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POST-BABY BODY RESTORATION

SYDNEY PLASTIC SURGEON **DR MICHAEL MIROSHNIK** DISCUSSES HOW TO RECLAIM YOUR PRE-BABY BODY WITH SOME 'YUMMY MUMMY' MAKEOVER PROCEDURES. TARA CASEY REPORTS.

While being a new mum can be one of the most joyful and fulfilling experiences in a woman's life, every woman knows their bundle of joy comes at a certain physical price. 'Hormonal fluctuations, weight changes as well as the breastfeeding process all have a physical aftermath on the body that makes a lot of mums wonder if they can ever reclaim their pre-baby body,' says Dr Miroshnik.

While post-pregnancy changes affect every mother differently, Dr Miroshnik says there are certain areas where changes are particularly common. 'These are the abdominal area and breasts, although secondary areas such as the arms, buttocks, thighs, labia minora and lower legs are often also adversely affected due to weight and hormone fluctuations,' he says. 'Changes within the skin itself is also an issue – cellulite, stretch marks (striae) and skin thinning are all common concerns.'

'Correcting multiple issues in one large surgical procedure has become known as the modern-day

'mummy makeover',' he continues. 'With the increase in safety of both surgical and anaesthetic techniques, longer procedures are tolerated quite well by most healthy women and allow several areas to be corrected at once so that recovery is simultaneous. The most common combination of procedures is breast and abdomen (tummy) surgery.'

While many mothers wish to undergo a full-body 'yummy mummy' makeover, most think it is unobtainable or simply too difficult and they dismiss such thoughts. 'By setting clear goals, maintaining a healthy lifestyle and implementing a well thought-out plan with an experienced surgeon's advice, what once seemed like a distant goal can now become a reality for many,' says Dr Miroshnik.

Desires such as weight loss alone can effectively be addressed with a good diet and exercise, whereas other issues, such as reshaping and recontouring, can be achieved with cosmetic surgery. 'If my patients wish to prioritise their treatment plan rather than having a full restoration in one surgery, I ask them to rank their individual

Total post-pregnancy makeover

This 31-year-old patient came to Dr Miroshnik after her second pregnancy. She had always had large breasts and loose skin, although pregnancy had taken its toll further by making her breasts sag significantly and her abdomen floppy. The patient was concerned about the very significant droop in her breasts, characteristic abdominal bulge and a loss of waist definition, as well as excessive fat and stretch marks.

Dr Miroshnik performed a breast reduction, breast lift and nipple/areolar reshaping procedure, combined with an extended tummy tuck. 'This created much perkier and youthful-looking breasts. Her hips and waistline have been resculpted and her abdominal muscles significantly tightened to give a flat, washboard appearance,' he explains. 'These photos were taken early in the healing process and already show an excellent result.'



BEFORE



AFTER breast reduction, breast lift and nipple/areolar reshaping procedure, combined with an extended tummy tuck by Dr Miroshnik



BEFORE



AFTER breast reduction, breast lift and nipple/areolar reshaping procedure, combined with an extended tummy tuck by Dr Miroshnik

The post-pregnancy breast lift

'The loss of volume and shape and droopiness of this patient's breasts is significant,' says Dr Miroshnik. 'In addition, the nipple/areolar has been stretched and become too large. In this case, the condition was improved with a combined breast lift/augmentation procedure (augmentation mastopexy).'



BEFORE



AFTER combined breast lift and augmentation by Dr Miroshnik

concerns in order. This enables me to adopt a tailored approach – the areas of most concern are addressed first and lesser areas considered later,' he explains.

Dr Miroshnik says the ideal stage for mums to undergo restoration procedures is when they've finished growing their family and have maintained a stable weight for at least six months. 'The other ideal criteria are non-smokers and

maintaining a regular exercise regimen,' says Dr Miroshnik. 'Ideally, patients should be within 5kg of their ideal body weight prior to surgery.'

However, Dr Miroshnik says a mummy makeover needn't be only for recent mothers. 'It can be equally rewarding for women who have waited years after pregnancy to treat themselves,' he concludes. **acsm**