

PLASTIC SURGERY

Makeover for mums

After the babies are born, mothers are faced with bodies that seem to have changed forever. So what's a mum to do, if she wants her pre-baby body back, at least partially? Help is at hand.



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Pregnancy may be the most exciting journey for a woman, representing new life, new roles and a new family member. On a purely physical level, though, this does not always hold true. Every woman's body is changed by pregnancy, and for many, the changes are unwelcome and evident in obvious parts of the body.

Post-pregnancy changes can indeed be difficult, or in some cases, impossible to reverse, even with diet and exercise. This is a reality which increases the frustration.



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Enter the ‘mummy makeover’. This involves surgical and non-surgical procedures that help a woman correct, improve or remove unwanted post-pregnancy changes in their bodies. It may refer to single or multiple procedures, but always designed for the mother’s personal needs and concerns.

Breasts

What pregnancy brings: A woman’s breasts increase in size through pregnancy in preparation for lactation, and then with breastfeeding. Filled with milk, they are attractive and firm. However, once breastfeeding stops, the breasts lose some of their volume and can appear somewhat deflated and droopy. The change is most noticeable to yourself and may be to others as well. The nipples and areola may also change in size and shape as a result of the pregnancy and breastfeeding.

Mummy makeover: Breast augmentation or breast lift helps to replace the lost volume

and reshape the breasts. Breast augmentation can be achieved through the use of implants, or in some cases, the patient’s own fat, while a breast lift is a procedure to rearrange and reshape breast tissue.

Belly

What pregnancy brings: A woman’s skin and muscles beneath the belly stretch to accommodate the growing foetus. After childbirth, the abdomen is ‘emptied out’. The skin around the area tends to become loose and unable to shrink back to its original state. Muscles that have become separated do not come together again naturally, leaving the post-pregnancy belly with a tendency to bulge due to the loss of core tone and support. This can be frustrating for mummies who go through exercises and therapy, yet find little improvement in their abdominal bulge. Belly buttons that used to be ‘innies’ may pop out and remain out, adding insult to injury.



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Mummy makeover:

Abdominoplasty, commonly known as a ‘tummy tuck’ is a procedure that tightens the muscles around the belly that have been stretched and separated during pregnancy. It can also remove excess skin, fat and stretch marks. Liposuction can also be performed for localised stubborn fat deposits, while Thermage can help to tighten milder degrees of loose skin around the belly and hips.

The face

What pregnancy can bring: Raging hormones mean that many women develop what is called the ‘mask of pregnancy’ the darkening of pigmentation around the mouth, cheeks and forehead. This condition is also known as melasma or hyperpigmentation, and Asian women are more prone to it. Some of it fades post-delivery but some never fades completely. Along with these may come acne and spider veins across the face.

Adding to this are other factors such as lack of, interrupted or too little sleep, and irregular meals – all these can take a toll on the face, and often do. This means a mum who looks tired and drained.

Mummy makeover: A medical grade skincare regimen, chemical peels and Broadband



Light Therapy will help achieve and maintain a more radiant complexion, while Thermage, lasers and injectable fillers help to rejuvenate tired-looking faces. These procedures offer rejuvenation with little, if any, downtime. Some women may opt for surgical procedures for optimal rejuvenation.

Tips

- * It is best to have all your children before undergoing a tummy tuck because pregnancy changes will occur with each pregnancy, essentially undoing the work that a procedure may have achieved.
- * Women who are heavy smokers are advised to stop smoking before surgical procedures because smoking has been known to interfere with the healing process and may increase the risk of complications.
- * Whether you opt for a mummy makeover or not, a woman should maintain a sensible diet and a suitable exercise regimen throughout her pregnancy, unless advised not to. This will strengthen the body and help prevent excessive weight gain during pregnancy. It is also essential to maintain a sensible diet after a mummy makeover. [🔗](#)