



Mummy Makeover

What is Mummy Makeover?

A 'mummy makeover' is a combination of surgeries involving the breast, abdomen, waist, hips and thighs designed to restore the body to its original contours and appearance prior to childbearing.

The procedures typically involved are a breast augmentation and breast lift, a tummy tuck and liposuction. All of these can be combined into a single surgical procedure.

The breast augmentation and lift aim to deliver a firmer breast with better contouring, and can either be done at once or in a staged fashion with the lift first and then the augmentation.

For women also in need of a tummy tuck the excess skin and fat from below umbilicus is removed and redraped to provide a firmer appearance of the abdomen, whilst the muscles underneath are recentralised to provide better contouring and appearance. The incision is concealed below the waistline, and the procedure is often combined with liposuction to further improve contouring. Typical areas for liposuction include the waist, hips and thighs.

The goal of a mummy makeover is to restore the shape and appearance of a woman's body after pregnancy. Many women notice changes in their bodies post-pregnancy, and desire the restoration of their previous shape.

There are many areas of the body that can be addressed by surgery, most commonly the breasts, abdomen, waist, thighs, genitalia and buttocks.

A mummy makeover is typically performed as a single stage procedure. There are many techniques used to perform a mummy makeover, and many factors should be taken into consideration when choosing which techniques are best:

- What is the desired amount of restoration?
- What are the desired areas of restoration?
- Where would you like the incisions discretely placed?
- Are breast implants or natural breast augmentation alternatives preferred?

Why do people have it

The main reason for having a mummy makeover procedure is to help restore a more visually pleasing body shape and appearance, similar to the one enjoyed prior to pregnancy and childbirth.

The procedure aims to reverse any unwanted or unplanned changes, ranging from unmoveable 'baby weight', to changes in breast size and shape, excess abdominal skin and undesired genital shape and function changes.

Mothers who undergo such procedures typically report a corresponding increase in self-confidence and an improved sense of psychological wellbeing.

Typical expected improvements from surgery include:

- Removal of excess abdominal skin and fat
- Centralization and tightening of the stomach wall muscles
- Reducing or restoring breast volume and shape
- Reducing the visibility of scars and stretch marks
- Removal of excess pockets of fat and skin from trouble areas such as the waist, arms and thighs
- Rejuvenating the appearance and structure of the vaginal region
- Increased satisfaction with the overall body contour and shape

Most commonly procedure combinations include Abdominoplasty, Breast Surgery and Liposuction

Who is suitable

Cadogan Clinic considers individuals fit for the procedure, if all of the following are true of them:

- You are in good psychological and physical medical health
- You are at your ideal body weight
- You have a positive outlook and realistic expectations of what can be achieved via surgery
- You are a mother who has experienced body shape and contour changes following one or multiple pregnancies
- You are finished with childbearing

What to expect

PHASE 1: CONSULTATION

The first step for all of our patients is to meet with the surgeon we feel is best placed to perform your procedure for a consultation. At the consultation you will be able to discuss with your surgeon what you hope to achieve from the procedure, as well as discuss in detail what may or may not be possible given your existing anatomy.

Your surgeon will take you through the various combinations of procedures available to you, and which is most suitable and preferential for you given your stated ambitions. Having established this, several key measurements will be made and standard clinical photography will be taken.

Finally a comprehensive discussion regarding risks and complications will take place, alongside a discussion regarding what to expect in the post procedure and recovery phase. Your previous medical history will also be recorded (including previous surgery, medications, allergies etc.) and an assessment of your fitness for surgery.

If your surgeon feels you are a good candidate for surgery, you are then invited to consider whether you would like to proceed for surgery or otherwise following a two week 'cooling off' period.

Within this period you are welcome to come in and discuss your potential surgery with your surgeon as many times as you like.

What to expect



PHASE 2: PRE-PROCEDURE

If you choose to proceed with surgery, the next time you come into the Clinic after your final consultation will be the day of your procedure. Before admission the following behavioural changes are recommended / required:

- In the 6 weeks before your procedure we recommend smoking is discontinued as patients who smoke have a higher risk of healing more slowly and complications (see FAQs)
- In the 6 hours prior to surgery you must not consume food or any drink, other than small sips of clear fluid (e.g. still water, black coffee, black tea) which are allowed up to 2 hours before admission.
- In the week before your procedure you must cease taking Aspirin or any medication that contains Aspirin



PHASE 3: DAY OF THE PROCEDURE

On the day of your procedure we ask that you arrive for your admission an hour before the agreed start time of surgery. At this point a nurse will come and record blood pressure and other relevant vitals, you will meet with your anaesthetist and your surgeon who will make the final mark-ups.

The procedure itself takes place under general anaesthetic over the course of four to six hours. The exact procedure will vary depending on the precise combination of procedures selected, however it is most common for you surgeon to begin the procedure with the breast area and then move on toward the abdominal and genital area to minimize risk of infection. In almost all cases, you should expect to have all procedures done during a single surgery, although phased staging is also possible.

Following the procedure, you will recover in our ambulatory recovery rooms for between three to four hours, dependent on the scale of the procedure. Once our specialist nursing team are happy that your initial recovery is complete and you are safe to return home, you will be allowed to leave the Clinic accompanied by a friend or member of your family.

What to expect



PHASE 4: POST PROCEDURE & RECOVERY

Once home you will have access to our dedicated on-call nursing team 24 hours a day, 7 days a week. This team of specialists are dedicated to your comfort and pain control, and are there to field any questions you may have in the immediate post operative phase.

Post procedure pain can take one to two weeks to fully subside and abdominal tightness may be felt for several weeks. You will be fitted with a post surgical garment to provide support and help with bruising and swelling. This should be worn day and night for 4 – 6 weeks. Strenuous exercise should be avoided for 6 – 12 weeks, with results improving for up to 12 – 18 months after the procedure.

We ask that you come in and see our nursing team 1 week after surgery to ensure your incision sites have been properly reviewed. At this juncture we also recommend you meet with one of our on site aestheticians to discuss ongoing treatment to support the healing and scarring process.

We ask that you come in to see your surgeon after 6 - 8 weeks for a final check up.

What are the risks

Your surgeon will explain the risks associated with mummy makeover surgery in detail at your consultation.

Although the risk of complication is limited, as with all surgical procedures there are some common risks to be aware of.

The majority of these are general surgical complications, and include:

- Nausea
- Bleeding or Infection
- Poor healing of incisions and scarring
- Haematoma
- Seroma
- Fat necrosis or embolism
- Loss of sensation or numbness
- Pain

Why Come to Cadogan Clinic for Mummy Makeover?

- Cadogan Clinic is an award winning specialist cosmetic clinic, with a track record of delivering safe, high quality cosmetic surgery
- We were founded by Mr Bryan Mayou, the surgeon who first brought Liposuction the UK, and he has trained the next generation of specialists at the Clinic
- Unlike many of our competitors, we use the latest anaesthetic technologies to minimise your downtime, and allow you to return home on the day of your procedure
- Our nursing team provide a dedicated 24/7 oncall service during recovery – whatever your question, we can provide the answer
- We offer a complimentary consultation and treatment with our onsite team of aestheticians to ensure you heal quickly and scar well

At a glance facts



SURGERY TIME

4 - 6 hours



HOSPITAL STAY

3 to 4 hours



TIME OFF WORK

3 - 4 weeks



FULL RECOVERY

8 weeks

