

Are you considering cosmetic surgery?

Cosmetic surgery is becoming increasingly available — and can make enormous differences to people's lives

Time, gravity and sunlight affect us all in different ways. Most of us have some quiet dissatisfaction with an area of our body. We disguise these areas with clothes, cover them with make-up or work hard with anti-ageing creams.

While we consider this normal, many of us do not consider cosmetic treatments or surgery — thinking that this is the preserve of the rich and famous.

However, as treatments, training and facilities continue to advance and to improve, cosmetic surgery is becoming increasingly accepted and commonplace.

The Paddocks Hospital is an integral part of this progression. The hospital has specialised in plastic surgery for more than 20 years and has developed an enviable reputation in this area.

The cosmetic surgery services have evolved over this time and now provide one of the most comprehensive services in the region. These include five consultant plastic surgeons and associated specialist consultant anaesthetists and theatre and ward staff.

The stated aim of the hospital is to provide a comprehensive high-class cosmetic surgery practice to the whole of the region.

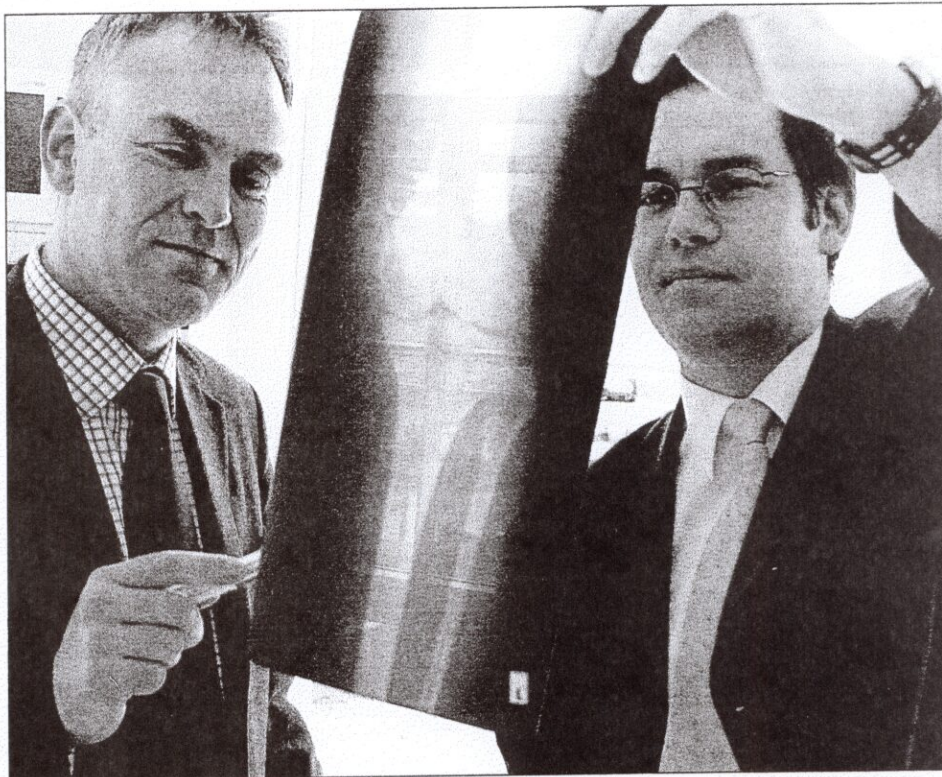
Treatments offered at The Paddocks Hospital can be broadly divided into three categories. The first category includes procedures that reverse the effects of time and gravity. They tend not to alter the fundamental characteristics of the face but do make the face appear more youthful.

Examples of these are eyelid surgery for baggy or wrinkled eyelids, facelifts for sagging cheeks, jowls and necks, and brow lifts for drooping eyebrows. There are also a number of non-surgical techniques commonly used in this group of patients, such as Botulinum toxin injections, chemical peels and collagen injections.

Secondly, there are procedures which will actually change a fundamental characteristic of the face. The most common of these is a correction of prominent ears for children. In adults, the most common is a rhinoplasty or nose operation, but there are also operations that alter cheekbones and chins.

These are most effective if there is a specific feature of appearance identified by a patient as one they would like to change.

Thirdly, there are procedures that alter the body shape or size. The most common procedures performed at The Paddocks



■ Consultants Adrian Richards (left) and Michael Tyler at The Paddocks Hospital

Hospital in this last category are breast enlargements or reductions, tummy tucks (abdominoplasty) and liposuction to refine the body contours. These procedures are very effective in achieving their aims, but wherever a surgical intervention is required, each procedure must be carefully planned and completely understood by the patient.

The operations are technical procedures with relatively predictable outcomes, but it is vital that each patient fully understands the expected results of the operation, its limitations and its possible complications.

Recent developments in skin care can dramatically improve skin quality and counter problems such as blemishes, acne scars, fine lines and wrinkles, stress and sun damage and uneven pigmentation.

These treatments are provided by The Paddocks Hospital using the latest Obagi facial peels and creams. This unique product range includes the Obagi Protocols System and the Obagi Blue Peel, and is available exclusively in Buckinghamshire through the cosmetic and plastic consultant surgeons at The Paddocks Hospital, and are administered under their guidance.

The range of treatments are scientifically prepared and work beneath the surface of the skin at cellular level to produce significant results.

Consultant plastic surgeon Mr Mike Tyler said: "The latest cosmetic surgery

techniques at The Paddocks Hospital all help to promote long term skin health and can be powerfully liberating to an individual's overall sense of emotional well-being."

Consultant plastic surgeon Mr Adrian Richards added: "We can offer the entire range of treatments from simple skin care consultations, to ongoing skin care treatments within the outpatient setting, to the most complex surgery within theatre."

At The Paddocks Hospital, all of the cosmetic and plastic consultant surgeons are fully trained in cosmetic surgery techniques and are on the specialist register of plastic surgeons, supported by the Royal College of Surgeons and the General Medical Council. This signifies that the surgeon has been specifically trained in plastic surgery.

The Paddocks Hospital would like to invite the first 50 *Limited Edition* readers who contact them to a cheese and wine evening on Tuesday, June 25 at 7.30pm. This will give you the opportunity to meet consultants and discuss treatments.

■ To explore the options available to you, for a full list of cosmetic and plastic consultant surgeons and their special interests or to book an appointment contact Sue Addison in confidence on 01844 344501