

AD FEATURE Cosmetic surgery boom continues post-covid with these five popular UK procedures

According to the latest available figures from industry body, The British Association of Aesthetic Plastic Surgery, 31,057 cosmetic procedures took place in 2022, up 102% from the previous year.

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 **The McIndoe Centre was built in 1997 as a legacy to Sir Archibald McIndoe** (Image: Stock image - Getty Images)

The McIndoe Centre, a specialist centre for plastic and reconstructive surgery based in East Grinstead, has seen a significant rise in number of enquiries, with people keen to know more about everything from smoothing out fine lines and wrinkles and removing excess fat, to changing the size and shape of their breasts, and altering the shape of their nose.

What are the most in-demand surgical procedures?

According to the [latest available figures](#) from The British Association of Aesthetic Plastic Surgery, the five of the most popular surgical procedures for men and women in 2022 are:

Breast augmentation (enlargement)

For women wanting a fuller bosom, a breast enlargement involves inserting breast implants behind the breast tissue, either under or over the pectoral muscle.

Blepharoplasty (eyelid surgery)

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

Breast reduction

Breast reduction surgery, otherwise known as mammoplasty, is carried out to reduce the size of larger, heavier breasts. This procedure reduces the volume of the breast which could balance your body's proportion and could reduce the health problems that are associated with overly large breasts.



Always seek independent medical advice and give the procedure careful consideration (Image: Stock image - Getty Images)

Abdominoplasty (tummy tuck)

Diet and exercise are both great for mental and physical health, but some people have considered getting plastic surgery such as an abdominoplasty, to alter their physical appearance.

A tummy tuck, also known as an abdominoplasty, is a procedure to get rid of stubborn fat pockets to give the appearance of a firmer, flatter abdomen and address loose skin which can result from pregnancy, weight loss or the natural ageing process.

Liposuction

This is a treatment for people who struggle to lose weight through natural means such as dieting. It involves removing fat pockets from trouble areas including the stomach, underarms, thighs and hips.

Cosmetic surgery is an invasive procedure, is not risk-free or a solution to personal problems, and is not to be performed on anyone under 18 years old. Always seek independent medical advice and give the procedure careful consideration before going ahead. Results may vary depending on the age and health of the person.

The McIndoe Centre: built on a pioneer's legacy

Many people mistakenly think they need to travel to London's Harley Street for plastic surgery procedures, not realising that experienced consultants and purpose-built medical facilities are available right on their doorstep.

The McIndoe Centre was built in 1997 as a legacy to Sir Archibald McIndoe who is a well-known figure in history as he worked on the old burns unit site and performed surgery on injured servicemen during World War II. Today, as a provider of a range of popular surgical treatments, the McIndoe Centre prides itself on continuing that dedication to plastic surgery, innovation and providing natural-looking results for its clients.

The team is committed to treating everyone who enters its doors with kindness, respect and dignity - with the satisfaction of patients as the centre's priority.



[📍 You can find the McIndoe Centre in East Grinstead](#)

The A to Z of plastic surgery

With a large team of [specialist consultant plastic surgeons](#) under one roof, The McIndoe Centre can offer a comprehensive range of treatments to address the widest variety of patient concerns and medical needs. From an abdominoplasty to a Z-plasty for scar revision and everything in between, The McIndoe Centre is there to help.

There are many treatments which are commonly sought after by people today, especially those which help to smooth out the appearance of fine lines and wrinkles. There are a host of non-surgical options that are also available and ought to be considered, though you may find surgery is more effective. However, results may vary depending on the age and health of the person and it is recommended that you seek medical advice before making a decision.

Need more information?

If you have ever considered a cosmetic procedure to change your appearance or for health reasons, get in touch with the McIndoe Centre for a consultation.

Find out more at themcindoecentre.co.uk or call the patient coordination team on 01342 488 056.