

Q&A

with Mr Ahid Abood, Private Plastic Surgeon



What made you want to be a plastic surgeon?

I was fascinated with the broad range of techniques used by plastic surgeons and the ability to operate all over the body and treat a variety of conditions. Being able to carry out a complex reconstructive procedure and to make it look aesthetically pleasing is extremely satisfying.

What do you enjoy most about your job?

There are so many things! I'm lucky that surgery is really like a hobby and I'm fortunate enough to be able to work both in the NHS and also to have my own private clinic. Each setting enables me to meet a wide range of people with very different issues.

What are the most common cosmetic procedures?

The most common procedures I carry out are breast enlargement, breast reduction and tummy-tuck surgery. This is probably a reflection of the most popular procedures in the UK in general.

Should patients research their plastic surgeon?

Absolutely. I'm frequently surprised by how little people have researched me before their initial

consultation. If one is considering cosmetic surgery then at the very least they should make sure that their surgeon is on the specialist register for plastic surgery that is held by the General Medical Council (GMC). In the UK, full members of BAPRAS have all had full specialist training (British Association of Plastic, Reconstructive & Aesthetic Surgery).

What do you think about the idea of going overseas for cosmetic surgery?

Generally speaking, it's a bad idea. There are some very well-trained plastic surgeons outside the UK but it can be difficult to check. Other countries have different standards and systems which makes it difficult to find out if a surgeon overseas is fully trained. No procedure is free from risk and complications after cosmetic surgery can occur whether your surgery is carried out in the UK or abroad. However, if you choose to have your surgery in the UK, the consultant plastic surgeon who conducted the surgery will provide you with any necessary aftercare. This kind of reassurance cannot easily be provided when travelling overseas. ■

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