

Surgeon Bios

Medbelle works with many of the top aesthetic surgeons in the UK.

Below are introductions to three of our surgeons: Mr Foiz Ahmed based in London, Professor Iain Whitaker based in Swansea, and Mr Vikram Vijh based in Birmingham.



Mr Foiz Ahmed *Consultant Plastic Surgeon and BSc, MSc, MBBS, FRCS (Plast)*

Mr Ahmed has obtained rigorous expertise in Plastic, Reconstructive, and Cosmetic surgery both in the UK and internationally in countries like Tanzania, having worked amongst many internationally renowned plastic surgeons.

He is a very well-established, highly respected cosmetic surgeon, performing more than 600 procedures per year, committing time to volunteer work in Tanzania, and is a specialist in Breast and Body Contouring.

Medbelle patients describe him as *Caring, Attentive, and Precise*.



Professor Iain Whitaker *Consultant Plastic Surgeon and BA (Hons), MA Cantab, MBBChir, MRCS, PhD, FRCS (Plast)*

As a passionate academic, Professor Iain Whitaker has been recognised in over 250 journal publications and books, while holding prestigious titles such as Deputy Editor of the largest Plastic Surgery Journal in Europe, The Journal of Plastic, Reconstructive and Aesthetic Surgery in Europe (JPRAS), while frequently appearing in the media as a key opinion leader including OK! magazine and BBC News.

He has gained international exposure to cosmetic surgery having worked across six countries, along-side world-renowned cosmetic surgeons such as Professor Mark Ashton in Australia, while dedicating time to the Swansea University Medical School and the Welsh Centre for Burns & Plastic Surgery as a Professor of Plastic Surgery.

He is an award-winning, Cambridge and Harvard educated professor of cosmetic surgery, performing more than 450 procedures per year, training along-side world-renowned cosmetic surgeons, and is a specialist in Breast and Body Contouring.

Medbelle patients describe him as *Attentive, Skilled, Experienced*.



Mr Vikram Vijh *Consultant Plastic Surgeon and BS, MB, MBBS, FRCS (Plast), FRCS (Eng), FRCS (Ed)*

Considered one of the world's best cosmetic surgeons, Mr. Vikram Vijh continues to feature on a host of popular UK TV and Radio shows, is often asked to write for cosmetic journals, newspapers, and magazines, and is heavily involved in the training of reconstructive and cosmetic surgeons.

Mr Vikram Vijh has achieved international recognition for his expertise in cosmetic surgery, having worked throughout the UK and the USA while lecturing at international cosmetic surgery meetings, and holding titles such as Managing Director of Cosmetic Surgery for a group hospital network consisting of 42 private hospitals.

He is an esteemed, highly sought-after cosmetic surgeon, having frequently appeared on popular UK TV shows such as Extreme Makeover and You Are What You Eat, and is a specialist in Face and Breast Contouring.

Medbelle patients describe him as *Committed, Great-listener, Warm*.

Testimonials

Medbelle is rated Excellent

Based on 322 reviews



★ Trustpilot

Medbelle is proud to be the highest-rated healthcare provider in the UK on Trustpilot with 99% of over 300 reviews rated *Excellent* or *Great*.

Here are just a few examples of the amazing feedback we receive from our patients on a daily basis.

From Sali Walker-Borthwick

A great support when I needed it most

I was very nervous about my procedure. I found the staff at Medbelle very reassuring. The videos about what to expect were excellent. They provided a vital link between myself, the surgeon and the hospital which I really needed on the day because there was a long delay in theatre. Cameron and his colleagues sent me texts to check I was OK which as I had not told many people I was having the operation were really appreciated. I would definitely use them again.

From Emily

Amazing

I enquired online about a cosmetic surgery procedure with Medbelle and was contacted via WhatsApp by Kat who is an advisor there. I had previously had a consultation with another company who gave me hardly any information about the procedure and the price quoted was extraordinary so I didn't have particularly high hopes for any other enquiries I had made. I had nearly written off the idea of having the procedure completely!

Kat sent me loads of useful information from the offset via Whatsapp and various links which gave me a really good understanding of the procedure and how it worked. She was there to answer every question I had so promptly!

The customer service was great and the price I was quoted was less than half of that of any other enquiry I had made. The surgeon I was referred to is very highly qualified and I booked to

see him straight away for a consultation, then made the choice to go ahead with surgery. Kat checked in constantly with further information and answers to FAQs.

I would so highly recommend Medbelle to anyone considering cosmetic surgery as their patient advisors are so supportive and there is no pressure on you to go ahead with surgery - they are just extremely informative. I don't think I would have gone ahead. My surgery so quickly if it wasn't for Medbelle, if even at all! Can't thank Kat and Dr Fattah enough for all they have done for me so far!

From Anonymous

Labiaplasty procedure

I recently had a Labiaplasty with Ms Cubison from the McIndoe Centre, West Sussex, Medbelle have been amazing from start to finish, especially Georgia my treatment advisor, any worries I had were promptly answered by Georgia throughout my whole journey, her communication with me has been excellent. I am now 5 days post-surgery and received a lovely aftercare package from Medbelle to keep me going which was a lovely little touch. I thoroughly recommend Medbelle, I will be using them again for further treatment as I am so impressed. They go that extra mile for their clients. I am very very pleased.

From Lucy

Medbelle recommendation

Medbelle or should I say Steffie have guided me throughout my neck and mini facelift. I was very nervous and did not know how to find the right surgeon but with Medbelle 'holding my hand' it was straight forward.

Medbelle guided me with my choice of surgeon -who has been exemplary, gently reminded me about appointments and were there to answer any questions.

I can not fault my care and I am so happy with the results.

From Steven

Everything went well

I was Truly Happy with Kats Help, before, during and after. The surgeon and his team were brilliant.

Patient Story

Debbie is a woman in her 20s who had breast reduction surgery with Medbelle in London.

What made you consider having cosmetic surgery?

My breasts were causing me quite a bit of back pain (I was an H cup, I think) and for so long I just felt insecure about the way I looked. I wanted the freedom to be more active without pain, and to feel more confident in my appearance.

What was your process for gathering information and starting your research?

I didn't know anyone else who had gotten a breast reduction, so I started with a Google search. I found myself on the Medbelle page and I submitted my details.

I got a call back within 20 minutes – I was quite impressed with how quickly they responded! No other clinic I researched did that for me, but just talking to someone on the phone was so helpful.

We discussed what I envisioned for myself and I instantly felt settled on my decision. I wanted to go ahead with it.

How did you find Medbelle and what was your first contact with them like?

Honestly, they were great. I always felt supported and as though I had someone to talk to. The day before the surgery, I got a call – and they even sent me a little gift afterwards. My PCA was Shannon and she was just brilliant.

What was the initial consultation process like?

My surgeon was Dr. Topping and I think the consultation went well.

The first thing he did was a cancer screen for lumps and bumps, then we chatted about the procedure in general, how much it would cost, and any potential risks.

By the end of it all, I felt like I had a much clearer idea of what was going to happen – it's incredibly reassuring to feel like your doctor knows what they're doing.

What was it that made you decide to book your treatment with Medbelle?

For me it was the fact that there were just so many options for the kind of procedure I wanted. I chose not just a reduction but an uplift as well, because I didn't want to end up with too much sagging. I liked that the surgeon had taken the time to discuss what would work for me and my body, and explain why we were going ahead with that particular procedure.

It also made a big difference that the clinic was close to me. I felt like the staff were quite considerate of this when booking my appointments and planning the day of the surgery.

No other clinics gave me a choice when it came to the surgeon, or in choosing a location that was close to me.

I feel that with Medbelle the whole process was so transparent, so I knew exactly what I was getting into. I don't feel like other clinics take your convenience into account as much.

How were you feeling in the lead up to your surgery?

I have to say that I was incredibly nervous. I'd downloaded an app on my phone that lets you browse before and after pictures of people who've also gone through breast reduction, and you can read their stories and see their results.

It was really nerve-wracking to not know how my own procedure was going to turn out, and obviously I didn't want to end up with bad scarring or a result I hated. I tried to find women who looked like me and had the same surgery, so I could get some idea of what I'd look like.

Though this helped, in the end what calmed me down was having Shannon call and reassure me that everything would be OK, that the doctor was experienced, and that I didn't have anything to be worried about.

She explained that it's quite normal to be nervous like that – it is, after all, a life-changing surgery!

Shannon was always available on WhatsApp and I think the fact that she was so relaxed helped me feel calmer about everything. She was professional, but I also felt like she was just a kind person who I could chat to honestly.

The pre-operation appointment was short, and by that point all that was left to do was cover some practical issues – I needed scar cream, a good post-surgical bra, etc. What helped my nervousness was feeling like I was prepared with these little things.

I spent time making sure my room was clean and ready for when I came home post-op, and both my mum and dad were on standby at home with me.

I had my bras and medication to hand and I made sure I hadn't planned anything too strenuous for the days that followed.

Describe the day of your surgery from beginning to end.

I had to wake up at around 4 AM to get to the clinic that morning. I was prepared for surgery and marked up on the incision sites before going into theatre. I was given anaesthetic and went under quickly.

The next thing I remember is waking up about 2 hours later and thinking how quickly it was all over. I didn't feel uncomfortable in the least and the nurses were so sweet and friendly with me. I spent the next hour in my room just getting my bearings, had a sandwich and within an hour I was discharged so my dad could come pick me up.

My first night at home I slept well, although I had to sleep flat on my back, and I needed a few pillows to help position me, so I wasn't aggravating the stitches.

What was it like for you in the days and weeks following your surgery?

Because I'd spent so much time online reading sites like RealSelf, I was expecting that I'd need a lot of bed rest and pain medication during my recovery.

In fact, it was a lot less painful than I was expecting. I had to stay in bed a little, but was up and about without too much trouble, and was surprised at how good I felt.

I'd read so many patient stories but it just goes to show that everyone's experience is going to be a little different!

My recovery was more or less painless. For a week or two I had some gauze and a surgical bra on.

After that, I used plenty of scar cream on my anchor scar to make sure it healed properly. It only took about two and a half weeks to get back to my normal daily life. Thankfully, I wasn't working at the time, and it being May the weather was warming up, so I found myself with plenty of time to rest and heal.

Shannon had left Medbelle by that point, unfortunately, so another care adviser gave me a follow-up call to check up on me.

How do you feel about your results so far?

I'm very happy with how it all turned out. The scars are light, almost invisible, which is brilliant since scarring was my main concern going in.

I have no back pain now, and I can walk and run without any issues.

I really love that I can wear all the clothes I want to now – I recently went to Malta on holiday and for the first time in probably five years I was able to go swimming in a costume I actually liked!

We took loads of pictures and I genuinely felt so happy and confident in how I looked.

There's no question for me that I made the right choice.

What would you say to a friend or family member considering having the same procedure?

I would definitely say take your time.

When it comes to your body and your safety, make sure you do plenty of research before you make your decision.

But I can say that once I'd made my decision, it was one of the best things I could have done for myself. It changed my life.