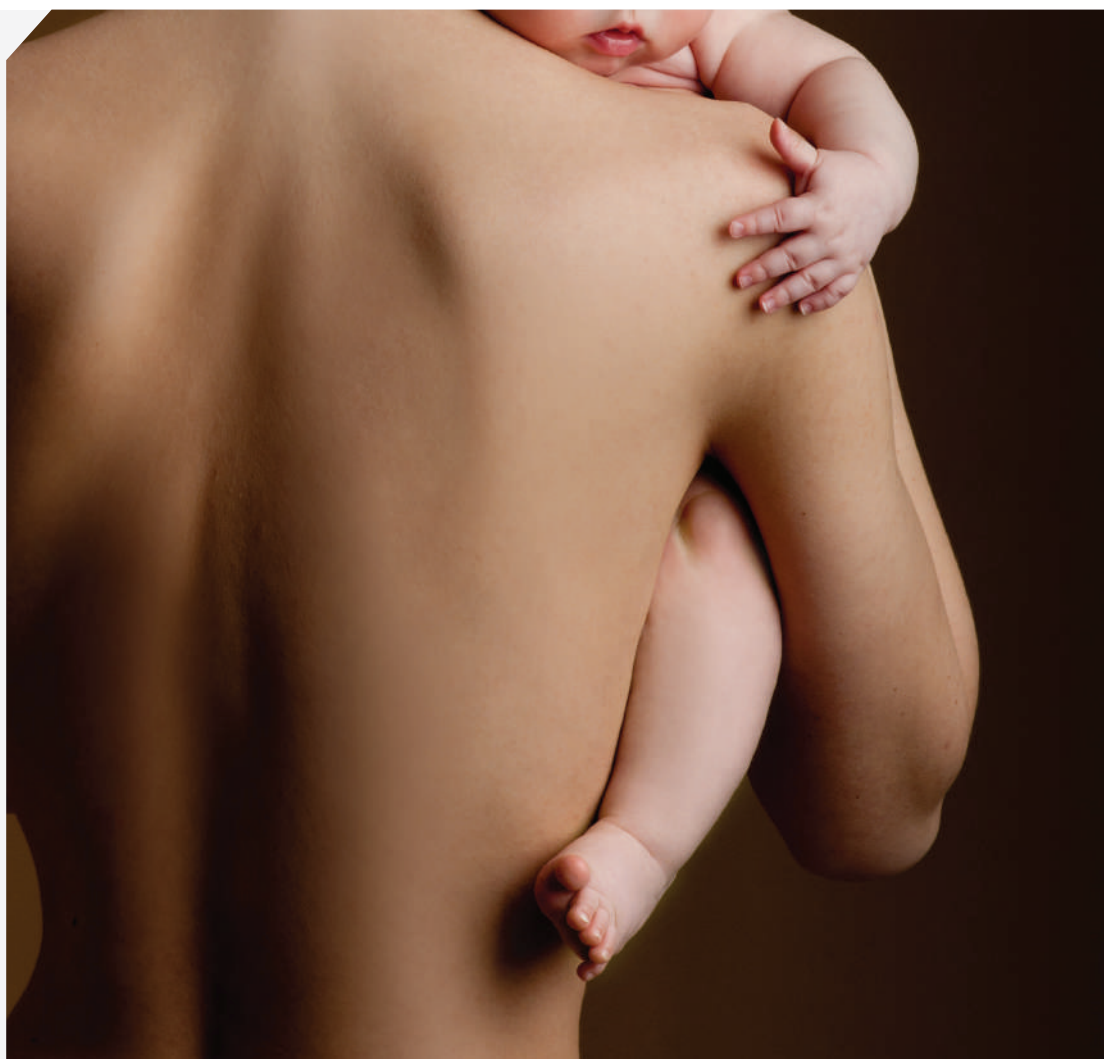


PLASTIC SURGERY

A beauty rebirth after childbirth

Mummy makeovers can combat the post-pregnancy changes brought on by childbirth, breastfeeding, hormonal changes and stresses of motherhood.



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Motherhood is one of the greatest and most joyous life experiences a woman can go through. But it is also one of the most taxing. Carrying a child to term, giving birth and caring for a baby — not including juggling responsibilities as wife, daughter, employee and more — can leave a woman feeling tired and worn out physically and emotionally.

Many women neglect their own needs, and are resigned to the various body and skin changes caused by pregnancy, hormones and child rearing. However, these changes are not inevitable or irreversible. Mummy makeovers are increasingly popular with women wishing to combat post-pregnancy changes and recover their confidence and body image. Various procedures for the body and skin can even be combined in customised packages.

Regain youthful glow

Skin rejuvenation helps to turn back the clock, and there are numerous non- or minimally invasive ways to achieve this.

The hormonal changes brought on by pregnancy and motherhood can cause a range of skin issues, such as pigmentation, wrinkles and loss of elasticity. Botox, fillers, chemical or microlaser peels, and Thermage radiofrequency treatment can bring back a youthful skin tone with little or no downtime, and these procedures can even be performed during lunchtime.

- Botox can minimise frown lines and crow's feet, thus softening the facial features
- Depending on the area and depth of injection, fillers can plump up the cheeks and prop up sunken undereye areas, as well as give the skin a more hydrated, healthy glow
- Chemical peels can brighten the skin and reduce mild pigmentation
- Thermage uses radiofrequency energy to deliver heat deep down to stimulate collagen production and tighten up the skin

- Lasers and lights are other means of giving the skin a boost

Say "bye bye" to the belly

While diet and exercise can help women lose their pregnancy weight, the 'kangaroo pouch' that is characteristic of a post-pregnancy body may be harder to lose.

For smaller 'pouches', Coolsculpting is an FDA-approved means of non-invasive fat reduction using cryolipolysis to freeze fat cells, which are then gradually eliminated by the body. Liposuction is ideal for localised fat deposits, but may have limited applications if the skin is loose after pregnancy.

For those in whom there is a post-baby bulge as well as loose skin, a tummy tuck will give the most marked improvement in appearance and function. A tummy tuck, or abdominoplasty, tightens the abdominal muscles that have been stretched during pregnancy and reshapes the abdominal wall. It also removes fat, excess skin and stretch marks. The procedure may also be combined with liposuction.

Abdominoplasty takes three to four hours and is done under general anaesthesia. Patients are warded for two to four days, and will need to wear a support garment after surgery. Most people return to work in about two weeks.

Lose the 'love handles'


Some women have pockets of fat that linger despite the most rigorous exercise regimens. In these instances, liposuction is useful in removing small amounts of stubborn fat in localised areas, such as 'love handles', thereby sculpting the body — it is not a weight loss method. Liposuction may be performed under general anaesthesia or light sedation as a day surgery procedure. After the procedure, patients will need to wear a compression garment for three to four weeks to reduce the post-operative swelling and bruising. Most people return to work in a few days.

Coolsculpting is a useful alternative for those ladies averse to surgery, although one cannot expect the same degree of fat reduction. Treatments usually need to be repeated for optimal results.

Get a little more lift

Breastfeeding and weight fluctuations due to pregnancy can leave women with a little less than desired in the chest area. Several procedures can combat the loss of volume and shape, such as breast lift or breast augmentation.

- A breast lift, also called a mastopexy, reverses the sagging that results from effects of gravity, significant weight loss and pregnancy. The surgery redistributes and re-suspends the breast tissue so that the breast is positioned higher on the chest wall, thus looking more lifted. The surgery is performed under general anaesthesia and takes about three to four hours. The hospital stay typically lasts one to two days, and recovery takes one to two weeks. During the recovery period, patients will need to wear a post-surgical support bra.
- A breast augmentation changes the size and shape of the breast using breast implants. While patients can choose the size and shape of the implants, they should note that the final shape and size of their breasts depend not only on the choice of implants, but also the original size and shape of their breasts as well as the structure of their chest wall and ribs. They should always discuss with their surgeon what is achievable. This is a day surgery procedure performed under general anaesthesia.

Women who only want a small increase in breast size may opt for a fat grafting. This can be viewed as a two-in-one procedure, in which unwanted fat is removed from an area by liposuction and grafted to the breast. However, compared to implants, the results are less dramatic, so this procedure is best suited for ladies who only want a modest size increase. Patients can often return to work within a few days. 



Mummy makeover treatments are customised to treat the skin, breast and body to help women improve their body image and self-confidence.

