

Your recovery and ongoing care

www.stuartlloyd.com

Our nursing staff are very experienced in post operative recuperation, ensuring that throughout your stay you receive the attention and care to help you recover swiftly. The Consultant Plastic Surgeons are supported by highly trained and dedicated nursing staff and a medical team is available 24 hours a day. Stringent control procedures ensure a very low risk of post operative infections. A copy of our infection

We hold cosmetic surgery introductory seminars throughout the year and if you are interested in attending one, please contact us.

For information on all procedures or to book a consultation please contact us.
Sancta Maria Hospital
Ffynone Road, Swansea SA1 6DF
Tel: 01792 479040
email: enquiries@sanctamaria.co.uk
www.sanctamaria.co.uk



control policy is available on our website and at the hospital for your information.

After surgery, we would like to reassure you that we are here for you. A series of follow up appointments will be scheduled, depending on the procedure, to ensure that the surgery has been a success and to make sure everything is proceeding as it should.

On leaving Sancta Maria Hospital, you may wish to recuperate further at one of the beautiful, good quality hotels in Swansea or Gower. We can arrange a special package deal for you to help speed up your recovery, whilst remaining close to us.

In addition, throughout your recovery our team is available for you to contact 24 hours a day in case you have any concerns.

How to find us

The hospital is two miles west of the city centre and central railway station, in the Uplands area of Swansea, behind St James Church on Walter Road. Buses run regularly along Walter Road. There is parking at the front of the building and access to the main reception area is via a stepped entrance. Patients and visitors who may find difficulty with the main steps may use the entrance at the rear of the hospital.



Look Good, Feel Good



Cosmetic Surgery
at Sancta Maria Hospital

Sancta Maria Hospital – the right choice for you



As the leading provider of cosmetic surgery in Swansea and West Wales, Sancta Maria Hospital is dedicated to enriching peoples lives. Established over 50 years ago, the hospital is recognised as providing excellent surgical services from an experienced, highly skilled Consultant led team.

We provide the most up to date range of treatments and services for men and women, in a safe and clean environment.

Arrange a Consultation

There are many different reasons for having cosmetic surgery but for most it's the first step towards gaining renewed confidence. Many people have considered surgery long before taking the first step of consulting a specialist Plastic Surgeon. Having a consultation at Sancta Maria Hospital is a great opportunity for you to ask all the questions you may have about your chosen procedure, giving you peace of

mind. You will actually get to meet your Consultant Surgeon giving you the opportunity to ask all your questions, ensuring you are informed and happy with the whole process.

This initial consultation will allow the Consultant to make a professional assessment of your requirements and help you set realistic expectations of what your chosen treatment can achieve for you.

Your Stay at Sancta Maria Hospital

Swansea Bay, Mumbles and the Gower Peninsula

It is a well known fact that sea air is very therapeutic and Sancta Maria Hospital is perfectly located to enjoy the vista of Swansea Bay. It is also only a few miles from Swansea's city centre, Maritime Quarter and SAI the area that has become a role model for other waterfront redevelopments.

Heading west, Sancta Maria Hospital is just a short drive from, Mumbles, a fashionable little sailing, shopping and eating centre providing a gateway to the 19 mile long Gower Peninsula, Britain's first 'Area of Outstanding Natural Beauty'.

Stay a bit longer and enjoy this popular holiday area

You can take the opportunity, after you have had your treatment, to stay in the region to rest further or to explore and enjoy the area. Special short break rates have been arranged with a luxury city centre hotel, central for all the typical city centre amenities and only a few miles from Mumbles and the Gower Peninsula. The hotel also boasts a rosette for its food and leisure facilities including a spa and swimming pool.

Book your break via Sancta Maria Hospital when booking your treatment.



The Sancta Maria Hospital experience

With a friendly, professional and caring atmosphere, Sancta Maria Hospital provides the very highest standards of modern medical care in a small, friendly, cottage hospital environment. Our facilities include an operating theatre, outpatient consulting rooms, individual patient bedrooms and access to diagnostic services.

Your stay will be both comfortable and peaceful. If you're staying overnight or longer, you'll have plenty of rest and sleep in the privacy of your own room, with television, radio, telephone and nurse-call system.

During your stay, you will be provided with a food menu giving an excellent choice of dishes. Our catering team will provide nutritious options for those with special diets. Much of the produce is sourced locally and freshly delivered each day.



The Sancta Maria Hospital Team

The team at Sancta Maria Hospital will be with you every step of the way, from making an initial appointment with a Consultant Plastic Surgeon of your choice, to providing the best after care and follow up treatment.

All our surgeons are accredited NHS Consultant Plastic Surgeons, having undergone an accredited training in plastic surgery within the U.K. All have qualified as FRCS (Plast) and are members of the British Association of Plastic Reconstructive and Aesthetic Surgeons or the British Association of Aesthetic Plastic Surgeons.

Using the 'Find a Consultant Plastic Surgeon' section on the Sancta Maria Hospital web site, www.sanctamaria.co.uk you can view profiles of the consultants who practice here.

Responding to *your* requirements



No waiting list

At Santa Maria Hospital there is no waiting list. If you decide to go ahead, we will arrange your consultation and treatment at a time to suit you.

How to book your treatment

When you are ready to book your treatment, simply call Santa Maria Hospital on 01792 479090 and we will be happy to guide you through every stage and take care of all the administration for you. We will book you in for a suitable date and advise you about what to bring on the day, the length of your stay and what to expect.

When you decide to go ahead, you will have a pre-operative medical screening. The procedures will be fully explained and you will be told everything you can expect to happen on the day and afterwards. We will also ensure you are fit and healthy.

Payment and pricing

Cosmetic surgery is not covered by health insurance. After you've had an initial consultation with a Consultant Plastic Surgeon, we will be able to give you a fixed price for your treatment so that you can budget ahead with confidence. The fixed price will include all hospital charges, Consultant Surgeon and Anaesthetist fees and one follow-up consultation.

You may wish to consider Santa Maria's self pay finance option. Subject to status, we can arrange finance or spread payment options on your behalf.



Some of the procedures available

The following are just some of the more popular procedures available at Santa Maria Hospital, however, please visit www.sanctamaria.co.uk to find the complete range of treatments or call us directly on 01792 479040 with any enquiries you might have.

Face Lift

A facelift is an operation to improve, or lift the loose skin of the face, to make it appear tighter and smoother. As part of the aging process, which happens to us all sooner or later, our skin progressively loses its elasticity and our muscles tend to slacken. The stresses of daily life, effects of gravity and exposure to the sun can be seen on our faces.

The best candidate for a facelift is someone whose face and neck has begun to sag, but whose skin still has some elasticity, and whose bone structure is strong and well defined. Most patients are in their forties to sixties, but facelifts can be done successfully in your seventies or eighties.

A facelift will give you the appearance of looking younger and more vital.

Nose Reshaping

This is a cosmetic surgical procedure known as Rhinoplasty. It is designed to improve the appearance or shape of the nose. It can be used to alter the appearance of the nose following an injury or because you are unhappy

with a particular aspect of your nose. This procedure is usually carried out under general anaesthetic.



Ear Reshaping

Known as Otoplasty, this is an operation to set back prominent ears.

It involves adjusting the shape of the cartilage to allow the ear to lie closer to the side of the head.

The operation is carried out from behind the ears, leaving a small scar close to the groove between the ear and the side of the head. Where the lobe of the ear is especially large, a small procedure to reduce its size may also be required.

Eyelid Lift

Known as Blepharoplasty, this is a cosmetic surgical procedure to improve the appearance of ageing or loose skin of either or both upper and lower eyelids. The natural ageing process causes less elasticity of the skin and this in turn leads to a drooping of soft tissues including the eyelids.

The procedure allows for excess skin and tissue to be removed on either the upper or lower eye area.



Breast Enlargement

Known as Breast Augmentation, this is a cosmetic surgical procedure to increase the size of the breasts. Breast augmentation will also correct slight sagging of the breast and can increase breast firmness.

A similar procedure can sometimes be used to recreate a breast after mastectomy. Breast augmentation is useful if your breasts are unequal in size or if they have decreased in size following pregnancy.

There are currently several techniques for augmentation mammoplasty. They all involve the insertion of an implant either behind the breast tissue or behind the pectoral muscle.

The goal of your surgery is to augment your breasts to a size that is in better proportion with your physique.



Breast Reduction

Breast reduction is a cosmetic surgical procedure aimed at reducing overly large or sagging breasts to a more comfortable size and shape. It is also useful if your breasts are unequal in size or if they have increased in size following pregnancy.

The procedure may be indicated if you feel uncomfortable with your large breasts. You may suffer pain in the breasts, shoulders, lower neck and back. You may also have discomfort during physical activity. A breast reduction can reduce these problems, enhances the posture, and helps improve your overall appearance and self-esteem.

There are currently several techniques for breast reduction, and all aim to remove excess breast tissue, recontour the breasts and reposition the nipples.

Breast Uplift

Known as Mastopexy, this is a cosmetic surgical operation to reshape the breasts so they look more youthful and firm.

The operation is normally carried out under a general anaesthetic and will often involve an overnight stay in hospital, depending on the extent and size of the procedure. Pleats of surplus skin are removed from underneath the breasts, the breasts are remodelled into a tighter cone and the nipples are repositioned at a higher level. Mastopexy can also reduce the size of the areola (the darker skin surrounding the nipple).

The best results are achieved in women with small sagging breasts, although breasts of any size can be lifted.

Liposuction

Liposuction is a technique used to remove unwanted fat deposits.

The unsightly distribution of body fat is usually due to an inborn tendency to deposit fat in one particular area of the body, most commonly the hips. Other areas include the neck, arms, tummy, thighs, inner side of the knees and ankles. The growth of a benign fat tumour (lipoma) can also be a disfigurement and in men fatty deposits can develop under the nipples to look like breasts.

Liposuction can be used to reduce the bulk of localised areas of fat.

The operation is normally carried out under general anaesthetic.

Surgery is neither a substitute for weight reduction nor a cure for obesity.



Tummy Tuck

Known as Abdominoplasty, this is a cosmetic surgical procedure designed to remove excess skin and fat from the middle or lower abdomen and to tighten the abdominal muscles. Multiple pregnancies and marked fluctuations in weight are most frequently responsible, as they stretch the abdominal wall tissues.

Although proper diet and exercise may improve the contour of the lower abdomen up to a point, no amount of exercise will take away skin laxity and stretch marks. In addition, some surgical scars on the lower abdomen, such as those produced by caesarean section, may be improved by abdominoplasty.

Surgery is neither a substitute for weight reduction nor a cure for obesity.

Liposuction of the hips and upper thighs may be done in association with abdominoplasty.

