



body

Mummy makeover

SYDNEY PLASTIC SURGEON **DR MICHAEL MIROSHNIK** DISCUSSES HOW WOMEN CAN RECLAIM THEIR PRE-BABY BODIES WITH THE HELP OF SOME STRATEGIC PROCEDURES. TARA CASEY REPORTS.

While the joy of welcoming a new life into the world can be one of the happiest and most fulfilling experiences in a woman's life, the physical changes that take place during pregnancy and childbirth can take their toll on the body post-pregnancy.

'The hormonal fluctuations and weight changes that take place during pregnancy, as well as months of breastfeeding post-pregnancy, all have a physical impact on the shape of the body,' says Sydney plastic surgeon Dr Michael Miroshnik. 'Areas typically affected include the abdominal area and breasts, although secondary areas such as the arms, buttocks, thighs, labia minora and lower legs are often also adversely affected. Changes within the skin itself is also an issue – cellulite, stretch marks (striae) and skin thinning are all common concerns post-pregnancy.'

'Correcting multiple issues in one large surgical procedure has become known as the "mummy makeover",' he says. '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.'

Dr Miroshnik says the most common combination of procedures is breast and abdomen (tummy) surgery. 'The modern-day tummy tuck is not the same procedure in all people,' he says. 'It needs to be customised for individual patients' needs. This might be to address excess skin,

severe stretchmarks, a misshapen belly button or changes to body shape brought about by pregnancy. As well as being concerned by floppy tummies, many women talk of losing their hourglass waistline, so many procedures focus on tightening and recontouring this area.'

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

Dr Miroshnik believes that 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. It's also important potential candidates do not smoke and maintain a regular exercise regimen. 'Ideally, patients will be within 5kg of their ideal body weight prior to surgery,' he adds.

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



BEFORE



AFTER 'mummy makeover' by Dr Miroshnik

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BEFORE



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BEFORE



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