

The McIndoe Centre



Your local centre of excellence for plastic surgery

The McIndoe Centre is operated by Horder Healthcare, an independent charity committed to advancing the health and wellbeing of people in Kent, Sussex and Surrey. We have a proud heritage as a pioneering centre of excellence in aesthetic and reconstructive plastic surgery, from our origins as the Burns Unit that treated injured servicemen in World War II. Today, The McIndoe Centre is a purpose-built medical facility, equipped with the very latest technology and committed to providing world-class, safe, transparent and life changing healthcare.

The very finest medical expertise on your doorstep

The McIndoe Centre has curated under one roof one of the UK's largest multi-disciplinary teams of consultants, all on the specialist register of the General Medical Council and each an expert in their respective fields. This means you can enjoy access to world class medical expertise here on your doorstep, without having to endure the inconvenience and cost of travelling into London. Our consultants and patient care and coordination teams are dedicated to safe. transparent and reliable healthcare, earning us an Excellent rating by Doctify and Good by the CQC. We're here, where and when you need us.



Why choose The McIndoe Centre?

- The McIndoe Centre does more cosmetic surgery treatments than any other independent hospital in the South East1
- > 0% APR available²
- We are inspected and rated as Good by the Care **Quality Commission**
- 100% of patients rated our service as very good or good³
- > 98% of patients would recommend our services to their families and friends3
- Rated as Excellent on **Doctify with a patient trust** score of 4.97
- Award winning patient food with Soil Association Accreditation⁴

1. PHIN July 2022 - June 2023. 2. Terms and conditions apply 3. Oct 2023, 4, Bronze Food for Life Served Here Award 2023.



Outstanding Facilities

urpose built to offer the highest levels of healthcare, The McIndoe Centre is home to outstanding medical facilities with modern operating theatres, equipped with the very latest technology, as well as our state of the art ophthalmology suite. Our attentive but discrete patient care and nursing teams are there to make your experience with us as pleasant as possible, from the moment you arrive at reception, to the moment you leave, transformed.





Award-Winning Hospitality

uring your time with us you will experience our award-winning hospitality. Relax before and after your procedure in one of our private, comfortable ensuite bedrooms. And enjoy meals that carry the 'Food for Life Served Here' award from the Soil Association, recognising that food on the menu is freshly prepared and has been made from ingredients that are good for our climate, nature and health. Our menu features higher quality meat, responsibly sourced fish, and locally sourced ingredients. We can cater for all special dietary requirements.





Our Procedures

The McIndoe Centre's multidisciplinary consultant team enables us to offer a broad range of surgical procedures and aesthetic treatments, as well as general wellbeing assessment and guidance for women in our Women's Health clinic . Our key areas of expertise are in cosmetic and reconstructive plastic surgery, oral and maxillofacial surgery, hand surgery, ophthalmology, and women's wellbeing. We have featured here a selection of our most popular treatments.

For full details please visit www.themcindoecentre.co.uk/treatments



Plastic Surgery

We offer a broad range of cosmetic and reconstructive plastic surgery procedures. From facial rejuvenation and enhancement, both surgical and non-invasive, to fat reduction and body contouring, our specialist consultants can help you achieve your aesthetic goals.





Abdominoplasty (Tummy Tuck)

Despite a concerted effort with your exercise regime and a good diet, sometimes excess skin just won't shift. Having a tummy tuck surgery yields fantastic rewards regarding your self-esteem and physical wellbeing. Tummy tuck (also known as abdominoplasty) procedure provide solutions to patients who are looking to rid stubborn fat pockets as a result of pregnancy, weight loss or the natural aging process. This procedure will give you a firmer, flatter abdomen. This procedure is not limited to women, the number of men electing to have a tummy tuck continues to grow.

Breast Augmentation

Many women feel self-conscious about their breast size. Size is dependent on your genetics, but once developed your breasts may fluctuate in response to weight, pregnancy and breastfeeding. Breast enlargement, which involves inserting breast implants behind the breast tissue, either under or over the pectoral muscle, to give a more voluptuous shape, is a safe way to increase confidence and boost self-esteem. Breast enlargement, with it's instantly noticeable results, is a life changing treatment that restores confidence and offers a new lease of life



Liposuction

People who struggle to lose weight through natural means such as dieting and exercise, particularly in trouble areas including the stomach, underarms, thighs, and hips, may turn to surgical alternatives, including liposuction. The procedure involves removing fat through a medical device called a cannula, which is inserted under the skin at high pressure, and a vacuum is then used to remove fat from the targeted area. This process is typically very fast and produces excellent and immediately noticeable results, leaving a defined shape that enhances body image and confidence.

DIEP Reconstruction

The DIEP flap procedure is a form of breast reconstruction following a mastectomy, using the patient's abdominal fat rather than an implant to create a breast mound. This procedure enables the patient to have a naturally formed breast without the need for any foreign materials and can result in faster recovery with less post operative pain. The procedure is recognised as the 'gold standard' for breast reconstruction after mastectomy. The McIndoe Centre is one of the top three largest independent providers in the UK of this type of surgery, and the largest single site independent provider outside of London.*

*PHIN data July 2022 - June 2023





Blepharoplasty

As we age, gravity pulls down on the soft tissue surrounding our eyes. Once youthful and alert, eyes can become droopy and undefined. Eyelid surgery, also known as blepharoplasty, is a procedure that works to tighten this soft tissue, resulting in bright and open eyes. This procedure can be carried out on the upper or lower eyelids or both.

Facelift

The natural process of aging tends to mean that our jawlines slacken, we lose volume in our soft tissues and bone density, and our eyelids fold and smile lines deepen. Whilst there are a variety of face-lifting techniques available, the most common type of facelift is called a SMAS. During this procedure, your surgeon will make an incision around the ear. From there, the skin can be lifted slightly and tightened. Muscles and tissue can be removed or manipulated to achieve the desired effect. A facelift is the most effective and enduring facial rejuvenation procedure.

"It was very important to me to still feel and look like myself, and I feel very happy with what was achieved with the DIEP surgery."



ntonia Moss, 51, was concerned when she discovered a thickening in the skin on her right breast. Following an urgent referral for further investigation, a mammogram and three biopsies she received a diagnosis of Grade 2 Invasive Lobular Carcinoma.

"We immediately discussed surgery options. When we talked through the DIEP process, I immediately saw the positives; although

major surgery, it felt like more of a permanent solution. It wouldn't require further surgery in future, doesn't put any foreign material into the body and naturally

fluctuates with weight loss and gain to match the remaining breast.

Antonia decided to proceed with the DIEP procedure and was referred to Consultant Plastic Surgeon Alexandra Molina.

"She assessed me to find out if I was a suitable candidate, checking I had enough fat tissue on my stomach to create a new breast and that I had appropriate blood vessels in the abdomen for DIEP reconstruction. Ms Molina was so reassuring; I came out of that appointment thinking positively - it would be OK.

"The whole procedure lasted 7.5 hours and I can honestly say I had the dream team, and

the care at The McIndoe Centre was wonderful. When the time came to leave, I felt prepared to go home and so supported that I could contact the team at any

time. Six weeks post-surgery I was able to lose the Bridget Jones style pants and surgical bra."

"I know some women feel grief after the procedure at losing a breast; I think because I had immediate reconstruction, I didn't experience this."



Miss Alexandra Molina, Consultant Plastic Surgeon

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after the procedure at losing a breast;

I think because I had immediate

"I'm delighted that Antonia has shared her journey. Deciding on what type of breast reconstruction to undergo requires careful thought and consideration. It was a pleasure to support Antonia every step of the way."

Maxillofacial & Oral

We offer a variety of maxillofacial and oral procedures at The McIndoe Centre to treat patients with conditions affecting the mouth, jaw, face and neck. This includes TMJ arthroscopy, tooth extraction, treatment for mouth lesions, dental implants and wisdom tooth removal.





Removal of **Impacted Teeth**

There are numerous reasons why a patient may consider removing teeth. These include severe pain which can be caused by decay, infection or trauma, gum disease, and overcrowded teeth. One of the most common procedures is wisdom teeth removal. Such cases may require a tooth, or multiple teeth, to be removed in order to reduce pain and discomfort, to avoid the risk of infection spreading and the enablement of other teeth to be repositioned.

"Having a breast reduction has given me such confidence."

hen Beverley received the all-clear from her five-year check following ovarian cancer, she felt it was time to address the problems caused by her H-cup breasts.

Beverley, 62, said: "A breast reduction was something I always wanted done. I was constantly adjusting my breasts and would suffer from neck, back and shoulder ache. I was also uncomfortable at night in bed and would have to readjust as my breasts got in

the way when lying on my side."

A friend of Beverley's had already undergone surgery at The McIndoe Centre, so she decided to enquire about breast

reduction surgery, otherwise known as mammoplasty. She booked a consultation with consultant plastic surgeon Miss Alexandra Molina who explained the options available to her. A second consultation confirmed Beverley's wishes and a date for breast reduction surgery was booked in to take her from a H-cup to an E-cup.



The procedure lasted around three hours and roughly 500g of fat, tissue and skin was removed from each breast. Beverley spent one night at The McIndoe Centre before returning home to recover.

"You have to be prepared for scarring, but it was all pretty much pain-free and healed really quickly."

The surgical tape was in place for six weeks, which Beverley changed once a week at home after the first dressing change in an outpatient appointment. Following six weeks of

wearing a post-operative bra, Beverley was soon able to purchase new, smaller bras and enjoy her newfound confidence.

She adds: "I'm very happy I had them done. I feel I now have some shape. This is part of my well-being and body image and having a breast reduction has given me such confidence."



Miss Alexandra Molina, Consultant Plastic Surgeon

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"Breast reduction is one of my favourite operations to do, as patients are generally very pleased with their lighter, uplifted breasts. In addition to younger patients, I have operated on quite a few ladies in their sixties for breast reduction recently most of them say they wished they had done it years ago! But it is important to choose the right time in life for you to have the surgery."

Ophthalmology

We offer a variety of procedures to maintain your eye health and optimise your vision. These include the diagnosis and treatment of conditions such as glaucoma and cataracts, that if untreated can result in blindness, as well as laser and surgical treatments for a deteriorated or damaged cornea. Glaucoma patients can now benefit from Excimer Laser Trabeculostomy (ELT). This minimally invasive procedure enhances fluid drainage, reducing eye pressure—the primary glaucoma risk factor. It's quick, painless, and seamlessly combinable with cataract surgery. We're proud to be the first independent hospital in the country to provide this cutting-edge treatment.





Cataracts

Cataracts is a condition that predominantly affects people over 70, and results from changes in the way the cells of the lens are arranged and their water content, which causes the lens to become cloudy instead of clear. Developing cataracts will cause your sight to become cloudy and misty. The condition, which can affect one or both eyes, is treated by surgery. It is a commonly performed and straightforward procedure that involves removal of the cloudy lens and it's replacement by an artificial lens to help restore your vision.



Glaucoma Treatment

Glaucoma is a condition where the pressure in the eye increases, causing damage to the optic nerve which is critical for sight because it passes signals from the retina to your brain. Without this process we would not be able to see. Glaucoma can lead to a loss of your vision if untreated. The visual loss is usually slow and often has no symptoms. This is why glaucoma is also known as the 'silent thief of sight'. More commonly the peripheral visual field is lost first but glaucoma can affect the central field of vision too. There are various laser treatments available or minimally invasive surgery.

Cornea Treatment

The cornea is the clear window into the eye. When this is scarred or misshapen, treatment is required to remove the scar or to alter the shape of the eye. You can require cornea treatment if damage causes a small hole or infection appears in the cornea, or through degeneration from a condition such as keratoconus – which causes the cornea, to weaken, change shape and become thinner. Most cases of keratoconus can be treated with contact lenses and glasses. However, more severe cases may require a cornea transplant.

"The difference in my vision became very clear. I was absolutely amazed"



fter retiring from a fulfilling career as a chartered surveyor, Bruce Harris* decided to avoid the boredom of retirement and expand his skills to become a driving instructor. It was not until Bruce attended a routine eye test appointment five years later that he discovered his sight was no longer at the required standard and he had to stop the driver training he was enjoying so much. After a lengthy journey through the NHS pathway, Bruce was finally able to receive his treatment at The McIndoe Centre.

Bruce explains: "When I met with my consultant we went through possible causes for the deterioration of my corneas, and it wasn't until then that we worked out it was likely to be the dust from working many summers on hot building sites. He understood the treatment I needed straight away and decided that I required cataract procedures on both eyes, with my left eye being dealt with first. The first procedure then happened the following week.

"I was amazed at the whole process; The McIndoe Centre is just incredible and so modern and clean. From my first appointment for my COVID-19 test to the actual procedure, everything clicked in to place seamlessly. I felt

like the staff who looked after me knew the procedure inside out, they were so informative and reassuring. When it came to the procedure I could not have been cared for better, and although the thought of the surgery can be daunting the first time, I felt no pain at all. It was all over in about 20 minutes, and straight away I was being checked on and offered a hot drink and some delicious food.

"Later that evening at home after I had put my drops in, the difference in my vision became very clear. I was absolutely amazed; I walked over to the bedroom window and for the first time in a very long time, I could see craters on the moon! I also managed to spot the space station, which I could clearly see without any blur. I just could not believe the difference.

"The surgery has meant that I can now reapply to get my driver's licence back, as I can now easily read a registration plate from the specified distance. The change in my vision has also enabled me to carry on with so many projects I couldn't before, in particular the refurbishment of our house. I am looking forward to getting into home repairs again and no longer needing to use a magnifying glass. It has been a brilliant experience all round."

*Patient name has been changed for confidentiality purposes.

Hand Procedures

We offer a variety of hand procedures, to complement those available at our sister hospital, the Horder Centre. These include treatment to correct carpal tunnel syndrome which affects the wrist, as well as Dupuytren's fasciectomy to relieve the contracture that can limit functionality of the hand.





Carpal Tunnel Release

Carpal Tunnel Syndrome (CTS) is a condition that causes pain and discomfort in the hand and wrist due to increased pressure on the nerve that crosses the front of the wrist. This is called the median nerve and runs through a tight tunnel of tendons, allowing you to bend your fingers. You may require carpal tunnel release if you feel pain and discomfort when moving your fingers and wrist. One of the first signs of CTS is numbness in the thumb, index finger and middle finger – symptoms tend to worsen during the night.





Dupuytren's Fasciectomy

Dupuytren's disease is an inherited condition where scar-like tissue forms just beneath the skin of the fingers and the palm of the hand and causes it to thicken and become hard. Eventually, over time, the fibrous tissue can contract and force one or more fingers to curl up into the palm, making it impossible to straighten the fingers. This is known as Dupuytren's Contracture. When the affected finger can no longer be fully extended as a result of scar tissue which has formed in the palm of the hand, surgery involving removal of any affected skin, will be required to restore proper functionality.

Thread Vein Treatment

Thread veins are small, abnormally dilated blood vessels that are often found on the legs. Their presence can lead to feelings of dissatisfaction with your appearance and seriously impact self-confidence. While many people seek thread vein treatment for personal, cosmetic reasons, it is not uncommon for people to seek treatment for reasons of discomfort. Untreated thread veins can lead to further problems regarding mobility and general discomfort.

New Women's Health Clinic

ur recently launched Women's Health Clinic, under the direction of women's health specialist Dr Emma Sloan has proven to be a great success. Initially focused on helping women manage the symptoms of the menopause, we are now enhancing the service with the introduction of a Women's Health Check.

The relentless demands of contemporary life and the delicate balancing act of career, family, and personal aspirations can exert a profound impact on women's overall health and wellbeing, presenting a complex web of physical, mental, and emotional challenges. Trying to juggle these can result in neglecting self-care, regular exercise, and proper nutrition. These cumulative stresses can manifest physically, contributing to an array of health concerns, such as hormonal imbalances. disrupted sleep patterns, and compromised immune systems.

Our exclusive new Women's Health Check has been designed by our specialists to provide an invaluable insight into your overall physical, mental, and emotional wellbeing, reflective of every lifestage. The Health Check will comprise a comprehensive series of medical and psychological tests, carried out in a single outpatient appointment, which include blood tests and screenings for hormonal balance, cholesterol levels, thyroid function, and much more. There will also be a mental wellbeing assessment. Results will be discussed on the day, and reviewed during a follow up consultation, with one of our dedicated GPs



who will provide expert advice and guidance including where and how you may need to adjust your lifestyle, as well as highlight areas where we would recommend medical or emotional support.

Book your Women's Health Check now and feel empowered to navigate the complexities of modern life with vitality.

Acupuncturist Selena Collins pinpoints how HRT works for her



elena Collins, an experienced acupuncturist, had always been adamant she wanted to avoid using HRT due to the negative experience her mother went through on the drug.

Selena explains: "Due to the nature of my work, I was always convinced that I would follow the alternative path when it came to treating menopausal symptoms. In addition to my mother's experience, I had also reacted badly in the past to the Mirena Coil, which cemented my decision.

"I was introduced to Dr Sloan through a friend and attended one of her menopause cafe events. After discussing my fears around HRT and the effects on mental health, she invited me to come and have a consultation with her. I was used to having 10 minutes with my GP to discuss my menopausal symptoms; in this consultation we discussed everything in so much detail including my general health, my symptoms and fears around the medication. She explained it so exceptionally clearly and emphasised how slowly we could start the treatment; I felt safe enough to take a leap of faith to try HRT.

"She rang me once I had started the prescription to check how I was feeling; the whole process was so carefully managed.

"The HRT was a game changer. Within two weeks I was sleeping better, I had an improved appetite and mood and I felt like my zest for life came back. There were no side effects - nothing but positive changes. Being an acupuncturist, I was so sceptical at first but because of my experience many of my colleagues and clients have also now self-referred to Dr Sloan.

"As a result of my consultations. I feel like I have an in-depth understanding of everything that is happening to my body. My advice would be to any woman, if you don't feel you fit in the box that your GP is putting you in regarding your menopausal experience, try a consultation with Dr Sloan and make an informed choice."

Dr Emma Sloan, GP and menopause expert said "A great number of my patients have been suffering unnecessarily with symptoms of menopause for a long time before seeing me, and sadly a huge proportion are at crisis point when I meet them. So much damage can be done, to relationships, jobs and wellbeing for what in most women is a very treatable condition. Some of my patients find it hard to talk to their GP, for a multitude of different reasons. I can offer women the time, the care, and the expertise to help them turn their life around and help to get them back on track."



Dr Emma Sloan, Menopause Specialist

"The benefits of HRT far outweigh the risks for the vast majority of women by relieving menopausal symptoms, allowing them to lead healthy and full lives."

Our Specialist Consultant Team

We have curated the largest team of specialist consultant plastic surgeons outside of London. Here's an A-Z of our team - use the key to the right to see the services each consultant offers.



Opthalmology



Reconstructive M Maxillofacial & Oral



Women's Health



Mr Paul Banwell BSc MB BS FRCS (Eng) FRCS (Plast) Consultant Plastic and Reconstructive Surgeon First consultation £250



Mr Mohamed Elalfy MBBCh, MSc, MD, DRCOphth, FICO, FEBO. FRCS (Ed), FRSC (Glas), **FRCOphth** Consultant Ophthalmic Surgeon First consultation £250





Mr Adam Blackburn BSc(Hons), MB BS(Hons), FRCS(Plast) Consultant Plastic and Reconstructive Surgeon First consultation £220-250



Mr Aakshay Gulati FDSRCS MBBS(Lon), MRCS(Eng), FRCS(Eng) OMFS Consultant Oral and Maxillofacial Surgeon First consultation £100-225





Miss Tania Cubison MBBS, FRCS, FRCS (Plast), RAMC Consultant Plastic and Reconstructive Surgeon First consultation £150



Mr Samer Hamada MD, MSc, DO(hons), FRCSEd, **FRCOphth** Consultant Ophthalmic Surgeon

First consultation £250





Mr Baljit Dheansa MB BS FRCS (Eng) FRCS (Plast) MSc Consultant Plastic and Reconstructive Surgeon First consultation £250



Mr Oliver Harley MBBS, BSc, MBA, FRCSEd(Plastic Surgery) Consultant Plastic and Reconstructive Surgeon First consultation £195







Miss Anita Hazari MB BS, MD, FRCS, FRCS(Plast) Consultant Plastic and Reconstructive Surgeon First consultation £200



Mr Damian Lake MB.ChB.FRCOphth Consultant Ophthalmic Surgeon First consultation £140







Mr Martin Jones BSc(Hons), MBBS, MD, FRCS Ed. FRCS Ed(Plast) Consultant Plastic and Reconstructive Surgeon First consultation £250



Mr Andre Litwin BM FRCOphth Consultant Ophthalmic Surgeon First consultation £180



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Mr Asit Khandwala MBBS MS MCh FRCS (Plast) Consultant Plastic and Reconstructive Surgeon First consultation £220



Mr Simon Mackey BSc(Hons), MB BS, FRCS(Plast) Consultant Plastic and Reconstructive Surgeon First consultation £175





C R



Mr Ian King MA (Oxon) MBBS MRCS FRCS (Plast) Consultant Plastic and Reconstructive Surgeon First consultation £200



Mr Raman Malhotra FRCOphth MB ChB Consultant Ophthalmic Surgeon

G R

First consultation £250







Mr Siva Kumar MBBS BMed.Sci(Hons) MRCS MBA FRCS(Plast.) Consultant Plastic and Reconstructive Surgeon First consultation £TBC



Mr Chris McDonald MBBS BSc FRCS(Plast) Consultant Plastic and Reconstructive Surgeon First consultation £250







Mr Andrew Mellington BMBCh MA MSc FRCS(Plast) Consultant Plastic and Reconstructive Surgeon First consultation £200



Miss Jennifer O'Neill BM BCh (Oxon), MA (Cantab), MRCS (Ena), FRCS (Plast) Consultant Plastic and Reconstructive Surgeon First consultation £200







Miss Alexandra Molina MCBChir, MA(Cantab), FRCS(Plast) Consultant Plastic and Reconstructive Surgeon First consultation £200



Mr Sam Orkar FRCS (Plast) FRCS (Ed) Consultant Plastic and Reconstructive Surgeon First consultation from £170





Mr Charles Nduka MA. MD. FRCS. FRCS (Plast) Consultant Plastic and Reconstructive Surgeon First consultation £200



Mr Marc Pacifico MD FRCS (Plast) Consultant Plastic and Reconstructive Surgeon First consultation £250







Miss Kapka Nenova Master of Medicine, Specialist Ophthalmologist Consultant Ophthalmic Surgeon

First consultation £220



Mr Nicholas Parkhouse DM MCh FRCS Consultant Plastic and Reconstructive Surgeon First consultation £300







Ms Nora Nugent MB BCh BAO, BMedSci, MRCSI, FRCSI (Plast), European Diploma in Hand Surgery (FESSH) Consultant Plastic and Reconstructive Surgeon First consultation £250



Mr John Pereira FRCS (Plast) Consultant Plastic and Reconstructive Surgeon First consultation £130







Mr Mark Pickford MS FRCS (Plast) Consultant Plastic and Hand Surgeon First consultation £150-250



Mr T C Teo FRCS (Plast) Consultant Plastic and Reconstructive Surgeon First consultation £150







Mr Gokulan Ratnarajan BSc MBBS FRCOphth MD Consultant Ophthalmic Surgeon First consultation from £250



Mr Reuben Yap Kannan MB MRCSEd PhD FRCS(Plast) Dip(Otol) HNS Consultant Plastic and Reconstructive Surgeon First consultation £150-200





Mr Bav Shergill BSc, MBBS, MRCP Consultant Dermatologist First consultation £200





Dr Emma Sloan BSc HONS, MB BS, PGCert, MRCGP Women's Health specialist doctor First consultation £289





Mr Ken Sneddon MR BS EDSRCS ERCS Consultant Oral and Maxillofacial Surgeon First consultation £175-200







Contact our Private Patient Team on 01342 488063

The McIndoe Centre

HORDER HEALTHCARE





themcindoecentre.co.uk

Registered Charity No: 1046624

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