

# Cedar Park Healthcare

*Your guide to visiting us, your procedure, and your recovery.*

NHS & Private · Boundary Lane, Lincoln LN6 9NQ · CQC Regulated

This leaflet contains everything you need to know before, during, and after your visit to Cedar Park Healthcare. Please read it carefully and keep it for reference. If you have any questions, our team is always happy to help.

## 1. About Cedar Park Healthcare

CQC regulated · Consultant-led · NHS and private

Cedar Park Healthcare is a CQC-regulated, consultant-led healthcare facility based in South Hykeham, Lincoln. We provide NHS and private surgical care, diagnostics, and specialist consultations for patients across Lincolnshire.

### GP Partner: Aega Health

Cedar Park Healthcare works in partnership with Aega Health, our onsite private GP service. Every patient is seen by an experienced doctor before any procedure to ensure treatment is safe, appropriate, and tailored to you. If a procedure is not required or not recommended, your £150 assessment still provides full medical advice and next steps.

## 2. Planning Your Visit

### Getting Here

We are located at Boundary Lane, South Hykeham, Lincoln LN6 9NQ. Free parking is available on site. We are accessible by public transport from Lincoln city centre.

- Free on-site parking available
- Accessible entrance at main reception
- Public transport links from Lincoln
- Follow signs to Cedar Park Healthcare
- Allow extra time for your first visit
- Reception is clearly signed on arrival
- Wheelchair accessible throughout
- Disabled parking bays available

## What to Bring

- Photo ID (passport or driving licence)
- Your appointment confirmation
- List of current medications
- Details of any allergies
- Previous relevant medical letters or test results
- Your GP surgery details
- Payment card or finance confirmation
- A friend or family member if you wish

## What to Wear

Please wear comfortable, loose-fitting clothing. For procedures on the hand, wrist, or arm, wear a short-sleeved top or something you can easily roll up. For procedures on the lower body, wear loose trousers or bring a change of clothing.

## Eating and Drinking

For most procedures under local anaesthetic, you may eat and drink normally beforehand. If specific fasting instructions apply to your procedure, you will be advised at your pre-procedure assessment. If in doubt, please call us on 01522 275 049.

## 3. Your Treatment Pathway

Every treatment at Cedar Park Healthcare follows a structured pathway designed to keep you safe, informed, and comfortable at every stage.

1

### Pre-Procedure Medical Assessment

A 15-minute appointment with our GP partner, Aega Health. This includes full clinical assessment, diagnosis, suitability for treatment, explanation of options, and consent. Cost: £150. No NHS GP referral needed — you can book directly.

2

### Procedure Booking

Once assessed and confirmed suitable, your procedure is booked at a convenient time. Many injection treatments are performed in the same visit where clinically appropriate.

3

### Your Procedure

Procedures are performed under local anaesthetic at our Lincoln facility by a named consultant specialist. You are awake throughout and will feel pressure but not pain. Most procedures take 15 to 60 minutes.

## 4 Recovery and Discharge

Most patients go home the same day. You will receive written aftercare instructions, post-procedure pain relief via private prescription at no extra charge, and a follow-up plan if required.

### 4. About Local Anaesthetic

All procedures at Cedar Park Healthcare are performed under local anaesthetic. This means only the area being treated is numbed. You remain awake and comfortable throughout.

#### What to expect:

- A small injection to numb the area
- You will feel pressure but not pain
- The anaesthetic takes 2 to 5 minutes to work
- You can drive after most procedures under local anaesthetic
- You remain fully awake and aware
- You can talk to your surgeon throughout
- Effects wear off over 2 to 4 hours after the procedure
- Avoid hot drinks until sensation has fully returned

If you have had a reaction to local anaesthetic in the past, please inform us at your pre-procedure assessment. This is rare but we need to know in advance.

### 5. Consent

At Cedar Park Healthcare, your informed consent is essential before any procedure. Consent is not just a signature — it is an ongoing conversation.

- Your consultant will explain the procedure in full
- All risks, benefits, and alternatives will be discussed
- You have the right to ask any questions before signing
- You may withdraw consent at any time before the procedure
- A written consent form will be signed at your assessment
- A copy of your consent form is available on request

You should never feel pressured to proceed. If you need more time to consider your options, simply let us know. Your safety and peace of mind always come first.

### 6. Post-Procedure Aftercare

You will be given written aftercare instructions tailored to your specific procedure before you leave. The guidance below applies to most procedures.

#### In the first 24 hours:

- Rest and keep the treated area elevated if possible
- Avoid alcohol for 24 hours

- Avoid strenuous activity or heavy lifting
- Keep the wound area dry and clean
- Take prescribed pain relief as directed
- Do not drive if advised not to at your appointment
- Watch for signs of infection (redness, swelling, warmth)
- Contact us immediately if you are concerned

#### Wound care:

- Keep dressing dry and intact for the time advised
- Do not pick at stitches or dressings
- Attend any follow-up appointments as arranged
- Showering is usually fine from day 2 unless advised otherwise
- Stiches are removed at a follow-up appointment if non-dissolving
- Scarring usually fades significantly over 6 to 12 months

#### When to seek urgent help:

Contact us immediately or go to A&E; if you experience: heavy or uncontrolled bleeding, signs of infection (increasing redness, heat, swelling, discharge), high temperature above 38C, severe or worsening pain not controlled by prescribed medication, or any other sudden change in your condition.

## 7. Histology (Tissue Testing)

For some procedures, particularly those involving the removal of lumps, cysts, skin lesions, or other tissue, your consultant may recommend sending the removed tissue to a laboratory for testing. This is called histology.

#### Histology cost: £195 per specimen

Histology is charged separately and only if required. Your consultant will advise you at your assessment whether histology is likely to be recommended for your procedure. Results are typically returned within 2 to 3 weeks and discussed with you directly.

## 8. Paying for Your Care

### Pre-Procedure Assessment

All treatment pathways begin with a 15-minute pre-procedure assessment: £150. This covers your full clinical assessment, diagnosis, treatment options, counselling, and consent. This fee is charged regardless of whether you proceed to treatment.

### Procedure Costs

All procedure prices are confirmed at your assessment. Prices shown on our website are 'from' prices. Your exact price will depend on the complexity of your procedure and whether multiple procedures are performed in the same session.

## 0% Finance

### 0% finance available over 3 months

We offer interest-free payment plans over 3 months for eligible patients. Please ask our team at the time of booking for details. Finance is subject to eligibility.

## How to Pay

- Card payment accepted at reception
- Bank transfer available on request
- Payment is taken at the time of your assessment
- Finance plan arranged at booking
- No hidden charges — all costs confirmed in advance
- Receipts and invoices available on request

## Self-Pay — No Insurance Needed

Cedar Park Healthcare is a self-pay private facility. You do not need private health insurance to use our services. You pay directly for your care with no insurer involved. If you do have health insurance, please contact your insurer before your appointment to confirm your cover.

## 9. How to Book

Booking your assessment is straightforward. No NHS GP referral is needed. You can self-refer directly.

1

### Contact Us

Call 01522 275 049 or email [mail@cedarparkhealth.co.uk](mailto:mail@cedarparkhealth.co.uk) to book your pre-procedure assessment.

2

### Provide Your Details

We will take your full name, date of birth, email address, and mobile number.

3

### Attend Your Assessment

Arrive at Cedar Park Healthcare, Boundary Lane, South Hykeham, Lincoln LN6 9NQ for your 15-minute assessment with our GP partner, Aega Health.

4

### Proceed to Treatment

If suitable, your procedure is booked at a convenient time. Many injection treatments are carried out in the same visit.

## 10. Your Rights as a Patient

- The right to be treated with dignity and respect
- The right to full information about your treatment
- The right to confidentiality
- The right to complain and have your complaint addressed

- The right to refuse or withdraw consent at any time
- The right to a second opinion
- The right to access your medical records
- The right to know who is treating you
- The right to clear information about costs before you commit
- The right to be treated in a safe, CQC-regulated environment

Cedar Park Healthcare is regulated by the Care Quality Commission (CQC). Our CQC registration and inspection reports are publicly available at [cqc.org.uk](http://cqc.org.uk).

## 11. Feedback and Complaints

We welcome all feedback, positive or negative. If you are unhappy with any aspect of your care, please tell us so we can put it right.

- Speak to reception during your visit
- Email [mail@cedarparkhealth.co.uk](mailto:mail@cedarparkhealth.co.uk)
- Write to us at our Lincoln address
- We aim to acknowledge complaints within 2 working days
- We aim to resolve complaints within 20 working days
- If unresolved, you may contact the CQC or the Parliamentary and Health Service Ombudsman

## Contact Us

### Cedar Park Healthcare

Boundary Lane  
South Hykeham  
Lincoln LN6 9NQ

**01522 275 049**

[mail@cedarparkhealth.co.uk](mailto:mail@cedarparkhealth.co.uk)

[www.cedarparkhealth.co.uk](http://www.cedarparkhealth.co.uk)

## Opening Hours

Please call or check our website for current opening hours.

## CQC Registration

Cedar Park Healthcare is registered with and regulated by the Care Quality Commission. Our inspection reports are available at [cqc.org.uk](http://cqc.org.uk).

## GP Partner

Pre-procedure assessments are conducted by Aega Health, our onsite private GP partner.

This leaflet is for general information purposes. The information it contains is accurate at the time of publication but may be subject to change. For the most up-to-date information about our services and prices, please contact us directly or visit our website.

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