The Skin Firm
maintain, enhance, restore

FACT SHEET:
MUMMY MAKEOVER

A mummy makeover refers to a combination of procedures designed to rejuvenate the body after pregnancy. Pregnancy and childbirth can take a massive toll on a woman's body and it doesn't always bounce back the way they'd like. For most women, a mummy makeover means an abdominoplasty (tummy tuck) and breast surgery. The most common breast surgeries commonly requested by women as part of a mummy makeover are breast augmentation, breast mastopexy (breast lift, with or without implants) and a breast reduction.

It is suggested that women considering a mummy makeover should wait at least six months after the birth of their last child or since ceasing breastfeeding, as it takes time for the body to return to normal. A mummy makeover is also a serious procedure/s and patients need to consider the recovery time needed. An abdominoplasty, especially when it involves muscle repair, requires at least a few weeks recovery even without the breast surgery taken into account and this will mean not being able to lift children, bend down to play with them, feed them, stand up straight for a few days, that may affect the patient being able to parent. Good support at home will be essential even after the one-year mark.

The Mummy Makeover Procedure

It really depends on what procedures the patient is having as to whether or not it can be done during the one surgery. Sometimes it is best to break up the procedures over more than one surgery. The patient's body type and overall health helps us determine the best approach. Some patients want to combine more than one procedure into the one surgery so they can reduce the costs involved such as hospital fees, surgeon and anaesthetist fees and so on. It also means the patient only has the one recovery, although it does mean that recovery can be more intense due to several areas of the body recovering at once.

The Mummy Makeover Recovery

As mentioned above, a mummy makeover is a serious surgery and will involve at least a few weeks recovery time depending on what procedures the patients have had. Dr Bill Lyon suggest at least two – four weeks recovery time for any mummy makeover, with normal activities and exercise only being possible after six weeks.

An mummy makeover is a complex procedure, however with the right surgeon and care, the results can be life-changing. Contact Dr Bill today for a consultation.

Important note:

Any surgical or invasive procedure carries risks. Before proceeding, you should seek a second opinion from an appropriately qualified health practitioner.

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