

beauty spot...beauty spot...beauty spot...beauty

child...beauty spot

So would **you** have

Cosmetic Surgery?



Cosmetic surgery has become more and more popular and now almost everyone knows someone who has had 'a little work' done.

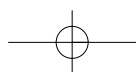
So what is involved?

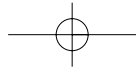
Consultant Plastic Surgeon

Nitin Vaingankar practices at both the Three Shires Hospital and Northampton General Hospital.

Child Magazine asked Mr Vaingankar what should women considering cosmetic surgery be aware of?

Here is what he said...





TAKE IT SERIOUSLY – Don't trivialize cosmetic surgery – it is still a surgical procedure and every operation has risks involved.

TALK TO YOUR GP – he will be aware of your general health and be able to advise you if you are fit and healthy enough for surgery.

CHOOSE YOUR SURGEON CAREFULLY – Make sure your surgeon is on the GMC Specialist Register for Plastic Surgery – only people who have completed their training will be on this, or ask your GP to recommend someone.

INFORMATION – Get as much info as you can from your consultant. Know exactly what's involved such as the risks, scars, possible complications and long term implications. Be realistic. Check out the Department of Health Website on www.dh.gov.uk

DON'T RUSH – take your time and be totally sure before going ahead with any cosmetic surgery. Don't be pressured into it.

DO IT FOR YOURSELF – Don't have cosmetic surgery for anyone else. Be sure it is what you want for yourself – it's your body.

TRUST YOUR SURGEON – Make sure you are happy with your surgeon and if you are not sure about something, ask for another consultation. Make sure all your questions are fully answered and that you are happy before going ahead.

AFTERCARE – Find out what will happen afterwards. If you have problems or any complication will you be able to have it corrected? At the BMI Three Shires Hospital they offer fixed price surgery packages which include post-operative care and further information can be obtained from your consultant.

THE MOST POPULAR PROCEDURES

BREAST Augmentation	BREAST Uplift	NOSE reshaping	EYELID surgery	TUMMY Tuck	LIPOSUCTION
<p>An operation to enlarge the breasts by placing implants under the breast tissue or behind the breast muscle.</p> <p>Women have this to improve their breast size or shape because they think their breasts are too small, uneven in size, not firm enough or mildly droopy.</p> <p>Approximate procedure time: 60-90 minutes</p> <p>Anaesthetic: General Nights in hospital: 1</p> <p>Time off work: 2 weeks</p> <p>Scar tissue healing time: 6-12 months</p> <p>Back to normality /sports etc: 8-12 weeks</p>	<p>(mastopexy) Following the birth of children many women find their breasts have drooped and lost both elasticity and volume.</p> <p>If the breast has stretched the nipple will be at a lower level. The operation changes the shape of the breasts but does not restore elasticity. Sections of the slack skin from the breasts are removed and it may also include the repositioning of the nipples which will leave a scar.</p> <p>Approximate procedure time: 90-120 minutes</p> <p>Anaesthetic: General Nights in hospital: 1</p> <p>Time off work: 14 days</p> <p>Scar tissue healing time: Up to 18 months</p> <p>Back to normality/sports etc 2 months</p>	<p>(Rhinoplasty) This operation is one of the most sought after cosmetic procedures for men and women and the vast majority of patients gain a feeling of increased self confidence with improvement in their body image.</p> <p>The procedure is usually carried out inside the nostrils, unless you decide to have the size of the nostrils reduced, in which case there are small scars around the sides of the nostrils, placed in the natural crease between nose and cheek.</p> <p>Approximate procedure time: 90 minutes</p> <p>Anaesthetic: General Nights in hospital: 1</p> <p>Time off work: 7-10 days</p> <p>Scar tissue healing time: 6 months</p> <p>Back to normality/Sports etc: 2-6 weeks</p>	<p>(Blepharoplasty) This procedure is suitable for young or middle aged patients who have experienced changes that are usually associated with older age.</p> <p>To correct premature ageing of the eyelids this procedure involves the removal of excess skin and bags from below and above the eyes to give them a fresher look. It will not eradicate all eye creases and will not remove wrinkles or 'laughter lines' from the sides of the eyes.</p> <p>The removal of stitches takes place 1-2 weeks post operative</p> <p>Approximate procedure time: 60-90 minutes</p> <p>Anaesthetic: General or local with sedation. Nights in hospital: 1</p> <p>Time off work: 10-14 days</p> <p>Scar tissue healing time: 9-12 months</p> <p>Back to normality /sports etc : 4-6 weeks</p>	<p>(Abdominoplasty) This is an operation to remove excess skin and fat from the abdomen or tummy.</p> <p>The majority of patients opting for this procedure will be women who, following the birth of their children, dislike the effects childbirth has had on their abdominal shape and appearance.</p> <p>The surgeon usually requires that the patient be within several pounds of their ideal weight, otherwise a secondary procedure such as liposuction may be necessary.</p> <p>The operation involves an incision across the lower abdomen and usually results in a scar at the level of the pubic hair.</p> <p>Approximate procedure time: 90-120 minutes</p> <p>Anaesthetic: general Nights in hospital: 3</p> <p>Time off work: 14 days</p> <p>Scar tissue healing time: 6-18 months</p> <p>Back to normality /sports: 12 weeks</p>	<p>This can be carried out on men or women and is a method to remove fatty deposits that persist despite exercise, massage or dieting. It is not a method of weight reduction.</p> <p>When carried out on severely overweight individuals the results are often disappointing.</p> <p>Surgeons may require that you be within a few pounds of your ideal body weight before undertaking this procedure.</p> <p>Approximate procedure time: 30-90 minutes</p> <p>Anaesthetic: General Nights in hospital: 1</p> <p>Time off work: 2 weeks</p> <p>Scar tissue healing time: (swelling) 1 month</p> <p>Back to normality/sports etc: 4 weeks</p>

Please note:
This is a general guide and patients are recommended to discuss specific details with their consultants

For more information on Cosmetic Surgery call the BMI Three Shires Hospital on 01604 885030

