

# The Harley Medical Group Offers Pre And Post Surgery Health Plan

THE HARLEY MEDICAL GROUP®

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The Harley Medical Group has announced it is to offer a pre and post surgery health plan, the first time ever a diet and exercise plan has been written specifically for those preparing for and recovering from surgery.

Fitness expert to the stars, Angie Best has written the guide exclusively for leading [cosmetic surgery](#) provider, [The Harley Medical Group](#), as a part of the group's holistic approach to patient care. The Angie Best Cosmetic Surgery Optimal Health Plan identifies the nutrients and exercise regimes the body requires to prepare for surgery and promote a fast recovery following any procedure.

Lisa Littlehales, Head Cosmetic Surgery Nurse at The Harley Medical Group said: "When patients attend their consultation at The Harley Medical Group, it is important to prepare them physically and mentally. We assess if they are fit and well enough to proceed with a major operation, as well as providing essential health awareness warnings such as cutting back on drinking and smoking. We find those who are well prepared for their surgery, with realistic expectations, tend to recover quicker."

To help aid preparation and recovery even more effectively, The Angie Best Cosmetic Surgery Optimal Health Plan recommends a seven day detox diet plan pre-surgery to cleanse the body of toxins and build up immunity. Once the surgery's over, the plan recommends nutrient packed recipes to promote tissue healing and boost energy. In addition

carefully selected exercises chosen by Angie have been specifically designed to enhance the body's circulation.

Angie Best, women's health advisor and nutritionist, said: "My clients in LA often asked me for advice on how best to prepare their bodies for cosmetic surgery and what they needed to do in order to get the best results. This guide gives people advice on how to work with their surgeon by giving their bodies the nutrition they need to promote optimal recovery."

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**About the Harley Medical Group:**

The Harley Medical Group is the UK's largest cosmetic and [plastic surgery](#) provider, performing more procedures and with more clinics than any other cosmetic surgery provider. It has been established for over 25 years and is one of the most highly-regarded Cosmetic Surgery Groups operating in the UK. It has treated over 435,000 patients to date.

The Harley Medical Group is renowned for introducing and pioneering most new surgical and non surgical techniques to the UK and Irish markets, such as Aesthera PPx, Laser Hair Removal, Cool Touch Laser, Fat Loss, Silk Touch Laser, Collagen for lines and wrinkles, Laser for snoring, [Liposuction](#), LPG cellulite treatment etc. All new treatments and techniques are first thoroughly researched and tested before they are submitted for approval by the Group's Medical Advisory Committee, as being suitable for application by the Group's fully trained and specialized Plastic Surgeons, Doctors and Treatment Nurses.

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