

CA CHRISTOPHER ABELA
— Consultant Plastic Surgeon —

Professional | Approachable | Bespoke



British Association of Plastic, Reconstructive and Aesthetic Surgeons.
British Association of Aesthetic Plastic Surgeons.
Royal College of Surgeons of England.
Royal Society of Medicine.

Putting you first

Our philosophy

Patient care is the first and foremost priority of consultant plastic surgeon Chris Abela and his team. Your unique set of individual needs and circumstances will be the primary consideration in determining your bespoke package of care.

We pride ourselves in offering you the very best experience in care. Our overarching philosophies encompass:

- a safe and evidence based approach to the medicine and surgery we provide, executed accurately to prevent complications with meticulous reflection on results
- holistic and honest consultations to enable you with a better quality of life, long after you have been discharged
- providing the right infrastructure and personnel to take care of you and support you along your journey

All this is done within the most comfortable of surroundings and with discretion in mind.

Services

We offer the following private services in a selection of locations across Marylebone, Chelsea, Kensington, Fulham and Wimbledon

- Facial surgery
- Skin surgery
- Reconstructive and paediatric plastic surgery
- Body contouring and cosmetic surgery
- Hand surgery
- Non-surgical treatments

Preparing for surgery

It is important to prepare for surgery both physically and mentally. Please discuss with Chris any personal situation that may impact on your surgery.

There are several general points to consider, listed below:

- As a general rule, the healthier you are prior to surgery, the quicker you will recover. This involves sensible eating and regular exercise.
- Smoking can affect skin quality and wound healing, it compounds the risks of any general anaesthesia, particularly if surgery is lengthy. Giving up is strongly advised. If this is not possible, refrain from smoking for the two weeks prior to surgery and the first six weeks after.
- Think about childcare (if applicable), with particular reference to your mobility afterwards.
- You may have some choice over the location of your recuperation to facilitate assistance from friends and family or attendance to appointments, which you can discuss with Chris.
- Avoid undertaking major surgery when life is too complex, or immediately prior to a life event.
- With surgery after massive weight loss, a stable weight that you are happy with is essential to achieve good results that last.

It is natural to use the internet to research information, however please be mindful amongst the very helpful and accurate descriptions there is some unreliable and misleading information. Chris can clarify any factual discrepancies at your consultations.

Taking the next steps

It is important to prepare for surgery both physically and mentally. Please discuss with Chris any personal situation that may impact on your surgery.

- 1. INITIAL APPOINTMENT**
During this 40 minute appointment, Chris will establish your specific requirements, your medical background and provide you with appropriate surgical and non-surgical options. He will also answer any questions you may have.
- 2. PLAN AND QUOTE**
A plan will be put together that best suits your medical and logistical requirements. This will always be devised with safety as the priority. For Self-pay patients, you will be sent an all-inclusive quote with a breakdown of costs.
- 3. COOLING OFF PERIOD**
Time for you to reflect on the information provided and decide whether the treatment advised is the right route for you.
- 4. SECOND APPOINTMENT**
If you decide to proceed with Surgery, this is an opportunity to finalise plans and timescales. This can be done via E-mail, telephone or face to face. For self pay patients, prior to surgery it is expected that all invoices are concluded. For insured patients, pre-authorisation is essential.
- 5. PRE-OPERATIVE PREPARATION**
Chris will provide advice on how to best prepare for surgery and you will be fully briefed on what you need to do.
- 6. THE DAY OF SURGERY**
You will be asked to sign the official consent to proceed and will meet your consultant anaesthetist if needed. Your surgery may be performed with the help of surgical assistants to ensure it is carried out as safely as possible.
- 7. AFTER YOUR SURGERY**
Your progress will be monitored to ensure the anaesthetic wears off safely (which should only take a few hours) and pain control is managed. After surgery, you will be provided with an immediate verbal summary on how your operation went.
- 8. RECOVERY**
If you wish, Chris will ensure any relatives are informed of your progress. Chris will reconfirm how long you may need to stay in hospital and will assess the clinical situation every day prior to discharge. As any local anaesthetic wears off, you may wish to take pain killers.
- 9. HOSPITAL DISCHARGE**
Before leaving, your wound will be thoroughly checked and you will be provided with recovery advice and details of the next steps.
- 10. FOLLOW UP APPOINTMENTS**
Chris will see you within the early risk period following your surgery to ensure that in the unlikely event of a complication, it can be diagnosed and treated early. Appointments will be for suture removal, wound care and dressing changes. Results can also be communicated in person, or by e-mail/telephone.
- 11. LONG TERM RESULTS**
Within a few months, once the swelling has reduced and the wound has healed, the true results of the surgery can be ascertained.
- 12. FOLLOW ON CARE AND SCREENING**
In some cases, for example with mole removal or cancer patients, long term follow on care is recommended. This is valuable in picking up early signs of recurrent symptoms, or screening for new, similar or associated issues.

About Chris Abela

Chris is a fully licensed consultant plastic, reconstructive and cosmetic surgeon with over 20 years' of highly specialist training completed in London, Los Angeles and Cape Town. Chris was educated at Cambridge University and has the fellowship in Plastic Surgery (FRCS) from the Royal College of Surgeons and a higher degree in cosmetic surgery. He is on the General Medical Council's specialist register for plastic surgery and extensive training has allowed him membership of The British Association of Plastic, Reconstructive and Aesthetic Surgeons, the Royal Society of Medicine, The British Association of Aesthetic Plastic Surgeons and the Royal College of Surgeons of England.

Currently, Chris has his own private practice in Central, West and South West London and splits his time between his family, his private work and working for the NHS in the Craniofacial unit at the Chelsea and Westminster Hospital. He has assisted with charity cases through 'facing the world' including coordinating the multidisciplinary team that separated conjoint twins - Rital and Ritag. His research is in measuring clinical outcomes with the aim of improving the patient experience and results of surgery.

Getting started

We would be delighted to arrange an appointment with Chris.

Please call us on +44 (0) 20 3651 0547 or +44 (0) 20 3598 9159

Email us at info@chrisabela.co.uk or you can book directly into his diary via www.chrisabela.co.uk/appointments

Chris consults at:

The Lister Hospital, Chelsea

The Chelsea and Westminster Hospital, Fulham

The Cromwell Hospital, Kensington

9 Harley Street, Marylebone

Parkside Hospital, Wimbledon

The Portland Hospital, Fitzrovia

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