

SATURDAY

SINCERITY, SUPPORT, DEDICATION

Ms Elena Prousskaia has been carrying out cosmetic and plastic surgery procedures for more than 17 years

Elena Prousskaia is a board-certified UK consultant plastic surgeon, a member of the British Association of Plastic Surgeons (BAPRAS), Royal College of Surgeons, London (FRCS Plast) and European Board of Plastic Surgeons (EBOPRAS). She's also on the UK GMC Specialist Register for Plastic Surgery.

During her time at North Bristol Trust as NHS consultant plastic and reconstructive surgeon, she particularly enjoyed giving patients who suffered from breast cancer their body and confidence back. At present, Ms Prousskaia is the only female consultant plastic surgeon in the country who runs her own successful private hospital, namely North Bristol Private Hospital, where she performs a full range of plastic and cosmetic surgical procedures for face, body and breast. The manner in which she works combines understanding, empathy and sincerity with world-class skill, service and support, starting from initial consultation through to full recovery.

After completing eight years of training in plastic and reconstructive surgery, Ms Prousskaia successfully undertook three years at one of the UK's most prestigious fellowships in microsurgical breast reconstruction and breast oncological surgery at Guy's and St Thomas' Hospitals in London, Manchester University Hospital, Broomfield Hospital in Chelmsford and The Queen Victoria Hospital in East Grinstead.

This was followed by a further nine months of travelling fellowships abroad, in a number of world-renowned centres including Ghent University Hospital, Sant Pau Hospital in Barcelona, Ganga Hospital in Coimbatore, the European Institute of Oncology in Milan and the University Hospital in Tokyo, where she learnt about the latest international advances in plastic surgery.

She holds many international awards and certificates, specialising in microsurgery, breast and all aspects of cosmetic surgery.

Her main areas of interest:

- Breast augmentation (enlargement), breast lift (mastopexy), breast reduction
- Tuberos (tubular) breasts and asymmetrical breasts
- Breast reconstruction
- Integral post-weight loss surgery
- Male gynaecomastia surgery (male breast reduction), male body remodelling
- Breast implants, removal and replacement
- Abdominoplasty (tummy tuck), mini tummy tuck, liposuction, thigh and arm lift
- Prominent ears (pinnaplasty)
- Nose reshaping (rhinoplasty)
- Face lift including neck and brow surgery
- Eyebag removal (blepharoplasty)
- Genital surgery – labiaplasty
- Skin surgery including mole, lesions and cyst removal

"The one thing that matters most to me when I'm with a patient is empathy," says Ms Prousskaia. "It's only when you're able to identify and understand your patients' problems that you can begin to help resolve them satisfactorily. A good surgical outcome isn't the only thing that matters. Everything that you do and say to a patient has to come from your heart. I consider myself very lucky to be able to share my passion for what I do and hopefully bring a bit more happiness into my patients' lives."

Ms Prousskaia illustrates a leading female force for surgical professionals. Her dedication to her work means that continuous development of her skills and mastering the most advanced techniques in the world is fundamental to her values of achieving the very best outcome for her patients, paired with the very best care.

She has won multiple international awards and travelled the globe in order to master advances in technology and surgical techniques, completing fellowships at leading hospitals throughout the world. She's carried out more than 5,000 procedures in the last 10 years alone.

Her commitment to world-class medical distinction focuses on individualised and exclusive care for every patient, so she ensures that North Bristol Private Hospital surgeons' skills are matched with an equally exemplary standard of patient wellbeing in order to achieve an elevated medical experience before, during and after surgery. In addition to a carefully hand-selected team of surgeons, medical professionals and support staff, she believes in a guided, welcoming and comfortable patient journey and so the hospital focuses on providing comprehensive consultations with short wait times, receiving luxurious service within a boutique-hotel styled facility providing overnight accommodation for each patient during their stay.

Ms Prousskaia explains: "My blend of cutting-edge techniques, trusted NHS experience and passion for premium patient care has built a vision of what I believe the future of surgical care should look like. Undergoing surgery is a vulnerable time for patients and thus our responsibility is huge. Assuring our patients that they're in the best hands is vital to both their wellbeing and outcome of their journey. I'm passionate about creating a space that surgeons can be proud of operating in, and where patients are equally as comfortable recovering in after their procedures."

Ms Prousskaia's team of dedicated professionals have been hand-picked to ensure clinical excellence and ultimate patient comfort. The North Bristol Private Hospital guarantees premium patient care as part of its DNA. Consultations are available to book via Ms Prousskaia or the North Bristol Private Hospital websites.

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