

## **Mons Reduction**

*Surgery to reduce, flatten and lift the mons pubis for a smoother silhouette*

### **What is Mons Reduction?**

The mons pubis is the fatty mound on the pubic bone. It can bulge through clothing and be resistant to weight loss. Mons Reduction Surgery or a Pubic Lift is an operation to remove fatty tissue and loose overhanging skin, to flatten the pubic area and create a slimmer body contour.

Bella Vou provides a bespoke Intimate Rejuvenation service. The experienced aesthetic surgeons also offer innovative, new techniques for treating loose skin and excess fatty tissue. They can advise on whether Minimally Invasive Mons Reduction using Vaser Liposculpture together with Renuvion skin tightening may provide smaller scars, quicker recovery, and a better cosmetic result.

### **Why have Mons Reduction Surgery?**

Age, weight changes, and a genetic tendency can make the area on the front of the pubic bone puffy and protuberant. Some fat on the mons pubis is normal. But if the fat is excessive, or if the skin in the area is saggy and overhanging, it can look unsightly and stick out through clothing.

If you feel self-conscious about your mons, and are uncomfortable in tight-fitting clothing, swimsuits, and underwear, the specialist surgeons at Bella Vou can help. Mons Reduction surgery can remove excess fat, tighten loose skin and lift and rejuvenate the area

### **What happens in Mons Reduction Surgery?**

Mons Reduction Surgery at Bella Vou is performed under local or general anaesthetic, depending on how much skin and tissue needs to be removed. It's a day case procedure, so you won't need to stay in hospital overnight.

The surgeon will make an incision in the natural folds and creases of the abdomen, so that the scar is discreet. The scar is in the bikini line, similar to that from a Caesarean section.

The surgeon cuts away excess skin and fatty deposits from the pubic area, reducing the bulge and treating any overhang. Finally, the surgeon will pull the skin so that it is smooth and tight, then stitch the wound closed using under-the-skin sutures that are absorbable and do not need to be removed.

### **How long is recovery from Mons Reduction?**

You'll be able to go home following surgery. You will be given pain-relief and a supportive pressure garment to reduce pain, bleeding, and swelling.

You should take time to relax and recover and avoid exercise, exertion and heavy lifting for two weeks. From four to six weeks, you can reintroduce exercise, gradually increasing activity as you regain fitness, strength, and confidence.

Some pain, swelling and bruising is normal with any surgery. Don't worry if the area looks fuller following surgery. The swelling will gradually settle so that by three to six weeks, the pubic area will be looking flatter. However, it can take from three to six months to see the final results.

### **Quick glance guide to Mons Reduction**

**Procedure Time:** 30-60 minutes

**Recovery:** 4-6 weeks. Back to work in 1-2 weeks

**Anaesthetic:** Local anaesthetic or general anaesthetic

**Hospital stay:** No

**Treats:** Treats sagging skin and removes mons pubis fat

### **Why choose Bella Vou for Mons Reduction?**

Bella Vou offers clients a uniquely individual approach to cosmetic surgery, aesthetic treatments and intimate health care. The state-of-the-art clinic provides the latest procedures in a discreet, comfortable, and welcoming environment in the heart of the beautiful historic town of Royal Tunbridge Wells.

Bella Vou's surgeons are highly-skilled and experienced in Intimate Surgery. Bella Vou is dedicated to providing satisfaction, the highest standards of care and a personal touch, throughout your treatment journey. The skilled staff are passionate about helping people achieve the results they want and making their experience pleasant and stress-free.

Bella Vou offers competitively priced packages of care, with no hidden extras. The clinic is approved and inspected regularly to ensure the highest standards of patient care and assured with exacting standards on cleanliness and infection control safeguards. The staff at Bella Vou are professional, highly qualified, and led by cosmetic surgeons recognised by the most reputable aesthetics and cosmetic surgery associations, including the UK Association of Aesthetic Plastic Surgeons (UKAAPS).

***Bella Vou combines cutting-edge treatment and clinical excellence with the luxury, comfort, and discretion of a spa and the hospitality of a five-star hotel.***

### **Your Mons Reduction journey at Bella Vou**

#### **Free, no-obligation consultation**

Bella Vou offers every client a free consultation with an expert, accredited plastic surgeon. The consultation is an opportunity to discuss any concerns you have, the results you want to achieve, and whether surgery can help you reach those goals.

The aesthetic surgeon will sensitively evaluate the proportions of your body and the location of any excess fat and loose skin. In careful consultation with you, they will plan the best treatment to achieve your goals. This could include Mons Reduction Surgery, Vaser Liposculpture and Renuvion skin tightening, or SkinTite treatment. Bella Vou will always give you an honest and impartial professional opinion. Mr Amir Nakhdjevani says:

*'At Bella Vou, we never pressurise people or try to sell procedures. It's always about giving an honest opinion and honest advice.'*

### **Meet your surgeon**

You will be offered a further appointment with your consultant before proceeding to surgery. This will give you a chance to find out more about the procedure, understand any risks and complications, and to ask any questions you may have.

### **Preparation for Mons Reduction**

You'll be given personal pre-operative advice to reduce your chance of bleeding or infection and help your healthy recovery. If you are going to have a general anaesthetic, you will be advised when to stop eating and drinking in preparation for the procedure.

Let your surgeon know if you're on any medications. You may be asked to stop taking aspirin or anti-inflammatory tablets, which can increase the risk of bleeding and bruising. It's also important to stop smoking cigarettes and e-cigarettes before and after surgery because they can affect the healing process.

On the day of your surgery, you'll be welcomed to Bella Vou, given a gown to wear and escorted to the state-of-the-art operating theatre. If you are going to be awake for your procedure, your surgeon will greet you, explain what will happen, and offer support throughout the operation.

### **What happens during Mons Reduction Surgery?**

The procedure will depend on your anatomy and the amount of skin and fatty tissue to be removed.

The surgeon will make an incision in your bikini line. They will carefully excise any loose or overhanging skin. They will either cut away any excess fatty tissue, or use the innovative Vaser Liposculpture device to liquify the fat, suck it out and contour the area over the pubic bone. Finally, they will pull the skin tight to lift, smooth and rejuvenate the area.

The surgeon will close the incisions using fine, absorbable sutures that don't need to be removed. Finally, a supportive garment will be put on to reduce bruising and swelling.

## **Recovery from Mons Reduction**

You will usually be able to go home on the day of the procedure. The team at Bella Vou will monitor your recovery, offer safe effective painkillers, and provide support every step of the way.

After one week, the nurse and wound care specialist will check that you're well and inspect your scars. You should wear the pressure garment day and night during your recovery. These support the scar, reduce swelling and bruising, and help you stay comfortable.

You should avoid exercise, exertion and heavy lifting for two weeks. From four to six weeks, you can gradually increase activity as you regain fitness, strength, and confidence. By six weeks, most swelling will have eased but it can take three to six months to see the final results. The Bella Vou team is always available if you have any questions or concerns at any time.

## **FAQs**

### **I had a tummy tuck, now my mons sticks out. What can I do?**

The mons can appear prominent if the pubic area was not addressed adequately during your tummy tuck. If excess skin or fatty tissue in the area is a concern for you, then contact the surgeons at Bella Vou. Vaser Liposculpture or a surgical Mons Reduction can help flatten and smooth the area.

### **I have a large mons with saggy skin. What procedure is best for me?**

There are two aspects of the anatomy to address: the volume and the skin. Vaser Liposculpture will address the large volume of fatty tissue on the mons. The saggy skin will need to be treated with a skin excision, or Renuvion Skin Tightening if there is less loose tissue.

### **Can I just have Liposuction of the mons?**

The simple answer here is yes you can. However, it depends on the overall skin quality and whether there is loose or overhanging skin. If the skin elasticity is good and there is no excessive redundant skin then liposuction alone can give a good result. However, if the skin is sagging and hanging over, then liposuction alone can make this situation worse. Your surgeon will examine you to determine what procedure would be appropriate for your condition. Vaser Liposculpture with Renuvion can smooth the contour and tighten the skin, so could be an alternative if there isn't too much excess skin.