

# Discreet & Uplifting: *The Full Circle*

AN ESTIMATED 150,000 PEOPLE EVERY YEAR IN THE UK CHOOSE TO HAVE COSMETIC SURGERY. THE RESULTS CAN BE LIFE CHANGING FOR AN INDIVIDUAL, HOWEVER, MANY PEOPLE HAVE CONCERNS ABOUT HAVING SURGERY IN THE FIRST PLACE. WE SPEAK TO CIRCLEBATH HOSPITAL TO UNDERSTAND THE PROCESS BETTER.



CircleBath's Cosmetic Surgery Nurses Michele Phillips and Gillian Jones.

“I feel self-conscious” is the most common thing Michele Phillips and Gillian Jones hear in their roles as Cosmetic Surgery Nurses at CircleBath.

“Cosmetic Surgery is not something that is done on a whim; an individual will generally spend a significant amount of time considering and researching a procedure before they decide to go ahead with it. Usually it is because there is something about their appearance that they are unhappy about, and this can, over time, have a significant impact on their lives,” Michele explains.

The four Cosmetic Surgeons and one specialist Breast Surgeon who work at the hospital agree, the Nurse says, that in their experience, the majority of people having a surgical procedure do it so they can feel normal about their appearance.

CircleBath's approach to Cosmetic

Surgery is relatively unique as the Cosmetic Nurse that Patients will have already met and spoken with on numerous occasions is also part of the surgical team in the operating theatre.

“People underestimate how reassuring a friendly face can be as you go in to have surgery of any type, especially an elective procedure like a breast augmentation or reduction, a tummy tuck or facial surgery such as Rhinoplasty,” Gillian explains.

She also points out that their role is not to provide recommendations but it is a no-obligation way for people who may be

considering surgery to find out more before they book an appointment with one of the hospital's specialists. “Providing confidence and making Patients feel less vulnerable when they have the full story is a big part of our role,” she adds.

A lot of people – both men and women – worry about what other people will think of them if they hear they are having a cosmetic procedure done but discretion is something that the hospital prides itself upon, according to the nurse. When visiting Consultants or arriving for surgery, Patients are escorted to and from appointments so there is no calling out of names in a large waiting area, and Patient bedrooms are all located on the top floor of the hospital, away from general visitors, with fantastic views

over the countryside and locally sourced, mostly organic food served in their room.

Michele adds: “The best part of my job is seeing how positive Patients – the same ones who professed to feeling a bit guilty or

embarrassed about having the procedure in the first place – are when they leave the hospital. Most of them walk out the door confidently, feeling better about themselves than they have in a long time.”



## Cosmetic Surgery

Five of the most common procedures

### Breast Enlargement

Many people may consider breast surgery when they are dissatisfied with the shape, size and appearance of their breasts. This popular procedure permanently increases the size and enhances the shape with the insertion of implants.

### Breast Reduction (female)/ Gynaecomastia (male)

Removal of excess tissue and skin to reduce and reshape the size of the breast area is also growing in demand.

Other common procedures include breast uplift (Mastopexy) which corrects position of the breast and breast reconstruction, a surgical process to replace breast tissue removed due to tumours or other reasons.

### Tummy Tuck

This is a surgical procedure which removes excess fat and skin from the abdominal area. It is commonly used to reshape the body after significant weight loss or childbirth.

### Facial Surgery

This includes a range of procedures that can address the signs of ageing as well as alter the appearance of facial features and includes procedures such as eyelid surgery (Blepharoplasty - where excess skin is removed to correct drooping or bags), ear and nose reshaping (Rhinoplasty) as well as face, brow and neck lifts.

### Weight Loss Surgery

CircleBath also offers the full range of open and laparoscopic weight loss surgery.

To find out more contact Michele Phillips or Gillian Jones, CircleBath's Cosmetic Surgery Specialist Nurses on 07514 286578 or email: [michele.phillips@circlebath.co.uk](mailto:michele.phillips@circlebath.co.uk). For more information on the range of services or to find out more about the surgeons working at CircleBath visit [www.circlebath.com](http://www.circlebath.com).