

Mummy Makeover

A cosmetic surgery package to refresh and restore your body following pregnancy

What is a Mummy Makeover?

A Mummy Makeover is a combination of cosmetic procedures to rejuvenate your body and restore your pre-pregnancy appearance.

Pregnancy changes your body. The incredible process of creating, carrying and delivering a baby takes its toll on your tummy and your breasts, often leaving them loose, drooping, and deflated.

Bella Vou offers a bespoke package of cosmetic surgery procedures and non-surgical treatments designed to improve the appearance of your post-pregnancy body. Most mothers don't have the luxury of extended periods for rest and recovery after surgery. Treatment plans are designed to help you get back to family life and normal activities as quickly as possible.

Why have a Mummy Makeover?

Pregnancy can be tough on your tummy. Even if you had washboard abs before, you might find that after birth, your belly can look and feel like blancmange. Your breasts may be smaller, lower, and less firm. If your new body is affecting your self-esteem, a Mummy Makeover can help you look good, feel better about yourself, and restore your confidence.

What happens in a Mummy Makeover?

At Bella Vou, your Mummy Makeover is totally bespoke. It is designed to target your individual body concerns and post-pregnancy problems. The expert cosmetic surgeons at Bella Vou will carefully assess your body, discuss your worries, and tailor a personal programme of care. Treatment can include:

Tummy Tuck or abdominoplasty: A tummy tuck is an operation to tighten and reshape the abdominal area. The specialist surgeons remove any excess skin and fat and tighten the underlying muscles to create a flatter, smoother, and more toned tummy.

Breast augmentation: Breast enlargement is surgery in which implants are placed behind the breasts. They increase the size of the breasts, provide uplift, and restore firmness and symmetry.

Breast lift: Women whose breasts have good volume but have sagged since childbirth, may benefit from breast uplift surgery, without augmentation.

VASERlipo™: Vaser Liposuction is an advanced body sculpting procedure. Excess fat is removed to reshape and contour the body.

BodyTite is an advanced procedure that simultaneously reduces fat and tightens skin, offering permanent results.

Renuvion skin tightening is often performed at the same time as **VASERlipo™**. The device uses plasma energy to tighten loose skin to create a toned, smooth appearance.

How long is the recovery following Mummy Makeover surgery?

Bella Vou understands that mums don't have time for repeated procedures and a lengthy recovery. Treatment plans are designed so that you can get back to your family and normal life as speedily as possible.

Your recovery will depend on the surgical procedures and your general health and wellbeing. Most wounds will take around two weeks to heal, but it takes around four to six weeks to reach full strength.

Your specialist and the team at Bella Vou will give you individual advice on your post-operative aftercare and rehabilitation.

Quick glance guide to the Mummy Makeover

Procedure Time: 4-8 Hours

Recovery: 4-6 weeks. Back to work from 2-3 weeks

Anaesthetic: General anaesthetic

Hospital stay: 1-2 nights

Treats: Drooping breasts, enlarged areola, a wider waist, fatty areas in the abdomen, stretch marks, and a sagging tummy

Why choose Bella Vou for your Mummy Makeover?

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

Bella Vou is dedicated to providing satisfaction, the highest standards of care and a very personal touch throughout the client journey. The highly-skilled, professional staff are passionate about helping people achieve the results they want, but also making their experience enjoyable, stress, and hassle-free.

Bella Vou's leading cosmetic surgeons are recognised by the most highly-regarded aesthetics and cosmetic surgery associations, including the UK Association of Aesthetic Plastic Surgeons (UKAAPS) and named among the world's top influencers in cosmetic medicine in the prestigious RealSelf 100 awards. The clinic and leading-edge operating suite are approved and inspected to ensure the highest standards of patient care and assured with exacting standards on cleanliness and infection control safeguards.

Bella Vou offers competitively priced packages of care, with no hidden extras. The clinic is confident in the skills and professionalism of the staff and provides a benefit warranty to provide patients with peace of mind. If there is a problem or complication, the client will be looked after throughout, without any extra bills or charges.

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 Mummy Makeover journey at Bella Vou

Free, no-obligation consultation

Bella Vou offers every client a free consultation with an expert, accredited cosmetic surgeon with no obligation to proceed to treatment. The consultation is an opportunity to discuss any concerns you have with your body, the results you want to achieve, and how the specialists at Bella Vou can help you reach those goals.

Bella Vou will always give you an honest and impartial professional opinion. Mr Amir Nakhdjvani says:

'We make sure that we advise people correctly about whether surgery is right for them. We treat everyone as if they were our family. We might turn people away, suggest alternative treatments, or we may suggest that they go to a different specialist at another establishment. If someone is uncertain about an operation, we're happy to see them several times, without a consultation charge. 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 to meet your consultant before proceeding to surgery. This will give you a chance to find out more about the procedures, your recovery, and to ask any questions you may have. Your surgeon will talk you through the operations and take time to address all your concerns.

Preparation for Mummy Makeover surgery

The staff at Bella Vou will advise you on any pre-operative preparations to reduce your risk of infection and help your recovery.

You may be asked to stop taking aspirin or anti-inflammatory medication, which can increase the risk of bleeding. It's important to stop smoking cigarettes and e-cigarettes, which can impede the healing process. You should continue to shower daily, as usual. You will be advised about the time to start fasting in preparation for your general anaesthetic.

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.

What happens during Mummy Makeover surgery?

A Mummy Makeover is performed under general anaesthetic. The specific surgery will depend on the procedures you are undergoing.

Tummy Tuck or abdominoplasty: A tummy tuck is an operation to tighten and reshape the abdominal area. The specialist surgeons remove any excess skin and fat and tighten the underlying muscles to create a flatter, smoother, and more toned tummy.

Breast augmentation: The surgeon will make curved incisions under the breasts and place implants either behind or in front of the muscles of the chest wall. They act to lift the breasts, increase their size and restore firmness and symmetry.

VASER™ Liposculpture: Vaser is an advanced procedure to remove areas of fat and sculpt the body. Excess fat is liquified and sucked out to reshape and contour the body.

BodyTite uses radiofrequency to melt fat into liquid form, so that it can be aspirated from the body. The heat also simultaneously tightens the skin to eradicate lumps and bumps.

Renuvion skin tightening can be performed at the same time as **VASERlipo™**. The surgeon inserts a Renuvion probe under the skin. The device uses plasma energy to tighten loose skin to create a toned, smooth appearance.

Recovery from a Mummy Makeover

Your post-operative recovery will depend on the procedures you have had. You will need to stay in hospital for one or two nights, to monitor your recovery and maintain your comfort. It's important to be collected by a friend or family member who can escort you home and support you as you recuperate.

You will be given pain-relief and a supportive pressure garment to reduce pain, bleeding, and swelling from your tummy tuck.

In general, you should be up and walking the day after surgery. By the end of the first week, you should be able to walk around the house. It will take two to three weeks before you are comfortable enough to drive a car or return to work. From four to six weeks, you can reintroduce exercise, gradually increasing activity as you regain fitness, strength, and confidence. Full recovery from a Mummy Makeover procedure is about six weeks.

You should wear the pressure garments day and night during your recovery. These support the scar, reduce swelling and bruising, and help you stay comfortable. The staff at Bella Vou will carefully monitor your recovery. After one week, the nurse and wound care specialist will check your scar. At around six weeks, your surgeon will check your progress, and at six months, the nurse and wound care specialist will see you again to ensure that you remain healthy, well, and happy with your results. If you have any questions or concerns, the staff are on hand to offer support and guidance every step of the way.

FAQs

What is the aim of a Mummy Makeover?

As a mother, you sacrifice a lot for your children. You give your time to ensure that they have the love and attention that they need. You spend money to provide for their wellbeing. You celebrate their successes, and you are their support in their failures.

It doesn't end there, however. Many mothers also sacrifice the youthfulness of their bodies after pregnancy. Over time, they may gain weight, develop sagging skin, or lose fullness and firmness in their breasts.

A Mummy Makeover is a series of procedures, many of which can be conducted during the same surgical session, to restore youthfulness and vitality to your body.

Will I get scars from a Mummy Makeover?

All surgery leaves scars; however, post-pregnancy surgery results in very discreet scarring. Incisions are placed in positions where they are hidden by the natural creases and folds of the skin. For many women, the scars progressively fade to become barely noticeable. Generally, the scars are fine lines. If they heal too widely, it is possible to revise them at a later time to be a fine line.

The breast lift and reduction scars may be partly concealed under the breast, depending on the procedure performed. Its location under the breast neatly hides the breast augmentation scar.

The tummy tuck scar runs from hip bone to hip bone, but it is low on the abdomen, falling within the pubic hairline and underneath the underwear and swimsuit coverage area. Liposuction scars are tiny and tend to become invisible with time.

Is a Mummy Makeover right for me?

The best candidates for a Mummy Makeover procedure are women who have completed their families. This is because a tummy tuck involves the surgical tightening of the abdominal wall and the removal of abdominal skin. After a tummy tuck, these structures no longer have the same ability to stretch to accommodate a pregnancy.

However, you can still have breast surgery and VASER Liposculpture, even if another pregnancy is a possibility for you.