



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

# MUMMY MAKEOVER

**As a mother, pregnancy and having a child is a unique and very special time in your life – it is a wonderful experience to watch how your body changes to accommodate bringing a new life into the world. However, whilst this is a truly life changing event, the birth of your baby and subsequent breast feeding can have significant downsides which may not be reversed by simple diet and exercise alone in the following weeks, months and years. This is when a little help may sometimes be required if you are keen to make changes. This mummy makeover information sheet will hopefully provide an overview of what procedures are available and how Mr Banwell can potentially help you to feel more body confident.**

The Banwell Clinic in the South East of England is one of the UK's leading cosmetic surgery and cosmetic medicine practices and specialises in Mummy Makeover surgery.

## **The benefits of Mummy Makeovers**

Mummy makeovers aim to change your body shape, improve your silhouette and help restore body confidence. It can have not only positive physical effects but positive psychological benefits too.

The following benefits are just some of those that can be achieved with a mummy makeover.

- Removing excess tummy skin and fat.
- Tightening the tummy wall muscles.
- Recreating a more desirable breast appearance.
- Reducing or restoring breast volume.
- Improving the appearance of unwanted scars and/or stretch marks.
- Removing excess fat and skin from the arms and thighs.

- Enhancing the volume and shape of the bottom.
- Rejuvenating the appearance and tone of the vaginal/labia area.
- Enhancing the volume and shape of cheeks and lips
- Removing excess upper eyelid skin.

The mummies who undergo such procedures describe a major increase in self-confidence. Therefore, the mummy makeover can have significant positive effects on you - physically, emotionally and psychologically!

## **The treatment**

There are common combinations of surgeries that Mr Banwell performs regularly for mummy makeovers such as tummy tuck with breast augmentation, breast lift with tummy tuck, breast augmentation and labiaplasty, breast reduction and liposuction, hybrid breast augmentation and mini tummy tuck.

However, the mix of surgeries that you can potentially choose from are extensive and include some of the following:

- Tummy tuck (abdominoplasty)
- Breast lift (mastopexy)
- Liposuction
- Breast augmentation
- Hybrid breast augmentation
- Labiaplasty
- Caesarian section scar revision
- Fat transfer
- Breast reduction. →



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- Arm lift.
- Thigh lift.
- Cheek augmentation.
- Lip augmentation
- Upper blepharoplasty

## **Preparing for your Bespoke Mummy Makeover**

It is important to prepare well in the lead up to your surgery by ensuring your diet is good, you have stopped smoking and that you are getting plenty of sleep. Being well hydrated too is extremely important so please make sure you drink plenty of water and ensure that you avoid significant amounts of alcohol the weekend prior to surgery! One of the aspects that surgeons do not always communicate is the importance of having supportive family and friends during the surgical journey. Partners, family and friends all need to all help out and sometimes parents and in-laws may come in to their own. As a mummy, feeling confident that your children will be looked after whilst you are resting after the operation is very important – remember that lifting the children in the first few weeks after the operation is not advised.

## **Duration of Mummy Makeover Surgery**

The duration of surgery will vary enormously depending on the number of procedures; however, 2 or 3 procedures might take anywhere between 2-5 hours depending on the complexity and severity of your concerns. Drains may be inserted on each side of the breasts or tummy, and these will normally stay in for 1-2 days. Whilst recovery may be rapid, do be prepared for a couple of days in hospital if you decide to have major work performed.

## **Complications of Surgery**

Unfortunately complications can occur following any surgery and patients need to be fully aware of this. Mr Banwell does his utmost to minimise the complication rate and likes to practise in a very safe manner. The commonest complications with any cosmetic surgery (including mummy

makeovers) are scarring, widened scars, hypertrophic scars, bleeding, haematoma formation and the need to return to theatre, infection, fat necrosis, skin numbness, nipple issues, asymmetry in the healing and the final result, dog ears and wound healing issues. Clots in the legs and lungs can also occur. Mr Banwell will discuss these risks in detail with you at consultation.

## **Recovery**

The recovery period will vary depending on the type and number of surgeries performed. Mr Banwell and his team will obviously go through this in some detail with you. Essentially it will take 2-3 weeks to recover and then 4-8 weeks before you are fully back to normal.

## **Success and satisfaction**

This type of surgery is usually associated with significant success and satisfaction in our patients. If you have accepted the risks and complications and taken into account the recuperation period required then you will be well prepared.

## **Best Locations for Mummy Makeover Surgery in the UK**

Mr Banwell performs mummy makeover surgery for patients in Sussex, Kent, Surrey, Hampshire, London and all around the UK (and abroad). He consults in Harley Street and in various locations in the South East including East Grinstead, Tunbridge Wells, Haywards Heath and Brighton. Mr Banwell's main operating lists are in East Grinstead (at the famous McIndoe Centre) and in Tunbridge Wells but he also operates in Harley Street in London.

## **Important Notice**

*Mr Banwell strongly advises you stop smoking prior to surgery as this can affect the outcome of surgery and increase complication rates. Nutritional supplements, anticoagulant medication and blood thinners (eg. aspirin and brufen) all increase the risk of bleeding and should be stopped prior to surgery unless otherwise instructed. repositioning tissues.*