



## Frequently Asked Questions

# Mummy Makeover

### 1 What is it?

A Mummy Makeover is where a woman has surgery to the parts of her body that have been changed by pregnancy and breast feeding to return her to her pre-pregnancy body.

### 2 Who should have surgery?

If you are not happy with your body after having children, perhaps your breasts have lost volume and lowered, or your stomach area has excess skin and you have stubborn fat which will not shift with a low-calorie diet and exercise.

### 3 Who should NOT have surgery?

If you are planning on having more children, then you should wait until your family is complete before opting for surgery as any revisions performed would be subject to the same changes which occur post pregnancy and breast feeding.

### 4 What are the surgery options?

Every individual is different so Mr Lambe will have to take a look at the areas that concern you. Patients choose a combination of:

**A)** Tummy Tuck, where excess skin is trimmed off around the tummy area and reshaped to give you a flatter stomach which often reduces the waistline too. The scar is designed to fit beneath your underwear or bikini.

**B)** Breast Surgeries may include an Uplift, Reduction or Augmentation or a combination of one or two of the above.

On consultation, we use Crisalix Virtual Reality Visors to enable you to see your new breasts in Virtual Reality which gives the effect of looking in the mirror, in order for you to choose the right size breasts for your body.

**C)** Finally, for excess weight in areas that will not shift through a normal low calorie diet and exercise, key areas have Liposuction which is where fatty areas are targeted with a suction tube to remove the excess fat.

### 5 What are the advantages of having multiple surgeries?

The main advantage is that by doing several procedures together the overall downtime is reduced. However, this means that the recovery period is a little longer than from any one procedure on its own. It is therefore very important that you are in good health so that you can be sure to recover well.

The overall cost is also less as you will only have one admission into hospital and one anaesthetic but safety and not cost is always our main concern.

### 6 How long would I need to stay in hospital?

This depends on the choice of surgeries you have taken but the total time in hospital will be less than having each operation individually.

### 7 How long before I can return to normal day to day life?

You are advised to walk a little after day one, but can drive and exercise properly after 4 weeks to give yourself adequate time to recover.

### 8 How long will it take before I see my final result?

This depends on which surgeries you have chosen and how quickly you heal. It will be advised on consultation but you should rest and eat nutritious foods to help the healing process.

### 9 Will I be able to breastfeed after surgery?

Breastfeeding is perfectly possible after Breast Augmentation and there is NO evidence of an increase in silicone in breast milk.

Unfortunately if you have a Breast Reduction or a Breast Uplift it is highly unlikely that you will be able to breastfeed after surgery which is another reason we ask patients to be sure that they have completed their family before embarking on surgery.

### 10 How do I book?

You will need a private consultation to discuss your personal requirements as everyone is different.

For a confidential, informal chat  
please call Jayne on:  
**0161 393 3993**



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