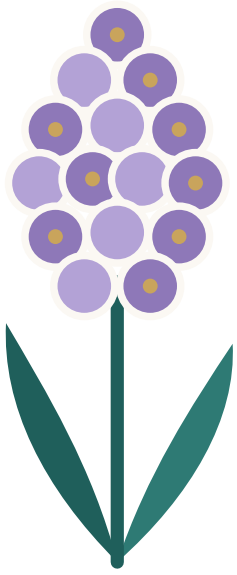
POST-SURGERY RECOVERY CARE · LONDON

The gift of a *gentle* recovery

Going home just hours after surgery can feel like being rushed out of the clinic before you are ready. With Hyacinth, you are never on your own. We meet you at your clinic, take you home gently, and stay by your side through your first night and the days that follow, so you can rest and heal feeling safe and cared for.

> *No rushing. No guesswork. Calm, experienced care from someone who has spent 15 years in operating theatres and recovery.*



Message us on WhatsApp

See care options

HCPC-registered practitioner

15+ years in theatres and recovery

Follows your surgeon's aftercare plan

YOUR MIND HEALS TOO

> *"Did I do the right thing?"*

If you find yourself asking this in the first few days, you are not alone.

Swelling, bruising, tiredness and tight garments can make the first days after any procedure feel overwhelming, whether your surgery was big or small. Doubt and worry are a normal part of healing, and they are easier to carry when someone is beside you.

We are here to listen, explain what is normal and what is not, and gently remind you how far you have come each day. Feeling calm and supported helps you rest, eat, move and follow your aftercare, and that gives your body the best chance to heal well and your results the best chance to shine.

You have taken a big step for

yourself. You deserve to recover with kindness.

WHAT WE DO

Care that follows your surgeon's plan

Every visit is calm, unhurried and recorded, so you and your clinic always know how your recovery is going.

Collection and escort

We take the handover from your clinic's nurse and escort you by car to where you are staying, with pillows for support.

Your first night

Regular checks through the night, medicines on time, help to the toilet and someone beside you when you need it.

Medicines on time

Prescribed medicines given and charted, including blood-thinning injections if your surgeon prescribes them.

Vital-sign checks

Blood pressure, heart rate, respiratory rate, oxygen and temperature, so early warning signs are picked up quickly.

Personal care and movement

Help with washing and dressing, short walks, and the gentle exercises your surgeon recommends.

Clinic review

We escort you to your first review appointment and give you a written summary of your recovery to keep.

CARE OPTIONS

Choose the support that suits you

SURGERY DAY

First night

Discharge–08:00

From the moment you

DAYTIME

Day care

08:00–18:00

A full day of care, with your

DAY AND NIGHT

24-hour care

08:00–08:00

Day care

leave the clinic until the next morning.

evening and night set up before we leave.

followed by a sleep-in night, so someone is there whenever you need help.

Every plan is written for you, around your procedure and your surgeon's instructions. Get in touch for your personalised plan and price.

HOW IT WORKS

Three simple steps

1

Get in touch

Tell us about your procedure, your surgery date and where you will be staying.

2

Receive your plan

We send you a personalised care plan with the hours, the daily routine and the cost.

3

Recover with support

We meet you at your clinic on the day and care for you through your first days at home.

WHO WILL CARE FOR YOU

Veronica Masawe-Nganga

Your care is led by Veronica, an HCPC-registered Operating Department Practitioner with more than 15 years of NHS and private experience in operating theatres and post-operative recovery.



She knows what the first hours and days after surgery feel like, and what to watch for. On some days your care may be given by another registered healthcare professional from the Hyacinth team, who follows the same plan. You will always be told in advance who is coming.

- HCPC-registered
- Theatre and recovery experience
- NHS and private practice

KEEPING YOU SAFE

We work alongside your clinic

We follow your surgeon's aftercare plan and contact their team about any concern. We never change your medicines, dressings, drains or garments unless your surgeon asks us to.

- Care is planned around your procedure and treated areas
- Checks recorded in your own care booklet
- Clear plan for when to call your clinic or 999
- Lymphatic drainage massage is not included; your clinic can recommend a specialist

CONTACT

Planning your surgery? Let's talk.

Book as early as you can, ideally once you have your surgery date. We cover London.

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Message us on WhatsApp

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