

# THE NEW YOU

IS CLOSER  
THAN YOU  
THINK



## The McIndoe Centre

HORDER HEALTHCARE

2025

# McIndoe

“ The McIndoe Centre has a proud legacy as the ‘Home of Plastics,’ rooted in its origins as a pioneering burns unit during WWII. Today, we continue to provide life-changing care through our expertise in plastic, reconstructive, ophthalmic, maxillofacial, and hand surgery, as well as comprehensive women’s health services. Our commitment to safety, quality, and innovation ensures every patient receives the exceptional care they deserve. ”

**Elin Richardson, Deputy Chief Executive**





## The very finest medical expertise on your doorstep

The McIndoe Centre in East Grinstead is a purpose-built medical facility operated by Horder Healthcare. Committed to providing world-class, safe, transparent and life changing healthcare, we are equipped with the very latest technology and home to one of the UK's largest multi-disciplinary teams of consultants and doctors, each a specialist in their respective fields. This means you can enjoy convenient access to world class medical expertise here on your doorstep.

### A proud heritage in plastic surgery

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, our large consultant team and state of the art theatres mean we are able to offer a wide range of aesthetic, reconstructive and remedial surgical procedures.

### Your local centre of excellence in women's health

Our dedicated Women's Health Clinic offers a wide selection of preventive health checks, complemented by expert advice and guidance from our specialist women's health doctors, to offer an unrivalled level of support for women's overall wellbeing at every life stage.

### Here where and when you need us

Not only are we conveniently located, we are also able to provide the support you need without the long delays often associated with treatment through NHS pathways. And with our finance schemes we can help make your treatment affordable too.

## Why choose The McIndoe Centre?

-  **The McIndoe Centre does more cosmetic surgery treatments than any other independent hospital in the UK<sup>1</sup>**
-  **0% APR available<sup>2</sup>**
-  **We are inspected and rated as Good by the Care Quality Commission**
-  **100% of patients rated the experience of their service as very good and good<sup>3</sup>**
-  **100% of patients extremely likely and likely to recommend the hospital to family and friends<sup>4</sup>**
-  **Rated as Outstanding on Doctify with a patient trust score of 4.9<sup>5</sup>**

1. PHIN 1 April 2023 – 31 March 2024. 2. Terms and conditions apply  
3. Patient Survey Questionnaire July-September 2024. 4. Patient Survey Questionnaire July-September 2024. 5. December 2024.



## Our Facilities

Purpose built to offer the highest levels of healthcare and patient comfort, The McIndoe Centre is home to outstanding medical facilities, with modern operating theatres equipped with the very latest technology, as well as a state-of-the-art ophthalmology suite.

Communal areas and patient rooms are stylish and comfortable with ensuite facilities. During your time with us you will enjoy outstanding hospitality, including freshly prepared food made using ingredients that are good for our climate, nature and health.

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.







## Our Treatments

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](http://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.

# “The abdominoplasty surgery was totally worth it. What I wanted to be fixed is fixed”



**P**regnancy is a transformative journey for women, both emotionally and physiologically. Among many changes, alterations in the abdominal muscles and tissues can have lasting effects postpartum.

Alexandra Robinson\* had a challenging pregnancy where she lost four stone due to the severe, persistent vomiting condition called hyperemesis gravidarum. Following the birth of her baby via c-section, she was left with a protruding abdominal pouch. Despite her efforts to adhere to recommended diet and exercise regimes, Alexandra found herself frustrated and disheartened by the lack of progress.

“I had a kangaroo pouch at the front,” Alexandra said. “I tried to put in the effort of exercise, but I plateaued and couldn’t really work out why it wasn’t budging.”

Alexandra works in healthcare and had heard of The McIndoe Centre. After researching which consultants carried out abdominoplasty surgery (a tummy tuck), she booked a consultation with Mr Oliver Harley, Consultant Plastic and Reconstructive Surgeon.

“The consultation was really informative and I wasn’t bombarded with questions and information,” Alexandra explained.

“Mr Harley said it didn’t matter what exercise I did, as I had diastasis recti, a condition where the stomach muscles separate during pregnancy. It was a complete surprise but a relief to hear it wasn’t just down to diet and exercise. He explained anatomically what was going on with me and what the options were’.

Alexandra’s surgery took place in November 2023. She arrived at The McIndoe Centre first thing on Friday morning and was home by Sunday.

“The abdominoplasty surgery was totally worth it. What I wanted to be fixed is fixed. There is a scar but I am really not fazed by it. It’s all really neat. It’s crazy that the pouch has gone. It has altered how I sit and how I stand. I have a waist now, my clothes are hanging off and it’s amazing to get into my old jeans.’

\*Patient name changed for confidentiality



“Alexandra has given an account of the problems she suffered with her tummy after having her children which I hear very frequently from so many patients. Despite this, it was still a big step for her to have tummy tuck surgery and it is heartwarming to know that this treatment has been so transformational for her. I hope she will fully enjoy the summer with her new flat tummy.” - **Oliver Harley**



## 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 performs more breast reconstructions than any other independent UK hospital outside London.\*

\*Private Healthcare Information Network 01 April 2023 – 31 March 2024.





## 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.

# Women's Health

Our Women's Health Clinic offers a comprehensive range of dedicated medical and emotional assessments for women, complemented by expert advice and guidance from our team of specialist women's health doctors.



## Women's Health Check

Our exclusive 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. A consultation with a dedicated women's health GP, enables interim findings to be discussed and patients can share their health concerns. Results are presented in an easy-to-read report, with actionable lifestyle advice and recommendations for medical or emotional support. A follow-up telephone consultation can provide additional insights before planning any suggested next steps.

## Menopause Management

The menopause can be a challenging time for women both physically and emotionally. Our menopause specialist doctors will provide essential guidance through the menopause with helpful medical and lifestyle advice on how to minimise and manage its symptoms.



# Women's Health Portfolio

Our comprehensive Women's Health Portfolio currently comprises six essential health checks and screenings, designed to help you take control of your health with confidence. Whether you have a particular area of concern or are looking for overall peace of mind about your health, our checks cover all the individual tests and assessments essential for a complete picture of your wellbeing. You'll be given reassuring insights that empower you to take control of your wellbeing, actionable lifestyle recommendations, as well as referrals for any further medical or emotional support.

## Bowel Cancer Screen

**£79**

We offer a convenient at-home Faecal Immunochemical Test (FIT) to screen for bowel cancer. This quick, easy self-test is recommended by NICE and can be done privately at home.

## Breast Check Clinic

**£89**

This comprehensive breast health check, includes a consultation with a female GP, a thorough breast examination, and advice tailored to your health to give you peace of mind.

## Annual Health Review

**£249**

Stay on top of your health with this annual check, monitor your general health and look out for early signs of diseases.

## Cholesterol & Diabetes

**£129**

If you are concerned about the possibility of high cholesterol or type 2 diabetes, this is for you. These tests are also intended to assist in monitoring your cholesterol and type 2 diabetes status if you have previously been diagnosed.

## Immunity Profile

**£149**

This package is a perfect glance into your immune system function, and will provide you an invaluable insight into which vitamins you need to top up on to fight infections.

## Complete Blood Test

**£279**

This blood test package checks key aspects of your health and provides insight into organ function.

**Cervical Smear Testing COMING SOON. Enquire for details.**





## Dr Emma Sloan's Blog

According to the Office of National Statistics (ONS), there are almost 11 million people aged 65 and over in the UK today, which is approximately 19% of the population. In 10 years, this proportion is set to increase to 22%. The reducing birth rate and improvements in life expectancy are driving this effect. This clearly puts a strain on the National Health Service, Health and Social Care, and the economy.

Society can make older people feel increasingly invisible – I hear this a lot from my older female patients. Some describe the feeling that they are “shelved” or the sense that they are perceived as “worthless” once they hit their pension years. However, many women over 65 play vital roles, such as caregiving for partners and grandchildren (I know I couldn't have done long shifts in the hospital or overnight on calls without my mother's support with my kids!) We need to take a proactive approach to women's health across the entire course of their lives.

### Understanding the importance of proactive women's health

A 78 year old woman visited for a Women's Health Check, experiencing breathlessness on exertion, general aches, increasing anxiety and poor sleep. She was worried about her weight gain and felt tired all the time.

She had sought a medication review and a discussion about her general health with her GP, but it was a challenge for her to get the outcome she wanted.

She said: “I am told by my GP that aches and pains are just part of being old, and I have to accept them. I feel too embarrassed to speak to my GP again about my health problems, I feel like I am being a burden.”

My heart sinks when I hear older women talk about these experiences, but it doesn't surprise me. In the 2022 “Women's Health – Let's talk about it” survey, which included 100,000 women, 76% of women 70-79 years old felt that they were not listened to by healthcare professionals.

### Preventive care in women's health

Women are living longer than men (82.6 years vs 78.6 years in the UK), but this doesn't translate to more healthy years.

A May 2024 BMJ article highlights that although 51% of the population are women, they live in poor health, suffering from more disability, memory decline, and mental health conditions than men.

The Women's Health Strategy in 2022 has delivered a comprehensive look into why this is the case and calls for more focus on women and their health at all life stages. It outlines that women are under-represented in research and clinical studies and as a result, not enough is known about conditions that only affect women.

The report outlines the need for better services designed specifically for women. It recognises that healthcare professionals need to receive more education about female health matters such as menopause and cardiovascular disease and the differing ways in which they present so they can receive the right treatment earlier.

### Key health concerns for women

Women tend to worry more about cancer than any other disease, but you might be surprised to hear that cardiovascular disease is responsible for more deaths in women than ALL cancers combined.

Being overweight and high sugar levels remain the two biggest factors in ill health, which can lead to type 2 diabetes. In 2019, obesity was more common in women than men (Women's Health Strategy For



England, 2022) and we are at higher risk of cardiovascular disease than men.

The British Heart Foundation is campaigning to raise awareness as studies show that women are more at risk of dying of a heart attack than men due to treatment delay and not treating high blood pressure or raised cholesterol aggressively enough. Perceptions need to change to dispel the misconception that heart disease and heart attacks are a male problem.

### **Taking control of your health at every age**

Staying healthy is a huge priority to most older women and one patient underlined this recently when she told me during her Women's Health Check: "My friend has died recently and I want to check that I am healthy" It is a time when many of us are forced to reflect on our own health and maybe decide that we should start to be more proactive around our health. Patients commonly talk about this being a trigger to book a health check.

The NHS offers free health checks every five years, from the ages of 40 – 74. This is a simple screen to check your cholesterol, blood pressure, BMI, and a diabetic check. At the age of 74, these health checks stop being offered to those without pre-existing conditions.

Here at The McIndoe Centre, we understand that women want to live their fullest lives and want to pick up problems early.

Our Women's Health Check can provide insights into cholesterol, thyroid, and vitamin levels, as well as liver and kidney function, cancer screening for breast and bowel cancer, and the risk of developing cardiovascular diseases.

### **Cornerstones of women's health**

A balanced diet and regular physical activity are foundational to good health. Follow Dr Sloan's top tips for staying well in your older years:

- Remain as active and independent as possible.
- Exercise at least 30 minutes five times per week.
- Keep your mind active with new skills.
- Eat healthily, avoid saturated fats and sugary snacks.
- Stop smoking.
- Drink alcohol within safe limits, no more than 14 units per week.
- Be proactive about your health. I recommend monitoring your blood pressure and aiming to keep it at 140 / 90 or less. Investing in a home blood pressure machine, which you can buy off Amazon, could save your life!
- Look after your mental health - recognise when you feel down or anxious and talk to someone about it.
- Seek medical advice if you notice a change in your health, or if something doesn't feel right.

### **Book a Women's Health Check at The McIndoe Centre**

We believe preventive care and early detection of health risks are key to long-term wellness. Our comprehensive assessment covers a broad spectrum of women's health tests, all conducted on the same day, to provide an overview of your health status. Take charge of your wellbeing and book an appointment with one of our GP and Women's Health Specialists at The McIndoe Centre.

# “As women, we often feel we are not listened to which is so desperately sad. It is a relief to know the Menopause Management Service is there for any future visits.”



**In September 2023 Sarah Jenner began to experience a change in her mood and not feel like herself, all common signs of perimenopause.**

Sarah, 45, from East Grinstead, said: “I felt an irrational rage, which is not like me at all. I felt very emotional and not like myself.

“Although my periods were still regular, they became really heavy. I also started to suffer from vertigo symptoms before and during my period.”

Her local GP was unable to offer an appointment for several weeks, and a subsequent private virtual consultation with an online GP resulted simply in a recommendation for a blood test as the first step.

“I felt like it was a waste of time and was really disappointed because by that point, I had done my research and knew that hormone levels fluctuated throughout the month.”

On learning about the Menopause Management Service at The McIndoe Centre, led by Menopause Specialist Dr Emma Sloan, Sarah booked a consultation.

“I was able to get an appointment quickly. The price was incredibly reasonable. I had plenty of time with Dr Sloan who prescribed medication and had a follow up call six weeks later. Dr Sloan was fantastic.”

**“I was able to get an appointment appointment quickly. The price was incredibly reasonable”**

“As women, we often feel we are not listened to which is so desperately sad. It is a relief to know the Menopause Management

Service is there for any future visits. I want to shout about it from the rooftops and have already told my friends.”

“I now have two sprays of oestrogen HRT in the morning to suit my active lifestyle, and then take two progesterone tablets in the evening for two weeks on then two weeks off. Mentally, I started to feel better very quickly and saw improvements physically after about two weeks.”



“Women going into perimenopause can present in clinic feeling ungrounded, often with increased irritability, rage and anxiety. These uncontrollable emotions can have devastating effects on women’s lives and when women do not receive the right care and support, can end up damaging their relationships and affect their work.” - **Dr Emma Sloan**

## 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.



## Non-surgical Skin Treatment



## 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.

## 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.



## 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.



# Ruth Guillaumier's DIEP breast reconstruction

**W**hen a diagnosis of breast cancer resulted in a mastectomy, chemotherapy and radiotherapy, Ruth Guillaumier, a Maltese mother of three, discovered she was an ideal candidate for DIEP surgery, a breast reconstruction procedure that is still in its infancy in her home country of Malta.

Ruth explained: "When I found out I was going to lose my breast, I tried to convince myself it was not a big deal; I had done my breastfeeding, I've never been vain, and I thought I could do without it. I wanted the lump and the breast out as I thought it was going to kill me.

"My breast surgeon said we could do a

reconstruction, but I felt I didn't need it, I didn't want

it. For me, it wasn't important at the time. I was emotionally numb to it, even on the day of the mastectomy. "They gave me a prosthesis, but the asymmetry and flatness were driving me crazy. I never appreciated my breast before. However, I started thinking about getting it back somehow. I didn't know there were different types of reconstruction."

Ruth's breast surgeon encouraged her to get in touch with Miss Alexandra Molina, Consultant Plastic Surgeon at The McIndoe Centre, who confirmed that Ruth was a good candidate for

**"As soon as I walked into  
The McIndoe Centre,  
I felt a sense of calm."**



DIEP surgery. This procedure that uses the patient's own tissue from the lower abdomen to reconstruct the breast, offering a more natural outcome and avoiding certain complications that can be associated with implants, particularly after radiotherapy.

Following a pre-operation appointment to confirm she was medically fit for surgery she

returned several weeks later for her operation, which took just over 4 hours, and was performed by Miss Molina, joined by Miss Katia Sindali,

a Consultant Plastic, Reconstructive, and Aesthetic Surgeon. Ruth spent three nights at The McIndoe Centre under observation.

Ruth said: "A few days after arriving home, I started driving, went to work, put on normal clothes and wore high heels. It was as if I hadn't had anything done."

Ruth is very satisfied with the end result and is now going to return for nipple reconstruction and possibly a small uplift of the other breast, as the next phase of her reconstructive journey.



"Performing Ruth's DIEP breast reconstruction was an extremely rewarding experience. She is a motivated, intelligent patient and kept me on my toes asking very sensible questions! In the end Ruth had a team of two specialist female surgeons operating on her, which is quite unusual."

**Miss Alexandra Molina, Consultant Plastic Surgeon**

# 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.



## 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.

## 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.

## 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.

# “Being 50 and not being able to drive at night was affecting my life”



**K**elly Bryant’s long and short-sighted vision was deteriorating and began to impact her work and daily activities.

When a routine eye appointment with her optician revealed cataracts in both eyes, Kelly decided to have cataract surgery at The McIndoe Centre to replace the cloudy lens with a clear artificial lens.

Kelly said: “Being 50 and not being able to drive at night was affecting my life.

When I realised I had cataracts in both eyes and I would eventually have to have the procedure done, I decided I would have it done sooner rather than later.”

Mr Gokulan Ratnarajan, Consultant Ophthalmic Surgeon who carried out the procedure, said: “The latest innovation in the lens market is a new lens called PureSee by Johnson and Johnson. I spent time with Kelly during the consultation and once we talked through her lifestyle, we decided to go with the PureSee lens in both eyes.”

**“Six weeks on, the procedure has been life changing...”**

**I am so pleased I had it done.”**

Kelly added: “I was quite anxious before the procedure, but from the minute I came in – from reception to the nursing staff - it was fantastic. They all put you at ease.”

“Mr Ratnarajan talks you through the whole thing while he is performing the procedure, so I felt ever so calm. It was really easy.

“After the surgery, I was discharged one hour later. I could see straight away; it was slightly blurry, but within 24-48 hours, that had completely cleared up.

I was back at work within four days, and gradually, my eyesight improved immensely over the next 7-10 days.

“Six weeks on, the procedure has been life changing. I can go to the gym, follow programs on my phone without taking my glasses on and off, and in spin classes, I can actually see the dial now. It has made a huge difference and I am so pleased I had it done.”



## **Mr Gokulan Ratnarajan, Consultant Ophthalmic Surgeon**

“The latest innovation in the lens market is a new lens called PureSee by Johnson and Johnson. I spent time with Kelly during the consultation and once we talked through her lifestyle, we decided to go with the PureSee lens in both eyes.”

# Our Specialist Team



We have curated one of 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.

## KEY

- C** Cosmetic
- R** Reconstructive
- H** Hand

- O** Ophthalmology
- M** Maxillofacial & Oral
- N** Neurology
- W** Women's Health

## CONSULTANTS



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

**C R**

[See profile online >](#)



**Miss Tania Cubison**  
MBBS, FRCS, FRCS (Plast), RAMC  
Consultant Plastic and Reconstructive Surgeon  
First consultation £200

**C R**

[See profile online >](#)



**Mr Oliver Bernath**  
State Exam (Germany)  
Consultant Neurologist  
First consultation £250

**N**

[See profile online >](#)



**Mr Omar Dawood**  
M.B.Ch.B, MRCS (Eng), MRCS (Edinburgh), MD, FEBOPRAS, FICMS (Plast) FRCS (Plast)  
Consultant Plastic Surgeon  
First consultation £200

**C R H**

[See profile online >](#)



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

**C R**

[See profile online >](#)



**Mr Baljit Dheansa**  
MB BS FRCS (Eng) FRCS (Plast) MSc  
Consultant Plastic and Reconstructive Surgeon  
First consultation £300

**C R**

[See profile online >](#)





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



[See profile online >](#)



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



[See profile online >](#)



**Mr Aakshay Gulati**  
 FDSRCS MBBS(Lon), MRCS(Eng),  
 FRCS(Eng) OMFS  
 Consultant Oral and  
 Maxillofacial Surgeon  
 First consultation £100-250



[See profile online >](#)



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



[See profile online >](#)



**Mr Samer Hamada**  
 MD, MSc, DO(hons), FRCSEd,  
 FRCOphth  
 Consultant Ophthalmic Surgeon  
 First consultation £350-£400



[See profile online >](#)



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



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



[See profile online >](#)



**Mr Damian Lake**  
 MB.ChB, FRCOphth  
 Consultant Ophthalmic  
 Surgeon  
 First consultation £250



[See profile online >](#)



**Miss Anita Hazari**  
 MB BS, MD, FRCS, FRCS(Plast)  
 Consultant Plastic and  
 Reconstructive Surgeon  
 First consultation £225



[See profile online >](#)



**Mr Andre Litwin**  
 BM FRCOphth  
 Consultant Ophthalmic  
 Surgeon  
 First consultation £250



[See profile online >](#)



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



[See profile online >](#)



**Mr Simon Mackey**  
 BSc(Hons), MB BS, FRCS(Plast)  
 Consultant Plastic and  
 Reconstructive Surgeon  
 First consultation £250



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**Mr Raman Malhotra**

FRCOphth MB ChB  
Consultant Ophthalmic Surgeon

First consultation £250



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**Ms Nora Nugent**

MB BCh BAO, BMedSci, MRCSI, FRCSI (Plast),  
European Diploma in Hand Surgery (FESSH)

Consultant Plastic and Reconstructive Surgeon

First consultation £275



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**Mr Chris McDonald**

MBBS BSc FRCS(Plast)  
Consultant Plastic and Reconstructive Surgeon

First consultation £250



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**Miss Jennifer O'Neill**

BM BCh (Oxon), MA (Cantab),  
MRCS (Eng), FRCS (Plast)

Consultant Plastic and Reconstructive Surgeon

First consultation £200



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**Mr Andrew Mellington**

BMBCh MA MSc FRCS(Plast)  
Consultant Plastic and Reconstructive Surgeon

First consultation £200



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**Mr Sam Orkar**

FRCS (Plast) FRCS (Ed)

Consultant Plastic and Reconstructive Surgeon

First consultation from £190



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**Miss Alexandra Molina**

MCBChir, MA(Cantab), FRCS(Plast)

Consultant Plastic and Reconstructive Surgeon

First consultation £200



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**Mr Marc Pacifico**

MD FRCS (Plast)

Consultant Plastic and Reconstructive Surgeon

First consultation £275



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**Mr Charles Nduka**

MA, MD, FRCS, FRCS (Plast)

Consultant Plastic and Reconstructive Surgeon

First consultation £250



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**Mr Nicholas Parkhouse**

DM MCh FRCS

Consultant Plastic and Reconstructive Surgeon

First consultation £350



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**Miss Kapka Nenova**

Master of Medicine, Specialist Ophthalmologist

Consultant Ophthalmic Surgeon

First consultation £220



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**Mr John Pereira**

FRCS (Plast)

Consultant Plastic and Reconstructive Surgeon

First consultation £150



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



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**Pratibha Veeramani**  
 MBBS, BSc, MMed Ed, FRCOphth  
 Consultant Ophthalmologist  
 First consultation £275



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



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



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**Mr Bav Shergill**  
 BSc, MBBS, MRCP  
 Consultant Dermatologist  
 First consultation £225-£275



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**Ms Katia Sindali**  
 MBBS, MRCS, MSc, PGCert Med Ed, EBOPRAS, FRCS(Plast)  
 Consultant Plastic, Reconstructive and Aesthetic Surgeon  
 First consultation £250



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**Mr Ken Sneddon**  
 MB BS FDSRCS FRCS  
 Consultant Oral and Maxillofacial Surgeon  
 First consultation £175-200



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**Mr T C Teo**  
 FRCS (Plast)  
 Consultant Plastic and Reconstructive Surgeon  
 First consultation £200-225



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**GPs**



**Dr Victoria Fielding**  
 MBBS MRCGP DRCOG DFSRH  
 Women's Health Specialist  
 First consultation from £250



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



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**NURSES**



**Claire Judge**  
 RGN, NIP (Nurse independent prescriber)  
 Specialist Nurse - Sclerotherapy  
 First outpatient consultation £70

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## The McIndoe Centre

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