

## Professor Charles M. Malata

### Cosmetic Surgery Practice Guidelines – Effective May 2020

***Cosmetic Surgery is elective surgery. Prof Malata puts your safety ahead of all other considerations. Thus, it is important that you understand his practice guidelines***

- Cosmetic surgery patients who have more than 2 surgical risk factors are not accepted for surgery e.g. *diabetes, high blood pressure, smoking, high BMI (>30), multiple medications, any systemic disease, unrealistic expectations*. A formal anaesthetic or medical or psychologist's opinion will be requested if there is any doubt.
- Professor Malata's cut off BMI for combination cosmetic surgery is 33. **Patients with BMI's over 35 are excluded from any cosmetic surgery until they have lost weight!** (cancer & emergency surgery patients are exempt from this requirement).
- Patients are advised that attending **2 consultations** (2<sup>nd</sup> one free) will be required for:
  - All cosmetic surgery patients and all breast reconstruction patients.
  - Patients must have had a consultation in the last 3 months prior to surgery.
- All patients are required to have a minimum **2 week "cooling off" period** between the initial consultation and operation date. Cosmetic surgery is not an emergency! Price quotations will be requested from the hospital by the secretary following your consultation & should be sent to you by the hospital within the 2-week timescale.
- Prof Malata does not undertake cosmetic surgery in patients under 18 years of age.
- Pre and postoperative photographs are standard for documentation & medicolegally.
- Patient travelling from abroad should ensure they have sufficient time in the UK to recover from surgery – variable according to the operation: minimum 2 weeks. Please note that the Nuffield Hospital only accepts UK residents with an NHS number.
- Combination or simultaneous cosmetic surgeries is limited to **2 procedures at a time** & only possible in select patients (with no underlying medical problems).
- All breast augmentation patients should see/ feel the breast implant samples and try out the sizers in clinic or at home. It is important that you view photos of Prof Malata's previous patients on his website or in person (powerpoint presentation).
- Any patient opting for a technique contrary to Prof Malata's recommendation for best outcome because of cost or downtime or preference [*breast enlargement vs breast lift, neck lift vs face lift, upper lid blepharoplasty vs brow lift, liposuction vs abdominoplasty, Minitummy vs full tummy tuck, rhinoplasty instead of a chin augmentation, mini vs full facelift*] will need to confirm that they fully understand that the results are not comparable!
- Liposuction: No liposuction involving more than 5 litres of total aspirate will be undertaken (roughly 3 litres of pure fat) at any one sitting.
- Surgery will be declined:
  - a) In patients refusing pre-admission ± anaesthetic assessment (or psychologist if deemed appropriate by Professor Malata).
  - b) If Prof Malata is not convinced of your motivation / realistic expectations.
  - c) In smokers who refuse to commit to stop smoking or significantly reduce this.