COSMETIC SURGERY
AT CLAREMONT
PRIVATE HOSPITAL
WHY CHOOSE CLAREMONT

Claremont Private Hospital has been at the heart of the South Yorkshire community providing first class healthcare for over 60 years. Our hospital is situated in acres of beautifully landscaped grounds in Crosspool, South West Sheffield. Patients can enjoy a peaceful stay, easy access to their consultant, nursing care which is second to none and panoramic views from our modern and comfortable patient bedrooms, most of which are en-suite.

We have over 230 highly experienced NHS consultants practising privately at Claremont supported by a team of over 200 hospital staff. We pride ourselves on our excellent cleanliness and hygiene standards and have no known cases of hospital acquired infections such as MRSA.

Since 2012, over £6M has been invested with more to follow. With our historic reputation for clinical excellence and our huge variety of private services with minimal waiting times, we would be delighted to welcome you to Claremont Private Hospital. Our aim is to be your first choice for private healthcare in Sheffield.
BREAST SURGERY
BREAST SURGERY

Do you feel unhappy by the size or shape of your breasts? If you do you’re not alone, it can really affect your self-esteem. You may shy away from social situations, or feel like you can’t wear the outfits you want to wear.

Breast surgery is one of the most popular cosmetic procedures, carried out on women who wish to increase, reduce, uplift, or alter the shape of their breasts. Breast surgery helps to restore proportion to your body, helping to improve self-confidence by achieving the shape and look you want.

PROCEDURES

<table>
<thead>
<tr>
<th>Procedure</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Breast Lift (Mastopexy)</td>
<td>A cosmetic surgical operation to reshape the breasts so they look more youthful and firm.</td>
</tr>
<tr>
<td>Breast Augmentation</td>
<td>Often a subtle change, boosting the contours of your body by adding volume and curves.</td>
</tr>
<tr>
<td>Breast Reduction (Mammoplasty)</td>
<td>Involves removing excess tissue to reshape your breasts and achieve the smaller bust you desire.</td>
</tr>
<tr>
<td>Inverted Nipples</td>
<td>If either one or both of your nipples are inverted surgery is a relatively simple procedure.</td>
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</tbody>
</table>

All breast surgery at Claremont Private Hospital is performed by highly-skilled, registered surgeons. For further information and price guides please visit claremont-hospital.co.uk/breast-surgery
BODY
CONTOURING
BODY CONTOURING

Unfortunately, diet and exercise cannot always make the changes you want to see in certain, stubborn areas of your body, causing issues with confidence and self-esteem.

Body contouring offers solutions to a range of issues for both men and women to reshape, tighten, sculpt, enlarge or reduce various parts of the body that may be causing unhappiness and help you make the changes you desire.

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<tr>
<td>Liposuction</td>
<td>A technique used to reduce unwanted fat deposits. Not a treatment for obesity.</td>
</tr>
<tr>
<td>Arm Lift (Brachioplasty)</td>
<td>Helps remove excess skin around the upper arms which tends to be floppy after weight loss.</td>
</tr>
<tr>
<td>Tummy Tuck (Abdominoplasty)</td>
<td>Removing excess skin and fatty deposits to give you a flatter, firmer appearance. Again not a treatment for weight loss.</td>
</tr>
<tr>
<td>Male Chest Reduction (Gynaecomastia)</td>
<td>Creates a flatter and more masculine chest shape and offers a huge boost to self-esteem.</td>
</tr>
<tr>
<td>Neck Lift (Platysmaplasty)</td>
<td>Aims to improve the visible signs of ageing that can appear around the neck and jaw line.</td>
</tr>
<tr>
<td>Fat Transfer</td>
<td>Excess fat is removed from one part of the body and moved to a different area.</td>
</tr>
</tbody>
</table>

All body contouring surgery at Claremont Private Hospital is performed by highly-skilled, registered surgeons. For further information and price guides please visit claremont-hospital.co.uk/body-contouring
FACIAL SURGERY
FACIAL SURGERY

Your face is your most prominent feature and it is the first thing people see when first introduced, so you might be a little self-conscious of certain aspects of it.

Certain elements like a large chin or nose can make a face feel unbalanced and lead to low self-confidence. If you’d like to address such issues, or even just prefer to look younger, then perhaps facial surgery is the answer.

We specialise in a range of both surgical and non-surgical facial treatments to help you achieve the look you desire.

PROCEDURES

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<tr>
<td>Facelift</td>
<td>Can help significantly reverse the signs of aging with noticeable, long-lasting results.</td>
</tr>
<tr>
<td>MACs Facelift</td>
<td>A significant advancement in facial rejuvenation surgery as it involves a less invasive procedure and consequently the recovery is quicker.</td>
</tr>
<tr>
<td>Brow Lift</td>
<td>Lifting and smoothing the forehead for a younger, brighter appearance.</td>
</tr>
<tr>
<td>Ear Reshaping (Otoplasty)</td>
<td>Can help to permanently change the position or shape of your ears.</td>
</tr>
<tr>
<td>Eyelid Reduction (Blepharoplasty)</td>
<td>Can help reduce the appearance of bags by tightening the drooping skin.</td>
</tr>
<tr>
<td>Nose Reshaping (Rhinoplasty)</td>
<td>The relocating, removing or reshaping of the nose bone and cartilage to help create a more desirable shape.</td>
</tr>
</tbody>
</table>

All facial surgery at Claremont Private Hospital is performed by highly-skilled, registered surgeons. For further information and price guides please visit claremont-hospital.co.uk/facial-surgery
NON-SURGICAL COSMETIC TREATMENTS
Deciding to have cosmetic surgery is a huge step and although it can offer outstanding results, it’s certainly not for everyone. If you crave more than what beauty products offer but don’t like the idea of having an operation, then you may want to consider a non-surgical treatment. These treatments are a far cry from your average beauty products, offering outstanding, noticeable and long-lasting results without the need for surgery.

We offer a range of non-surgical cosmetic procedures all carried out by our fully qualified cosmetic surgeons or aesthetic nurses.

Non-surgical treatments are a great way to rewind signs of ageing without having to undergo surgery. Procedures range from dermal fillers, wrinkle injections and facial peels to curing pigment problems, mole removal and scar revision, there may be a perfect, non-surgical solution for you. Speak to one of our surgeons to see if this option is suitable for you.

Our Laser & Skin Care Clinics at Claremont provide high quality care and offer a wide range of medical and cosmetic laser and skin care treatments.
# Procedures

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<tr>
<td><strong>Derma FNS</strong></td>
<td>A micro-needling treatment which encourages the breakdown of old damaged skin and stimulate new collagen and elastin development for healthy new skin.</td>
</tr>
<tr>
<td><strong>Injectable Fillers</strong></td>
<td>Creates a more youthful appearance by filling in or smoothing out facial lines and wrinkles, as well as increasing fullness to narrow lips and enhancing sunken cheeks.</td>
</tr>
<tr>
<td><strong>Wrinkle Injections</strong></td>
<td>More commonly known as ‘Botox’, the most common form of non-surgical treatment, performed on men and women.</td>
</tr>
<tr>
<td><strong>Cosmetic Mole Removal</strong></td>
<td>Resurfacing lasers make the removal of simple compound naevi much easier and the results are generally very good, with very little scarring or marks.</td>
</tr>
<tr>
<td><strong>Scar Revision</strong></td>
<td>Removing the top layers of your skin to allow the skin underneath to grow back smoother so that the scar’s appearance is lessened.</td>
</tr>
<tr>
<td><strong>Facial &amp; Leg Vein Removal</strong></td>
<td>We specialise in ‘walk-in, walk-out’ procedures that allow you to return to normal activities, often within a few hours.</td>
</tr>
<tr>
<td><strong>Skin Rejuvenation/Facial Peels (Chemical Peel)</strong></td>
<td>Can reduce or eliminate fine lines under the eyes and around the mouth, correct uneven skin pigmentation, treat acne and soften the appearance of acne scars.</td>
</tr>
<tr>
<td><strong>Skin Resurfacing</strong></td>
<td>Can result in regenerative changes in the epidermis and an increase in the amount of collagen in the dermis.</td>
</tr>
</tbody>
</table>

All non-surgical cosmetic treatments at Claremont Private Hospital are performed by highly-skilled, registered surgeons or aesthetic nurses. For further information & price guide please visit [claremont-hospital.co.uk/non-surgical-treatments](http://claremont-hospital.co.uk/non-surgical-treatments)
OUR SURGEONS
Our Surgeons

All our procedures are carried out by qualified and highly experienced Consultants who hold substantive posts in the NHS. They aim to deliver a high quality service within a safe and calming environment supported by a team of over 200 Claremont staff.

Mr David Lam

Qualifications: BSc (Hons), MB BS, FRCS, FRCS (Plast.)

Mr Lam is a Consultant Plastic Surgeon at the Royal Hallamshire Hospital and a member the British Association of Plastic, Reconstructive & Aesthetic Surgeons (BAPRAS). He specialises in microsurgical reconstruction of the breast, head & neck regions, together with the management of skin cancer. His special interests include all aspects of aesthetic facial rejuvenation, breast & body contouring surgery. He is on the panel of examiners for the Intercollegiate Specialty Board in Plastic Surgery to maintain the standards of UK plastic surgery.

Mr David Dujon

Qualifications: MB BS, MSc, FRCS (Ed), FRCS (Plast)

Mr Dujon is a Consultant Plastic Surgeon at the Royal Hallamshire & Northern General Hospitals. His special interests are breast reconstructive and aesthetic surgery, facial rejuvenation (including laser resurfacing) and body contouring. He is trained in the use of ultrasonic liposuction and non-surgical facial rejuvenation using dermal fillers, fat injections and thermage.
Mr Andrew Morritt
Qualifications: MBChB, MRCS, MD, FRCS (Plast)

Mr Morritt is a Consultant Plastic Surgeon at the Royal Hallamshire & Northern General Hospitals and a member the British Association of Plastic, Reconstructive & Aesthetic Surgeons (BAPRAS). He is delighted to offer personalised, high quality cosmetic and reconstructive surgery to patients from Yorkshire, Derbyshire and further afield. He believes in an honest and open approach to consultations, and aims to give patients realistic and achievable options.

Mr David Ralston
Qualifications: FRCS(Plast.), FRCS(Eng.), MD, MBChB, BSc

Mr Ralston is a Consultant Plastic Surgeon at the Royal Hallamshire Hospital and a member the British Association of Plastic, Reconstructive & Aesthetic Surgeons (BAPRAS). He has published widely in Plastic Surgery and has presented nationally. His interests include aesthetic facial rejuvenation, breast and body contouring surgery.

Miss Iman Azmy
Qualifications: MB ChB, FRCS Ed, FRCS (Gen Surg), MD

Miss Azmy is a Consultant Oncoplastic Breast Surgeon at Chesterfield Royal Hospital. She offers the full range of breast services from symptoms causing concern (i.e. breast lumps, breast pain) to cosmetic breast surgery such as breast augmentation/reduction or enlargement.

Mr Sachin Salvi (m)
Qualifications: MBBS, DOMS, FCPS, DipNB, FRCS (Glasg), FRCOphth

Mr Salvi is a Consultant Ophthalmologist at the Royal Hallamshire Hospital. He is a member of the British Oculoplastic Surgery Society (BOPSS) and his private practice interests also include aesthetic rejuvenation of the eyelids and periocular region including upper and lower lid blepharoplasty and droopy eyelid surgery.
THE NEXT STEPS
At Claremont we comply with the GMC Guidance on Cosmetic Surgery.
If you are thinking of having a cosmetic procedure, such as liposuction or derma fillers, there are a number of things you may want to consider before making your decision.

Here are some of the key things you should expect to happen:

- **Consent**
  The consultant who will carry out your procedure must speak to you personally and get your consent.

- **Openness**
  Your consultant must be open and honest about their skills, experience, fees and any conflicts of interest.

- **Safety**
  Your procedure must take place in a safe and suitable environment.

- **Marketing**
  Your consultant must market their services responsibly and be clear about the risks involved.

- **Experience**
  Your consultant should have experience of carrying out the procedure you’ve asked for.

- **Time**
  Your consultant must give you enough time to make your decision. You should never feel pressured or rushed into having a procedure.

- **Information**
  Your consultant must give you clear information, including details about aftercare and who to contact if you’re worried.

- **Costs**
  Your consultant must explain the costs clearly, including details of any fees you need to pay for any potential additional procedures.
THE NEXT STEPS

More and more people are opting to have cosmetic surgery. But, it is not a decision which should be undertaken lightly. It is your body and any decision to have cosmetic surgery should be yours alone, following consultation with a qualified cosmetic surgeon. We recommend visiting The Department of Health’s website for detailed, unbiased advice and information to help you make an informed and educated decision.

It is a good idea to talk to your GP or one of our Private GPs if you prefer beforehand, not only will they be able to give you general advice about surgery but they can make sure that, with your permission, any important information about your medical history is passed to your cosmetic surgeon.

We recommend you book a no-obligation consultation with one of our Cosmetic Surgeons. At Claremont Private Hospital your consultation will be with the cosmetic surgeon who would actually carry out the procedure. It is important to be honest when you meet the surgeon, so that they can give you the correct advice about whether the procedure will achieve the results you want. This is an opportunity to discuss all the options and the procedure itself, including what will happen, how long it will take, how long the results will last, whether there will be any scars and any risks.

Feel free to bring photographs with you of the results you would like but remember that everyone is different. Your cosmetic surgeon will discuss your requirements and provide honest advice on the outcome which can be realistically expected. Also read as much as you can about the procedure or treatment you are interested in having and try to talk to people who have had the procedure that you are considering.

Following your initial consultation you will be provided with a written quote, clearly explaining what is included in the price. After talking to the surgeon you may decide to go ahead with the procedure but you will not be pressured into making a decision, take as much time as you need. If you decide to go ahead, simply call us on 0114 263 2114 and we can book your treatment for you at a time that fits in with your other priorities and commitments.

Follow-up consultations depend on the type of procedure you have had, but your consultant will advise you if and when you need to come back to the hospital. You will also be given contact information so you can contact the hospital or consultant for advice and support should you need to after leaving hospital.
YOUR RIGHT TO CHANGE YOUR MIND

Once you have decided to go ahead with a procedure, you can change your mind at any stage. We provide patients with a two week cooling-off period, from initial consultation for cosmetic surgery, giving you enough time and information to make an informed decision about whether or not to proceed. We also provide second consultations free of charge if required.

For information on the GMC Guidance for Cosmetic Surgery please visit

www.gmc-uk.org/guidance/ethical_guidance/29004.asp
AFTERCARE
AFTERCARE

We will provide you with all the information you need to help in your recovery.

Your Consultant must:

- Make sure you have the right medicines and any equipment you may need to care for yourself
- Tell you whether you need any follow-up procedures or appointments, these are included in your costs
- Make sure you have the details of someone you can contact at the hospital who is suitably qualified to advise you if you experience complications
- Ask for your feedback and check that you are satisfied with the outcome
- Give you written information about the procedure you’ve had, including any medicines or devices used. This is important and will help you if you have a negative reaction, need any further procedures or if a product is recalled.

All your follow-ups and consultations regarding your procedure are covered for one year after your surgery in your initial costs.
PAYMENT
Claremont Private Hospital has a competitive cosmetic surgery price list. Please note that prices quoted on our website are guide prices only and will only be confirmed once your consultant has assessed your individual situation.

There is a cost for your initial consultation with one of our Cosmetic Surgeons, which does not include any tests, scans or surgery.

The cost of your procedure/surgery includes all hospital, surgeon and anaesthetic fees.

All payments are required 10 days before your admission.

You can pay by major credit (not American Express) or debit card. If you wish to pay by cheque please ensure that this reaches us 10 days before your admission to allow for payment clearance by your bank/building society.

0% interest and low APR finance funding options are available through our partner Chrysalis Medical Finance (chrysalismedicalfinance.co.uk) we offer approved patients a range of funding options (subject to status) to pay for one-off private treatments. This means you can spread the cost of your treatment using our 0% interest and low APR finance options, which can be arranged in advance.

For our latest price guide please visit claremont-hospital.co.uk/cosmetic-guide-prices