

Mummy makeovers

Paul Banwell FRCS (Plast), Consultant Plastic Surgeon at Nuffield Health Tunbridge Wells Hospital, explains the options for mums who feel the need of a revamp



A S COSMETIC SURGERY becomes more common-place, plastic surgeons have seen an increasing demand for so-called 'mummy makeovers' which include procedures such as tummy tuck, liposuction, breast enlargement and breast uplift. 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'.

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 British Association of Aesthetic Plastic Surgeons (BAAPS) message of 'Be Safe, Be Sure' – no surgery is risk free.

Post Pregnancy

A recent 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 per cent 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 loose abdominal skin with sagginess and small empty or drooping breasts.

However, Mr Banwell's policy is not to operate on mums until their 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.

Mr Banwell consults at Nuffield Health Tunbridge Wells Hospital on Wednesday and Saturday.

For further information or to book an appointment, please call 01892 552932. www.paulebanwell.com

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