



GOLD COAST
Plastic Surgery



Your comprehensive guide to

MUMMY MAKEOVER

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Mummy Makeover

Pre and post pregnancy body changes

Pregnancy is a beautiful, natural and life-changing process. From the time of conception through to delivery and the completion of breastfeeding, the body is going through vast hormonal changes which alter its fat distribution. During this time your stomach can become baggy, your breasts may swell and then sag, and you may find you lose the general firmness and tone of your pre-pregnancy body.

Tummy tuck, breast augmentation (lift or enlargement) and fat removal with liposuction are all procedures which Dr Doyle performs as part of a mummy makeover. Dr Doyle personalises each mummy makeover to suit your individual needs.

Mummy makeover – what to expect?

It is important to differentiate between the multiple surgeries which are offered as part of a mummy makeover. The term ‘mummy makeover’ is used to describe plastic surgery which can include;

- Tummy tuck
- Breast enhancement or lift
- Liposuction

During your initial consultation, Dr Doyle will discuss your post pregnancy body goals and create a personalised treatment plan tailored to you. We will take time discussing the areas of your body that you would like to improve, so we can create realistic desired outcomes based on your needs. The number and variety of treatments you choose as well as your general health will determine whether your mummy makeover will be completed as one combined procedure, or as a series of surgeries performed over a period of time. If combined into one stage, the mummy makeover typically lasts from three to five hours, but the actual length of the surgery depends upon the number and type of procedures being performed.

Before the surgery

Prior to surgery, Dr Doyle will draw incision guidelines on your breasts, abdomen, and outer thighs. You will be placed under anaesthesia. Your anaesthesiologist will most likely administer general anaesthesia which causes you to sleep during the procedure.

Tummy tuck (abdominoplasty)

A tummy tuck, or abdominoplasty, is a surgical procedure that removes excess fat and skin from the stomach area. It will also tighten weakened and loose abdominal muscles to give the stomach a flatter, firmer appearance.

The procedure

During the procedure, an incision is made in the lower abdominal region, allowing the surgeon to access and repair the muscles that comprise the abdominal wall and remove excess fat, tissue, and skin. Depending on the individual patient, a second, higher incision may be made near the navel to excise fat and skin in the upper portion of the stomach. Liposuction may be used to remove excess fat during a tummy tuck.

Liposuction

Liposuction is performed as a day surgery procedure under general anaesthetic. In traditional liposuction, a small tube (cannula) is used to mechanically break down fat as it is suctioned from the body. Small incisions are made in the body's natural creases, where they can stay hidden. Dissolvable sutures are primarily used, and scarring is minimal.

Recovery after surgery

The exact recovery time will depend on the surgery you have, and which liposuction technique is used. A compression garment is often worn for 6 weeks following surgery and most people are back to normal activity in a week. Some other factors that can affect your recovery time include age, your health and your body's natural healing ability.

Are the results permanent?

Liposuction removes excessive fat cells, but it does not stop remaining cells from increasing in size and ability to store fat. To maintain the results from liposuction you should maintain a sensible diet and regular exercise. You should especially do this during your healing and shortly after your healing period.

Breast augmentation

Breast augmentation is a cosmetic procedure designed to increase and enhance the size and shape of a woman's breast. There are a large number of options with breast augmentation including implant choice and surgical techniques.

The procedure

Breast augmentation surgery typically takes under an hour. The location of the incisions depends on your anatomy, goals, and

the type of implant you choose. Dr Doyle will make every effort to ensure that your incisions are as small as possible. During the procedure, a space (or pocket) is created under the breast. The implant is then placed behind or in front of the chest muscle, depending on the look you want to achieve. Most patients receive dissolvable stitches and the surgery is usually done as a day surgery procedure.

Am I a candidate?

Mummy makeover surgery is a highly individualised combination of procedures and you should consider carefully if it's right for you and your body. It is a good option for you if:

- You have finished having children, and would like to tighten areas of your body which has not recovered from pregnancy-associated skin stretch
- You have specific fat pockets which do not decrease despite weight loss, exercise and lifestyle modifications
- You are fit and healthy with adequate nutritional intake
- You are at a stable weight
- You are a non-smoker (or ex-smoker for more than 12 months)
- You have good quality skin
- You have a positive outlook
- You have specific, but realistic goals in mind for the improvement of your appearance

Recovery

Dr Doyle performs his mummy makeovers on an inpatient basis to provide closer observation during the recovery period. The length of the surgery will depend on the number of procedures combined but can take between 4-6 hours to complete. An abdominal compression garment and supportive bra will be worn after the procedure to help reduce swelling and assist in shaping and contouring. You will usually remain in hospital for 1-2 days depending on your progress.

Post-operative care

You may experience mild to moderate discomfort after the procedure and so a postoperative analgesia regime will be tailored to meet your specific needs. In general, you can expect the possible bruising, swelling and tenderness of the abdomen and breasts to have settled within 1-2 weeks. Patients are advised to organise at least 3-4 weeks off from work, return to moderate activity after 3-4 weeks and more vigorous exercise after 6 weeks. Continued improvements can be seen for up to 6 months following a mummy makeover.

Dr Doyle and his team are dedicated to providing ongoing care, support and guidance throughout your entire journey. They will be readily available to answer any further questions you may have to ensure a safe and smooth recovery.

This is a general guide on a mummy makeover procedure. For more detailed information on individual procedures please refer to our abdominoplasty, breast augmentation, breast lift or liposuction guides.



Contact Us

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