mole, cyst, wart and skin tag removal
- Treatment for malignant skin cancer
- Eyelid surgery or eye bag removal (blepharoplasty)
- Dupuytren's contracture
- Ganglion removal surgery
- Trigger finger release
- Carpal tunnel syndrome surgery

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Self Pay Team on **01977 664 245**

Our Cosmetic Surgeons

Mr Alan Phipps

MA (Camb), BM BCh (Oxf), FRCS (Ed)
Consultant Plastic Surgeon



Procedures

- Anti-wrinkle treatment by injection
- Arm reduction and arm lift
- Breast enlargement
- Breast implant removal
- Breast reduction
- Brow lift surgery
- Ear pinning (pinnaplasty)
- Eyelid surgery or eye bag removal (blepharoplasty)
- Facelift
- Inverted nipple surgery
- Liposuction
- Male breast reduction surgery (gynaecomastia)
- Microdermabrasion and dermabrasion
- Mole, cyst, wart and skin tag removal
- Nose job or nose reshaping (rhinoplasty)
- Scar revision
- Thigh and buttock lift
- Tummy tuck (abdominoplasty)

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Self Pay Team on **01977 664 245**

Our Cosmetic Surgeons

Mr Nicholas Rhodes

BDS, FFD RCSI, MSChB, FRCSI, FRCS (Plast)
Consultant Plastic Surgeon



Procedures

- Anti-wrinkle treatment by injection
- Arm reduction and arm lift
- Breast enlargement
- Breast implant removal
- Breast reconstruction following mastectomy
- Breast reduction
- Breast uplift (mastopexy)
- Brow lift surgery
- Chin implant
- Ear pinning (pinnaplasty)
- Eyelid cyst surgery
- Eyelid surgery or eyebag removal (blepharoplasty)
- Facelift
- Inverted nipple surgery
- Labial reduction surgery (vaginal reshaping)
- Liposuction
- Male breast reduction surgery (gynaecomastia)
- Microdermabrasion and dermabrasion
- Mole, cyst, wart and skin tag removal
- Nose job or nose reshaping (rhinoplasty)
- Scar revision
- Thigh and buttock lift
- Tummy tuck (abdominoplasty)

To book an appointment please contact our friendly
Self Pay Team on **01977 664 245**

Mr George Spyrou

MD, FRCS(Ed), Mphil, EBOPRAS
Consultant Plastic Surgeon



Procedures

- Anti-wrinkle treatment by injection
- Arm reduction and arm lift
- Breast enlargement
- Breast uplift (mastopexy)
- Breast reduction
- Breast implant removal
- Brow Lift Surgery
- Ear pinning (pinnaplasty)
- Eyelid surgery or eye bag removal (blepharoplasty)
- Eyelid cyst removal
- Facelift
- Inverted nipple surgery
- Labial reduction surgery (vaginal reshaping)
- Liposuction
- Male breast reduction surgery (gynaecomastia)
- Mole, cyst, wart and skin tag removal
- Nose job or nose reshaping (rhinoplasty)
- Scar revision
- Thigh and buttock lift
- Tummy tuck (abdominoplasty)

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Our Treatments and procedures

At Spire Methley Park 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 job, and facelift. We also offer non-surgical anti-wrinkle treatments and are registered with the Independent Healthcare Advisory Service to provide injectable cosmetics.

Breast enlargement (breast augmentation)

Breast enlargement surgery – commonly known as a breast implant or 'boob job' - 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

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.

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 Methley Park Hospital could help to rejuvenate your figure and give you back younger, firmer and more shapely looking breasts. 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.

To book an appointment please contact our friendly Self Pay Team on **01977 664 245**

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 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 to leave the face tighter and smoother.

It is important to discuss with your surgeon what you are hoping to gain from the operation, and the results you can realistically expect. It is also important that you complete any weight loss programme before the operation. A facelift typically requires two nights' stay in hospital and is done under general anaesthesia. This means that you will be asleep during the procedure.

Your surgeon will explain how you can expect your face to look after having a facelift, and will discuss the associated risks and alternatives to the operation.

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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 Methley Park 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.

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 or 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 Methely Park 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, commonly known as a "nose job", 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 Methley Park Hospital may help you achieve the look you want. There are two main types of rhinoplasty – reduction rhinoplasty to make the nose smaller and "tip rhinoplasty" to reduce the size of the tip of the nose

Liposuction

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

If you maintain a healthy weight and exercise regularly your new shape will last. If you put on weight, fatty bulges may re-appear.

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Removal of skin lesions, moles and cysts

This is an operation to remove a skin lesion such as a mole, cyst, wart or skin tag. This may be because it has shown changes in shape or colour, or is unsightly, painful or restricting your movement. Removing a skin lesion is usually a quick and straightforward procedure and is most often performed as an outpatient or daycase, with no overnight stay.

The operation is usually carried out under a local anaesthetic, which means that the affected skin area will be completely numb but you stay awake.

Non-surgical procedures

Anti-wrinkle injections

Chemical peel

Dermal fillers

Derma-roller

To book an appointment please contact our friendly Self Pay Team on **01977 664 245**

Self Pay Team
01977 664245

Theatre Bookings
01977 664271

Admissions
01977 664251

Further information about our free cosmetic surgery open evenings is available on the events page on our website or via our Twitter or Facebook page.



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