

BREAST & BODY CONTOURING SURGERY **GUIDE**



Mr Paul Banwell
FRCS (Eng),
FRCS (Plast)
Consultant Plastic,
Reconstructive &
Cosmetic Surgeon

As cosmetic surgery becomes more commonplace, plastic surgeons have seen an increasing demand for surgical procedures such as breast enlargement and liposuction. Indeed, these are now the most frequently requested cosmetic procedures in the UK and mark a trend in the rising popularity of so-called 'body-contouring surgery'. Other popular procedures in this field also include tummy tucks, mini-tummy tucks, breast reductions, breast uplifts, arm lifts and thigh lifts.

HIGH PATIENT SATISFACTION

In appropriate patients, surgery can result in improved proportions, better fitting clothes and a more appealing silhouette, as well as potentially boosting confidence and enhancing quality of life.

Mr Banwell explains, "patient satisfaction is often extremely high for breast and body contouring procedures but it is vital patients have realistic expectations of outcomes". He also points out that the Consultation is a fundamental part of this process and he endorses the BAAPS message of "Be Safe, Be Sure" – no surgery is risk free.

POST PREGNANCY

A study by Mother & Baby magazine found that the joys of childbirth may be reduced by the toll it takes on mothers' figures. The study found that 86 percent of women said that they felt less attractive post-pregnancy, while a similar number were unhappy with their weight and shocked by the changes in their body afterwards. It is perhaps not surprising that some women are choosing to have cosmetic surgery to help restore their bodies to their pre-pregnancy state'. Common concerns include small, empty breasts and loose abdominal skin with sagginess.



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UNHAPPY WITH YOUR BREASTS?

• BREAST ENHANCEMENT

Mr Banwell says the degree of change women experience in their breasts depends on whether they have breastfed and the duration of their breastfeeding. 'The more a woman has breastfed, the more dramatic the changes that occur in her breasts usually are,' he explains.

According to Mr Banwell, most women opt for a breast augmentation procedure when they want to improve the appearance of their breasts. However, if there is no change to the volume of the breast, a breast lift might suffice. Other women might require both a breast reduction and lift procedure to obtain the shape they desire.

UNHAPPY WITH YOUR TUMMY?

• TUMMY TUCKS

You may have put in countless hours of intense exercise...you have resisted the temptations of excessive calories and remained dedicated to your strict dietary regime... and you yearn for that flat tummy once more. Despite this, your protruding tummy and the accompanying excess skin and loose muscles still linger as a constant source of frustration and upset....if this scenario is all too familiar you may well be a suitable candidate for tummy tuck surgery. The abdomen is the area most affected by pregnancy,' says Mr Banwell. Abdominoplasty, otherwise known as a tummy tuck, is used to restore a woman's tummy to its original shape and position. It is often combined with liposculpture as this can offer a better result.

The procedure is designed to tighten laxity of the abdominal wall, which is the result of stretching, by removing excess fat and skin. 'Abdominoplasty, when combined with liposculpture, can remove excess skin and fat from the abdomen, repair any underlying damage to the abdominal muscles and reposition the umbilicus,' says Mr Banwell.

CONCERNED ABOUT YOUR BODY SHAPE?

• LIPOSCULPTURE

In addition to performing liposculpture in combination with an abdominoplasty, problem areas including love-handles and inner- and outer-thighs can be treated with liposculpture alone. 'These could be areas that troubled the patient prior to pregnancy but they may have become more prominent post-pregnancy,' says Mr Banwell. 'Most importantly, the area the patient wants treated needs to look in proportion with the rest of her figure.'

Mr Banwell stresses that women who undergo an abdominoplasty or liposculpture procedure need to commit to a healthy lifestyle, involving a sensible diet and exercise regime, in order to maximise and maintain the results.

He adds that it is his policy not to operate on a mother until her last child is at least 18 months old. 'I usually advise patients to complete all their pregnancies before commencing surgery. Otherwise results might not be maintained,' says Mr Banwell.

Post-pregnancy cosmetic surgery can have a very positive effect. 'As long as the expectations of outcomes are realistic, I find the overall satisfaction rate in this group of patients is very high,' Mr Banwell concludes.

EXTREMELY HIGH FOR BREAST
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p paul banwell
FRCS(Plast)
Contact

Paul E Banwell FRCS(Plast)

T: 0845 2600 261 F: 0845 2600 271

E: help@paulebanwell.com

W: www.paulebanwell.com