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TATTLER BEAUTY & COSMETIC SURGERY GUIDE 2023

Beauty & Cosmetic Surgery Guide 2023

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The changing **FACE** *of surgery*

Why recuperation in five-star luxury is now part of the patient journey

By FRANCESCA OGIERMANN-WHITE

A WOMAN WALKS INTO A gleaming skyscraper just off Rodeo Drive, dark glasses covering her eyes, and makes her way to an anonymous office door. After the formalities, she's ushered into an examination room, where she's marked up and dons a gown, before being whisked into an operating theatre. Fast-forward several hours, and she's sitting upright, chatting animatedly, surgical tape covering her incisions. Soon, she's wheeled to the lift and taken several floors below, to a car that's waiting to chauffeur her to the aftercare facility where she'll spend the coming days convalescing.

Welcome to the world of 'office-based surgery', an MO made popular by many US clinics, who have been following it since the late '80s. 'There was a time when more of these procedures were being done in hospitals,' says Santa Monica-based Dr Steven Teitelbaum, a past President of the California Society of Plastic Surgeons. 'Then the hospitals raised their fees: they didn't want the cosmetic patients in. Plus, of course, hospitals are for sick people – and the number of beds in them is steadily decreasing.' Luckily, he says, there's no downside: studies show lower infection rates following office surgery, as well as much-reduced side-effects. 'But there's also privacy,' he adds. 'Patients aren't walking into a big, imposing building where they might bump into someone they know. Instead, they come into my office, then we go into the examination room together, then straight into theatre.'

Fewer complications, enhanced discretion: little wonder that some facilities in the UK – where, says regenerative surgeon Tunc Tiryaki, 'we are mostly used to spartan, almost missionary care' – are now striving to replicate the US model. 'In private practice in America, the patient journey is extremely well understood,' he continues, 'as it is in Turkey.' Splitting his time between the Cadogan Clinic in Chelsea and his own in his native Istanbul, Tiryaki notes: 'Mediterranean patients expect luxury.' His stem cell-assisted facelifts (which start from £19,500) require not just five-star facilities but a patient journey that delivers at every level. 'Perfection is one of the pillars of aesthetic plastic surgery,' he states. 'I can't bear to say, "OK, it's good enough." After all, you might be Hermès – but next door, there is always Louis Vuitton.'



DUVET DAYS
 Luxurious
 aftercare can only
 enhance recovery

The day before surgery, patients check into the hotel beloved by Beyoncé and Oprah – it's as VIP an experience as you could wish for

True to form, his latest venture – The London Regenerative Institute, in collaboration with the Cadogan Clinic and located at the Corinthia hotel – is as VIP an experience as you could wish for; and it starts long before they slip you onto the operating table. The day before surgery, patients check into the hotel beloved by Beyoncé and Oprah, where they make use of the 24-hour gym, as well as some forward-thinking therapies in the spa: hyperbaric chambers, for example, designed to enhance oxygenation of the blood and thus improve tissue-recovery;

and intravenous drips, perhaps containing collagen-boosting vitamin C, or alpha-lipoic acid to optimise wound-healing.

The next morning, they are driven to the Cadogan Clinic – already an impressive centre – which sees even innovative procedures performed as day cases. 'It has always been at the forefront when it comes to the prevention of bruising and swelling,' says Tiryaki, who during his own facelifts applies tranexamic acid to wounds before closing them, to minimise bleeding. 'But in combination with a five-star establishment such as the Corinthia, ▷

◁ it's a whole new level of excellence.' There are clinics in Europe testing a similar model, he admits. 'And the closest example of this is Clinique La Prairie; but when you compare the procedures we're doing, they are relatively soft-core.'

Back at the Corinthia, recuperation takes place in one of the hotel's penthouse apartments (renowned for their terraces, which afford al fresco patient-privacy while ensuring ample fresh air for healing) or in one of its suites. With round-the-clock butlers and fresh flowers from the on-site florist, McQueens, the accommodation is the pinnacle of luxury. But it has also been modified to provide the highest medical care: a 24-hour nurse on-hand to change dressings and manage medication; post-op pillows; and yet more recovery-accelerating IV drips. 'In Istanbul, I keep my patients at the hospital for at least one night,' reports Tiryaki, 'as this enables me to control their movements, their blood pressure and the swelling.' Moving them to the Corinthia, he says, is 'simply replicating' the protocol; and he always visits his patients the following day to remove any drains and check wounds.

Still, don't go expecting to order the club sandwich: room-service menus are restorative, while Tiryaki prescribes a special diet: high fibre, to avoid blood pressure-raising constipation; soft protein, to aid healing; and minimal sugar, to counter inflammation. 'Psychologically, this set-up is much better for patients,' he says. 'We've ticked every single box to reduce their stress, which is critical.' It also reassures them, says Alice Jonsdottir Ferrier, Corinthia's Head of Global PR & Communications. 'The nature of our clientele means we are used to being incredibly discreet. And a dedicated front-of-house team enables us to be even more vigilant to guests' needs at a time when they are likely to be feeling vulnerable.'

With a clientele that ranges from sportsmen to those with rosters of medical appointments – who sometimes stay for up to six months – what's surprising is that the hotel hadn't made this decision sooner. But, says Jonsdottir-Ferrier, 'There was a time when we used to baulk if a guest turned up to breakfast in their gym kit.' Nowadays, though, 'Many of our incredibly high-profile guests travel with medical teams, including doctors, personal chefs and PTs. Our post-procedure patients

aren't roaming the hotel, wrapped in bandages: they want to be convalescing. So why wouldn't we make it easier for them to maintain their health, much like a Lanserhof or a Chenot?'

Time has also been a factor in Tiryaki's journey. 'The first time I heard the word "anti-ageing" was in 2000, when I was studying at NYU,' explains the surgeon. 'I decided to become an anti-ageing expert, and opened the first clinic in Istanbul in 2003 – but it was too early to become mainstream.' Now, not only are his future-proofing facelifts the talk of the town, he's also spearheading a rather forward-thinking concept, comprised of some of the world's most imminent surgeons.

The upshot? As well as patients checking in from the UK, some are travelling from as far afield as the US and the Middle East. Soon, such esteemed surgeons as San Diego's face-lifting guru Steve Cohen and Colombia's Alfredo Hoyos (the creator of high-definition liposuction) will be bringing their unparalleled techniques to London. But let Tiryaki have the last word: 'At the end of the day, it's not about the Cadogan, and it's not about the Corinthia. It's about the nurses and the doctors who are taking care of the patients in this system. That's the definition of five-star service.' □

BARE NECESSITIES

Face the future with hard-working solutions that illuminate a grey complexion, reset a compromised dermis and elevate sagging tissues like a dream.

Multi-C Super Shots, £54, **SARAH CHAPMAN**. Active Recovery Broth, £122, **REOME**. CellLift Serum, £465, **CELLCOSMET**



DAY-CASE WONDERS

REAL CLINIC

Plastic surgeon Mr Naveen Cavale is breathing new life into Battersea Park with his REAL Clinic. Out-patient procedures in the theatres include his sought-after rhinoplasties and breast augmentations; and downstairs, there is room for peels, HydraFacials and injectables with his resident aesthetician. The ambulatory bays overlooking the railway arches are surprisingly peaceful places to recuperate. realclinic.uk

THE CLINIC AT HOLLAND PARK

Within the glossy confines of W11, Mr Richard Scawn, an oculoplastic surgeon, is pioneering a truly 360-degree experience. Upstairs, in rooms that feel more private-members'-club than medical facility, consultations address every concern from nutrition to hormones. (Dr Jag Acharya GP came from Buckingham Palace.) Downstairs, blepharoplasties, skin-cancer reconstructions and the removal of benign lumps and bumps take place in a decidedly more business-like theatre. theclinicollandpark.com

OVERNIGHT SENSATIONS

WOOD MEDISPA, DEVON

In a former Arts and Crafts mansion in South Tawton, nestled among 30 acres of glorious woodland, consultant plastic surgeon Mr James McDiarmid has carved out a space as serene as it is patient-centric. Surgeries ranging from blepharoplasties to facial implants and ear reshaping take place in a custom-designed operating theatre, under the watchful eyes of some truly top-notch practitioners. Meanwhile, elegant bedrooms provide the perfect setting for recuperation. woodmedispa.co.uk

MCKEOWN MEDICAL, GLASGOW

Aesthetic doctor Dr Darren McKeown is the secret weapon in many a discerning face – and soon to open a new private hospital, where a hand-picked team of super-specialists will be administering their signature facelifts, breasts augmentations and body contouring. Behind an elegant Georgian façade, expect black-and-gold marble, Michelin-starred catering and even a Presidential Suite, for the chicest recovery. drdarrenmckeown.com

PHOTOGRAPHS FOR ILLUSTRATIVE PURPOSES ONLY: CHRIS HEADS/TRUNK ARCHIVE; CHRISTINE LUTZ/BLAUBEDITION (CLOTHES BY NCM BAEHR)

Face and neck

RAJIV GROVER

Being in Grover's presence is illuminating. Trained in London and at Harvard, a former president of the British Association of Aesthetic Plastic Surgeons (BAAPS) and visiting lecturer at the Louvre, his credentials are first-class. But what truly gives his patients confidence is his warm and kind personality. The 'Facemeister' has charm in spades, rooted in a blend of experience, artistry and compassion that makes him unique. A specialist in deep-plane face- and neck-lifting, he asserts: 'The deep-plane method gives a more natural, more effective result than traditional facelifting because no tension is carried in the skin – and it also contours and restructures the neck.' He performs a version that requires a shorter incision, thus avoiding a visible scar on the temple, while his delicate approach and Total Intravenous Anaesthetic reduces bruising and swelling for a swift recovery. And the final result is exquisite: a fresher, lighter, prettier version of oneself, which preserves a patient's individuality. 'By striving to improve every single step of the procedure, we can achieve an exponential improvement in results,' explains Grover. 'After all, when it comes to the details of facelift surgery, everything matters.' *Consultation, £500; deep-plane facelift from £21,000 (rajivgrover.co.uk).*

NORMAN WATERHOUSE

Waterhouse goes from strength to strength – as do the facelifts which are now his sole focus. And when it comes to technique, the charismatic surgeon pushes the envelope. 'Instant gratification is important,' he explains. 'Now, more than ever, I'm addressing excess volume in the neck – for example, removing the glands and contouring muscles.' (The results are transformational.) An early pioneer of 'quilting' sutures, which minimise bleeding and accelerate recovery, his surgeries often combine a brow lift – performed by means of his signature 'gliding' technique, which smooths wrinkles by releasing the skin before lifting it – with an upper-lid blepharoplasty and fat transfer to the chin or jawline. Sometimes he even removes the buccal fat between the cheekbone and jaw, as 'it triangulates the face and feminises the appearance'. Innovation aside, patients trust him because he's wise, straight-talking and blessedly mindful of one's social commitments. 'You need three weeks off for a facelift, and add a week for any structural neck work,' he says. (For a speedy recovery, lymphatic drainage comes highly recommended.) *Facelift from £16,000 (theaestheticsurgeons.com).*

VITAL SIGNS

Early surgical intervention can reverse the visible effects of ageing

TUNC TIRYAKI

Istanbul-born Tiryaki is the da Vinci of facelifts. A specialist in regenerative medicine, his skill lies not simply in repositioning the face's skin and muscles but in restoring its framework, delivering the most authentic reset. His secret? Your fat, which he places in areas where the facial skeleton has started to subside – perhaps at the temples or along the jawline – and this, says the surgeon, 'returns definition to the bone'. What's more: 'Unlike filler, once these cells have been transferred, they remain in place.' For a more youthful patient, this might be all that's needed (though he's also fond of injecting stem cells taken from the patient's own fat into the epidermis, for an absurdly healthy sheen). If, however, skin laxity is an issue, he might suggest a deep SMAS facelift, which sees him reposition the muscles for reinforcement. After the procedure, his patients look younger and healthier, with elegant jawlines and necks; but they can always return a few decades on, for a refresh. 'Our patients continue to look good because we intervened at an early stage,' says Tiryaki. 'Doing so can effectively reverse the ageing process.' *Consultation, £300; facelift with fat transfer, £6,000 to £25,000 (cadoganclinic.com).* ▷



Patient wears top, £725, **DOLCE & GABBANA**. Skirt, POA, **ASHI COUTURE**. Shoes, £595, **CHRISTIAN LOUBOUTIN**. Earrings, £225, **SUSAN CAPLAN**. Doctor wears suit, £625; shirt, £70, both **OLIVER BROWN**. Tie and cufflinks, stylist's own