

# Harley Street comes to Buckinghamshire

Have you ever considered cosmetic surgery but were confused about where to go? You will have probably heard of Harley Street but didn't want to travel that far, well worry no more as cosmetic surgery is now closer to home!

Mr Richards is a qualified surgeon and for the last 12 years he has specialised in plastic surgery. Being a member of both the British Association of Plastic Surgery (BAPS) and the British Association of Aesthetic Plastic Surgeons (BAAPS), the leading British Professional bodies for plastic and reconstructive surgery.

Mr Adrian Richards is one of the busiest cosmetic surgeons operating in this area. Mr Adrian Richards was a former Consultant Plastic Surgeon at Stoke Mandeville NHS Trust. His private clinics are based in ideal locations, being close to all amenities including public transport. These clinics are situated in Shelburne Hospital in High Wycombe, Three Shires in Northampton and the Saxon Clinic in Milton Keynes. Mr Richards finds more of his patients prefer to consult with him locally, and have their operations closer to home at their

local private hospital.

Adrian Richards, works with a team of Specialist Aesthetic Nurses along with the support of associated consultants and professionals all of whom are recognised experts in their fields, each are on the specialist register of the General Medical Council (GMC) for plastic surgery.

Mr Richards is a founder of Cosmetic Courses, which provides training to medical practitioners entering the aesthetic market, he is also an author and has written a best-selling book called 'Keynotes on Plastic Surgery'. Adrian Richards was voted **no 1 Plastic Surgeon in the Home Counties (Daily Mail), and Top Breast Surgeon (Independent on Sunday)**.

The team are able to deliver non-surgical treatments that are highly effective in softening lines and wrinkles, improving skin quality. As a leading practice in the UK for cosmetic surgery procedures Adrian Richards offer you professional quality, care and service, from first contact through consultations and procedure, to full discharge from care. Their aim is to ensure that through effective consultation you can make an informed

decision on the treatments and procedures available, you will have complete confidence in your surgeon and his support team.

**These are just a few of the procedures on offer by Adrian Richards:**

#### • Surgery of the face

MACS Face Lift, Face Lift, Eyelid Correction, Nose Correction, Ear Correction, Brow Lift, Cheek Implant, Chin Reduction, Laser Skin Resurfacing.

#### • Surgery of the chest

Breast Augmentation, Breast Uplift, Breast Reduction, Inverted Nipple Correction, Breast Capsulectomy, Male Breast Reduction and nipple reduction.

#### • Surgery of the body

Tummy Tuck and Body Contouring

**If you wish to find out more about surgery or arrange a complimentary consultation please contact: Tel: 0800 328 5743 mentioning Limited Edition**

**Website: [www.arandassociates.co.uk](http://www.arandassociates.co.uk)  
Email: [advice@arandassociates.co.uk](mailto:advice@arandassociates.co.uk)**

## Facelift surgery

As we age gravity affects the face causing it to drop. Facelift surgery is designed to reverse these changes and replace the tissues in their previous position.

As techniques have improved plastic surgeons have developed different facelift techniques depending on each patients requirements. Every face is different and surgery should be tailored to your features to achieve the best, most long standing and natural results.

Below are some of the questions I am frequently asked by patients considering facelift surgery:

#### Will it work?

Following a facelift most patients look between 8-10 years younger. This is achieved by lifting the cheeks, jowls and neck regions to their previous position. Importantly lines on the forehead and within the goatee beard area will not improved by a facelift alone. Non-surgical injection techniques are very effective in these areas and are often combined with facelift operations.

#### Will it tighten the skin of my neck?

A facelift should really be known as a face and neck lift as it improves both areas. Loose skin in the neck and face is tightened and the underlying muscles replaced in their former position.

#### How long will it take me to recover?

With modern advances in surgical and anaesthetic techniques the recovery time has been significantly reduced. Most patients feel confident to go out in public after 10-14 days.

#### Will everyone notice?

Interestingly no. The aim is to make you look like you- only younger and fresher. Friends and colleagues may notice that you look better but attribute it to being rested or having enjoyed a good holiday. If they do suspect most are too polite to mention it.

#### What are the dangers?

With modern techniques the risks have been significantly reduced. However as with any operations there are risks. Heavy smokers and patients who have serious chest or heart conditions are often counselled against surgery.

#### What is the ideal age to have a facelift?

The signs of facial aging begin to appear from the mid-thirties onwards. Modern face-lift techniques include mini-face lift procedures which are specifically designed for people in their 40's. These involve less downtime and a quicker recovery. To achieve the most natural result it is best to treat facial aging earlier rather than later before irreversible changes have occurred.

#### How long will the effects last?

Generally facelifts make patients look like they did 8-10 years previously without looking unnatural. The face then ages at the same speed it did previously.

**Mr Adrian Richards, Plastic and Cosmetic Surgeon**

