



Practice
Plus
Group

Practice Plus Group Surgical Centre, St Mary's Portsmouth

Private patient treatments



Just what you need to get back on your feet

Self pay treatment that won't break the bank.

Self pay from Practice Plus Group is all about providing you flexible options and giving you choice.

If you want to pay for your own treatment, don't have private medical insurance or if you have been told you are not eligible for NHS surgery, we offer an alternative way of quickly accessing excellent care that might cost less than you think.

With prices up to **30% less than other private hospitals**, high-quality **consultant-delivered care** and a **0% finance option**, our self pay packages are just what you need to get back on your feet.

Benefits of choosing self pay at Practice Plus Group Surgical Centre, Portsmouth:



0% finance option



No deposit required



Transparent prices



No hidden costs



Consultant-led care



Care rated 'Outstanding' by the CQC

Back to the golf course, thanks to self pay surgery

For almost 18 months, Peter had been suffering from pain caused by a hernia. His GP's request for NHS funding was rejected twice and it seemed as if he would face a future with limited activities and increasing pain.

"My wife had knee surgery as an NHS patient at Practice Plus Group and we had been delighted with it. When we found out the centre was offering self pay surgery it was the natural choice.

The consultant was excellent. I am looking forward to joining my friends back on the golf course and would recommend the centre to anyone!"

Peter Brewin



To learn more about paying for yourself, contact our Private Patient Advisors at selfpay@practiceplusgroup.com

Hassle free treatment for patients with private medical insurance.

Whether you have your own private health insurance or are covered through your employer, you can now receive expert hospital treatment at Practice Plus Group Surgical Centre, St Mary's Portsmouth.

Approved by insurers

We are proud to be in partnership with many private medical insurance providers including AXA PPP Healthcare, Healix Health Services and WPA Health Insurance. If you are insured through your company or privately insured you can get referred to us.

Approved by insurers

Step 1: Get your GP referral

Most insurers will require a GP referral before approving your treatment. Make sure your GP referral includes the recommended treatment and hospital of your choice.

Step 2: Call your insurer and get your pre-authorisation number

When you call your insurer, make sure you have your insurance membership number and the GP referral details ready. If you have a preferred hospital, let them know. Your insurer will give you a confirmation that your policy covers your required treatment. Keep this pre-authorisation number when you call our friendly Private Patient Advisors.

Step 3: Get your life back on track

Once you have decided you would like to proceed with your treatment at Practice Plus Group Surgical Centre, St Mary's Portsmouth and your insurer has agreed, we can arrange your first consultation. Your specialist will discuss treatment options with you and explain any diagnostic tests you might need as part of your individual care package.

To learn more about which insurers we partner with please call us on **0330 135 8028** or email on insured@practiceplusgroup.com

Private patient treatments we offer:

Below is a list of the specialties and treatments delivered from Practice Plus Group's nationwide network of hospitals.

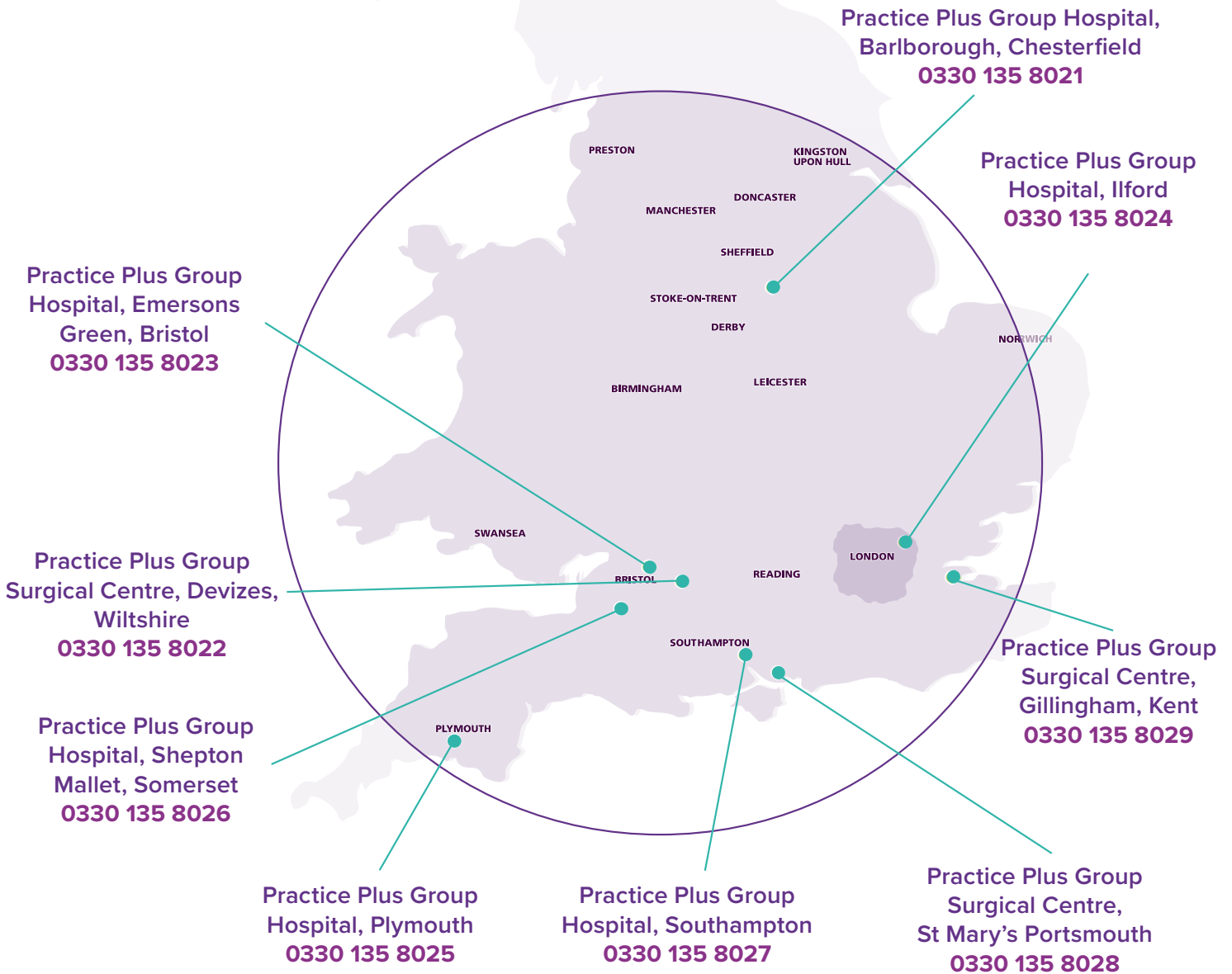
To see a list of procedures offered at our Practice Plus Group Surgical Centre, St Mary's Portsmouth, along with a current pricelist, please visit our website portsmouthsurgicalcentre.nhs.uk or give us a call on 0330 135 8028.

	Procedure
Ear, Nose and Throat (ENT)	Adult grommet insertion
	Tonsillectomy
	Sinus surgery (including FESS)
	Septoplasty
	Septorhinoplasty
	Reduction of fracture of nasal bone
	Tympanoplasty (reconstruction of eardrum)
	Tympanoplasty (reconstruction of eardrum) - combined approach
	Mastoidectomy
General surgery	Removal of benign skin lesions
	Haemorrhoidectomy
	Haemorrhoidectomy (HALO) using THD
	Hernia repair
	Total cholecystectomy / gallbladder removal
	Anal skin tag removal / repair of anal fissure tear
	Avulsion of nail / ingrowing toenail
	Pilonidal sinus surgery
Eye surgery	Cataract
	Oculoplastics
	Vitreous retinal procedures
Orthopaedics	Bunion surgery
	Aspiration of joint
	Carpal tunnel
	Dupuytren's contracture release
	Ganglion removal
	Knee arthroscopy - level 1
	Knee arthroscopy - level 2
	Ankle arthroscopy
	Total hip replacement
	Shoulder replacement

	Procedure
Orthopaedics	Total knee replacement
	Revision of knee replacement
	Revision of hip replacement
	ACL reconstruction
	Complex knee surgery (not joint replacement or ACL)
	Trigger finger release
	Osteotomy - knee or foot - level 1
	Osteotomy and internal fixation - knee or foot - level 2
	Shoulder decompression surgery
	Endoscopic shoulder surgery
	Removal of internal fixation from bone
	Manipulation of joint
	Trapeziectomy
	Elbow surgery - cubital tunnel release
	Rotator cuff repair
	Fusion of joints - level 1
	Fusion of joints - level 2
	Arthroscopic meniscectomy - level 1
	Arthroscopic meniscectomy - level 2
	Shoulder manipulation
	Ankle fusion
Mortons neuroma	
Ankle replacement	
Spinal	Spinal / epidural / facet injections
Endoscopy	Colonoscopy
	Colonoscopy with biopsy or therapeutic colonoscopy
	Gastroscopy
	Gastroscopy with biopsy
	Flexi sigmoidoscopy
Oral surgery	Surgical removal of tooth
	Surgical removal of impacted wisdom tooth
	Full dental clearance
	Extraction of multiple teeth
	Removal of retained root of tooth
Urology	Circumcision
	Vasectomy
	TURP - prostate reduction surgery
	Urodynamic study

	Procedure
Urology	Excision of hydrocele sac
	Frenuloplasty of penis
	Vasectomy reversal
	Excision of lesion of epididymis
	Diagnostic flexible cystoscopy
Gynaecology	Treatment of uterine bleeding
	Pelvic peritoneum procedures
	Hysteroscopy
	Hysteroscopy with biopsy
	Hysteroscopy and insertion of intrauterine device
	Abdominal hysterectomy
	Vaginal hysterectomy
	Colporrhaphy - anterior and posterior
	Surgical removal of ovaries (oophorectomy)
	Colposcopy
	Sterilisation (cutting of fallopian tubes)
	Diagnostic dilation and curettage
	Urodynamic study
	Mirena coil insertion
Outpatient procedures	YAG laser capsulotomy
	Ear wax removal

Our locations:



Why choose us?



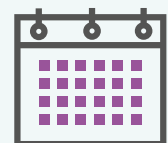
All our hospitals are rated 'Outstanding' or 'Good' by the CQC



Surgery led by expert consultants



Zero cases of hospital-acquired MRSA bacteraemia



0% finance option available



Self pay finance options

Paying for yourself at Practice Plus Group Surgical Centre, St Mary’s Portsmouth might be more affordable than you think with our finance options.

Through our partner, Chrysalis Medical Finance, we offer approved patients a range of funding options (subject to status) to pay for one-off private treatments.

This means you can spread the cost of your treatment using our interest free and low APR finance solutions, which can be arranged in advance.

Finance is available over 36, 48, and 60 months at 9.9% APR, all with the option to settle **interest free** within the first 12 months, if you choose.

To find out more about applying for a loan with Chrysalis Medical Finance, please contact our Private Patient Advisors on **0330 135 8028** who can explain the options further.

Monthly repayment examples at representative 9.9% APR

Loan amount	Spread over	Repayments
£2500	36 months	£80.08
£3500	36 months	£112.12
£5000	48 months	£125.62
£6000	48 months	£150.74
£7950	48 months	£199.73
£9000	60 months	£189.02
£10,000	60 months	£210.02

Monthly payments are collected by Direct Debit and are subject to the usual guarantee from your bank.

Practice Plus Group Surgical Centre, St Mary’s Portsmouth is a trading name of Practice Plus Group Clinical Services Limited, an Appointed Representative of Chrysalis Medical Finance Ltd which is authorised by the Financial Conduct Authority to carry out the regulated activity of credit broking. Funding options are subject to status.

To learn more about paying for yourself, contact our Private Patient Advisors at selfpay@practiceplusgroup.com

Frequently asked questions

1. I have already been seen as an NHS patient, but have been told I have to wait for treatment - can I still pay for myself?

We know that being treated sooner can have a huge impact on your quality of life, so if you would like to explore the option of paying for yourself please speak to our Private Patient Advisors on [0330 135 8028](tel:03301358028) or selfpay@practiceplusgroup.com. Changing your path from the NHS to self pay is simple, and you may even see the same consultant, as all of our doctors also treat NHS patients.

2. How and when do I pay?

You will need to pay for your initial consultation at the time of booking. Payment for surgery is required 1 week before your surgery date. You can pay by debit card, credit card, cheque, or bank transfer (BACS). Alternatively, you can pay monthly via a credit agreement with our finance partner, Chrysalis Medical Finance. Find out more about our finance options at portsmouthsurgicalcentre.nhs.uk. If you are an insured patient, please check your agreed excess with your insurer.

3. Do I need a GP referral?

There may be some occasions where we ask you for a GP referral, depending on the treatment you are seeking. However on most occasions we will just request a past medical history from your GP.

4. Can I choose my consultant?

You will always be given the option of the first available appointments possible, however if you wish to see a specific surgeon we can accommodate this.

5. What if I have a problem after my surgery?

You may have a check-up appointment and/or physiotherapy depending on the type of surgery you've had. We offer comprehensive aftercare and you will also have access to our 24 hour clinician led helpline following your surgery.

6. Can I still have my surgery at Practice Plus Group Surgical Centre, St Mary's Portsmouth if I have a health condition?

Depending on what your health condition is, we can provide selected treatments as long as your condition is well managed and stable upon admission to the hospital. This includes angina, asthma, atrial fibrillation, diabetes, high blood pressure, Parkinson's disease and dementia. If you have a Body Mass Index of 42 or above we may ask you to reduce your BMI before proceeding to surgery. For our full referral criteria please visit: portsmouthsurgicalcentre.nhs.uk.

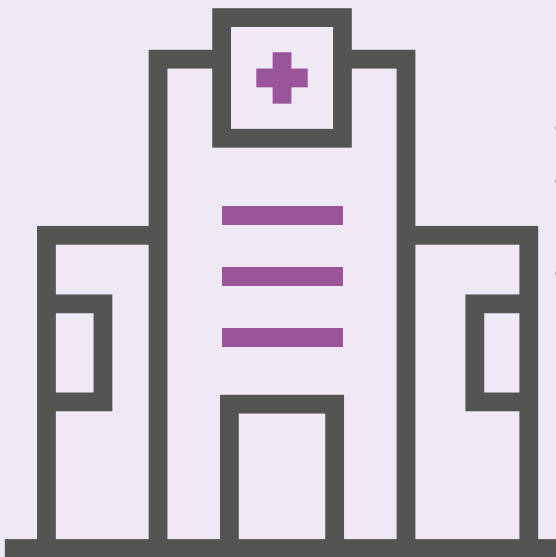
Preparing for surgery and after-care

Your care is our number one priority.

Once you have booked your consultation with Practice Plus Group Surgical Centre, St Mary's Portsmouth our friendly team will be on hand to ensure that your journey with us runs as smoothly as possible.

Getting prepared for surgery

When you arrive at the hospital please report to the main reception desk. We have pay-as-you-go parking on site. The first 15 minutes is free of charge for dropping of and collecting patients.



- We have free Wi-Fi access
- All areas of our hospital are accessible to wheelchair users.
- Our patient information is available in a range of languages on request. We also have an interpretation service available to support you if English is not your preferred language.

During your consultation

As a private patient you will have a dedicated Consultant Surgeon and the initial consultation with this specialist is the opportunity for you to discuss your condition and explore whether surgery would be suitable in your circumstances. It also allows the Consultant to carry out a full clinical assessment of whether surgery at our hospitals will be clinically appropriate for you. At the initial consultation we will try and carry out as many of the pre-assessment tests as possible, this may include x rays, bloods, swabs and a nursing assessment, but for some patients it may be necessary to come along on another day for further investigations where clinically necessary. If you are self paying this is all included in your consultation fee unless additional imaging is required: for example MRI / CT / Ultrasound scans.



Contact our Private Patient Advisors on
0330 135 8028 or via selfpay@practiceplusgroup.com

After your consultation

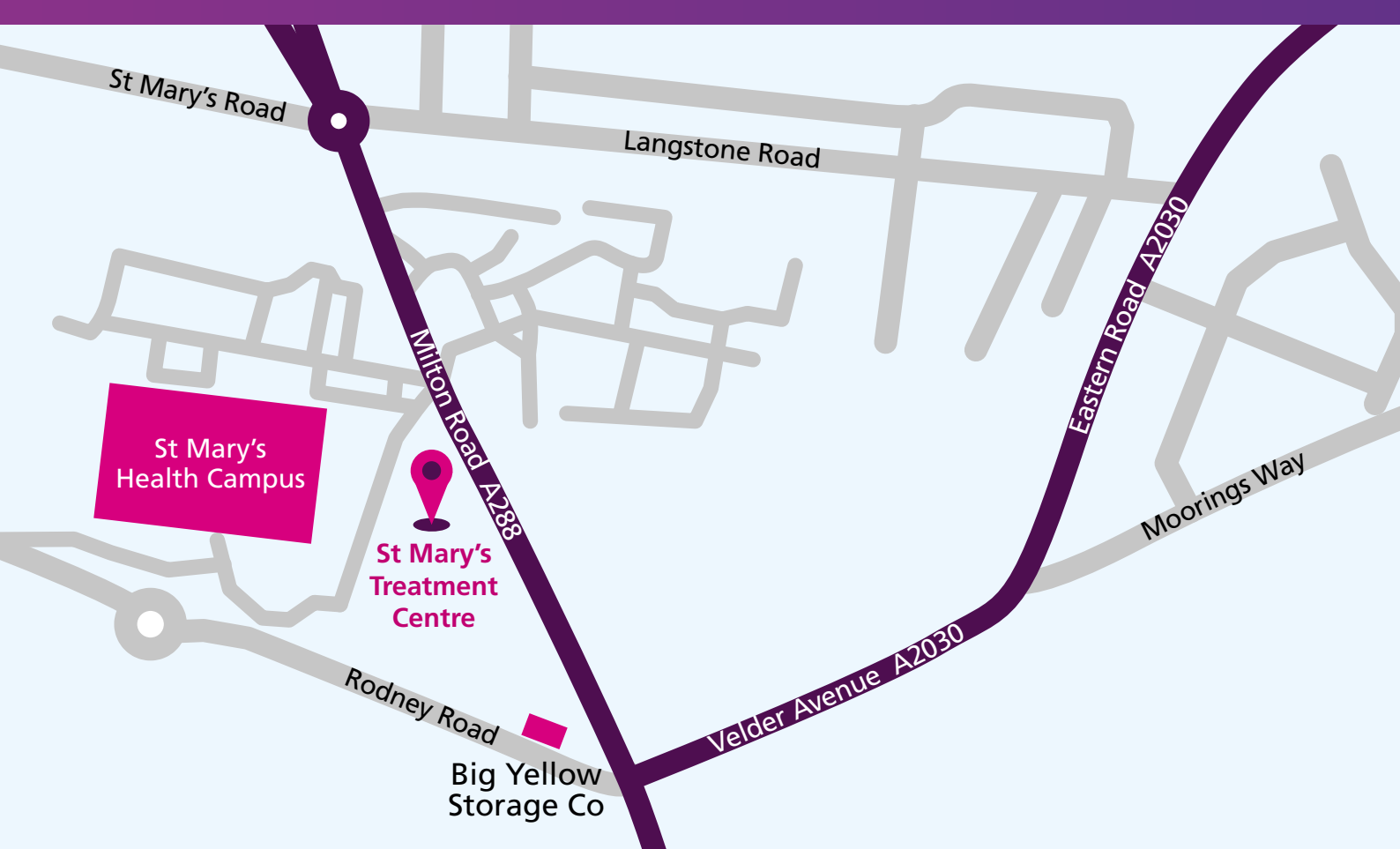
Shortly after your consultation your Private Patient Co-ordinator will be in touch to explain the next steps for you. This may be booking your surgery, or a request for additional tests. If you are unable to be treated at our centre, or choose not to proceed with surgery as a private patient, we will send your consultation notes to your GP.

During your stay

On the day of your treatment, wear something light and comfortable, so you're as relaxed as possible. You may want to bring comfortable footwear, something to read, and any medication you routinely take. When you have had your surgery with us, you'll be given full details of your follow up care, along with any appropriate prescriptions.

Some major procedures that require an inpatient stay will be carried out at our sister hospital, Practice Plus Group Surgical Centre, St Mary's Portsmouth. If you're staying with us in our Southampton hospital, you'll be in either a single room or a same-sex shared en-suite room. This is part of our commitment to patient dignity, and helps ensure a more comfortable and relaxed stay. Ward visiting hours are 3pm to 8pm with two visitors at a bedside at any one time.





Getting here

There are a number of ways to travel to Practice Plus Group Surgical Centre, St Mary's Portsmouth, including public transport.

The nearest railway station is Fratton, a 20 minute walk from the centre.


There is plenty of pay-as-you-go on-site parking at the treatment centre.

When you arrive please register at reception.

For further information about paying for your treatment,
please contact our Private Patient Advisors at
selfpay@practiceplusgroup.com or call us on **0330 135 8028**

portsmouthsurgicalcentre.nhs.uk

Keep in touch

-  PortsmouthSurgicalCentre
-  PracticePlusGroup
-  @PracticePlusGrp
-  practice-plus-group
-  @practiceplusgroup

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