

GOLD COAST

Plastic Surgery



THE ULTIMATE GUIDE TO
A MUMMY MAKEOVER

(07) 5598 0988

www.goldcoastplasticsurgery.com.au

WHAT IS INVOLVED A MUMMY MAKEOVER?

Pregnancy is a beautiful, natural and life-changing process. From the time of conception through to delivery and the completion of breastfeeding, the body is going through vast hormonal changes which alter its fat distribution. During this time your stomach can become baggy, your breasts may swell and then sag, and you may find you lose the general firmness and tone of your pre-pregnancy body.

Tummy tuck, breast augmentation (lift or enlargement) and fat removal with liposuction are all procedures which Dr Doyle performs as part of a mummy makeover. Dr Doyle personalises each mummy makeover to suit your individual needs.

AM I A CANDIDATE?

Mummy makeover surgery is a highly individualised combination of procedures and you should consider carefully if it's right for you and your body. It is a good option for you if:

- You have finished having children, and would like to tighten areas of your body which has not recovered from pregnancy associated skin stretch
- You have specific fat pockets which do not decrease despite weight loss, exercise and lifestyle modifications
- You are fit and healthy with adequate nutritional intake
- You are at a stable weight
- You are a non-smoker (or ex-smoker for more than 12 months)
- You have good quality skin
- You have a positive outlook
- You have specific, but realistic goals in mind for the improvement of your appearance

DO I NEED A REFERRAL FROM A GP TO BOOK A CONSULTATION?

You do not need to have a medical referral from a GP or specialist to book a consultation, however, it is recommended. Having a referral may allow you to claim a small rebate back on your initial consultation with your surgeon.

TUMMY TUCK (ABDOMINOPLASTY)

A tummy tuck, or abdominoplasty, is a surgical procedure that removes excess fat and skin from the stomach area. It will also tighten weakened and loose abdominal muscles to give the stomach a flatter, firmer appearance.

The Procedure

During the procedure, an incision is made in the lower abdominal region, allowing the surgeon to access and repair the muscles that comprise the abdominal wall and remove excess fat, tissue, and skin. Depending on the individual patient, a second, higher incision may be made near the navel to excise fat and skin in the upper portion of the stomach. Liposuction may be used to remove excess fat during a tummy tuck.

BREAST AUGMENTATION

Breast augmentation is a cosmetic procedure designed to increase and enhance the size and shape of a woman's breast. There are a large number of options with breast augmentation including implant choice and surgical techniques.

The Procedure

Breast augmentation surgery typically takes under an hour. The location of the incisions depends on your anatomy, goals, and the type of implant you choose. Dr Doyle will make every effort to ensure that your incisions are as small as possible. During the procedure, a space (or pocket) is created under the breast. The implant is then placed behind or in front of the chest muscle, depending on the look you want to achieve. Most patients receive dissolvable stitches and the surgery is usually done as a day surgery procedure.

LIPOSUCTION CONSIDERATIONS

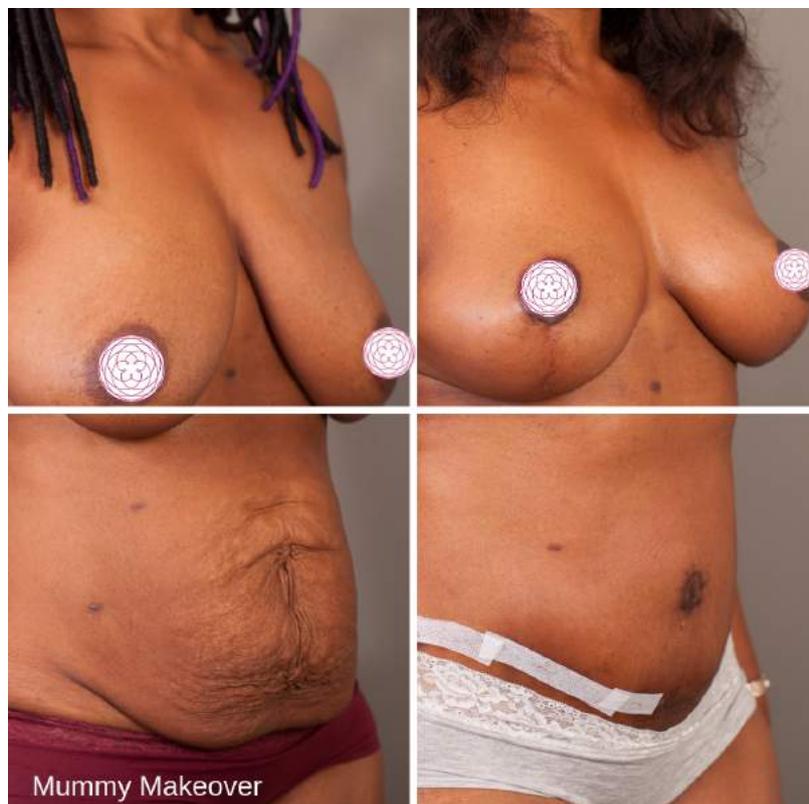
Liposuction is performed as a day surgery procedure under general anaesthetic. In traditional liposuction, a small tube (cannula) is used to mechanically break down fat as it is suctioned from the body. Small incisions are made in the body's natural creases, where they can stay hidden. Dissolvable sutures are primarily used, and scarring is minimal.

Recovery after surgery

The exact recovery time will depend on the surgery you have, and which liposuction technique is used. A compression garment is often worn for 6 weeks following surgery and most people are back to normal activity in a week. Some other factors that can affect your recovery time include age, your health and your body's natural healing ability.

Are the results permanent?

Liposuction removes excessive fat cells, but it does not stop remaining cells from increasing in size and ability to store fat. To maintain the results from liposuction you should maintain a sensible diet and regular exercise. You should especially do this during your healing and shortly after your healing period.



BEFORE SURGERY RECOMMENDATIONS



Your surgeon needs to know your medical history to plan your treatment. Fully disclose any health problems you have had now and in the past.

Please advise the surgeon if you have had:

- Any allergy or bad reaction to antibiotics, anesthetic drugs, any other medicines, surgical tapes or dressings
- Prolonged bleeding or excessive bruising when injured.
- Previous problems with blood clots in the lungs or a deep vein of the leg (deep vein thrombosis, DVT)
- Any recent or long term illness
- Previous surgery
- Any previous breast surgeries or illnesses
- Any bad scarring or poorly healed scars after previous surgeries

WHAT CAN I EXPECT FROM MY INITIAL CONSULTATION?

At your initial consultation you will most likely:

- Have your photos taken
- Have a physical examination
- See before and afters from past patients
- Find out more about your recommended surgical options
- Receive detailed information about your selected options
- Go through the possible risks involved with your associated surgery
- Have any questions answered that you may have with Dr Mark Doyle
- Speak with our client advisor and receive information about your surgery pricing and available dates for surgery

WHAT TO EXPECT FROM SURGERY?

Dr Doyle performs his mummy makeovers on an inpatient basis to provide closer observation during the recovery period. The length of the surgery will depend on the number of procedures combined but can take between 4-6 hours to complete. An abdominal compression garment and supportive bra will be worn after the procedure to help reduce swelling and assist in shaping and contouring. You will usually remain in hospital for 1-2 days depending on your progress.

The tummy tuck, liposuction and breast augmentation procedure is performed under general anaesthetic. In most breast implant surgeries, the nipples and areolas remain attached. It is essential to preserve the shape of the original breast when performing breast implant surgery. The breast implants will most likely be inserted using the an **inframammary incision**. This is the most commonly used incision and is made below the breast fold. This incision is generally less concealed and may cause fewer breastfeeding difficulties than the periareolar incision option.

If a breast "lift" mastopexy is required the **"lollipop"** incision will most likely be used to lift the breast. This includes two incisions. One is a circular incision made around the border of the areola to reposition the nipple to a higher anatomical placement. The second incision is a straight vertical cut from the bottom of the areola to the breast fold.

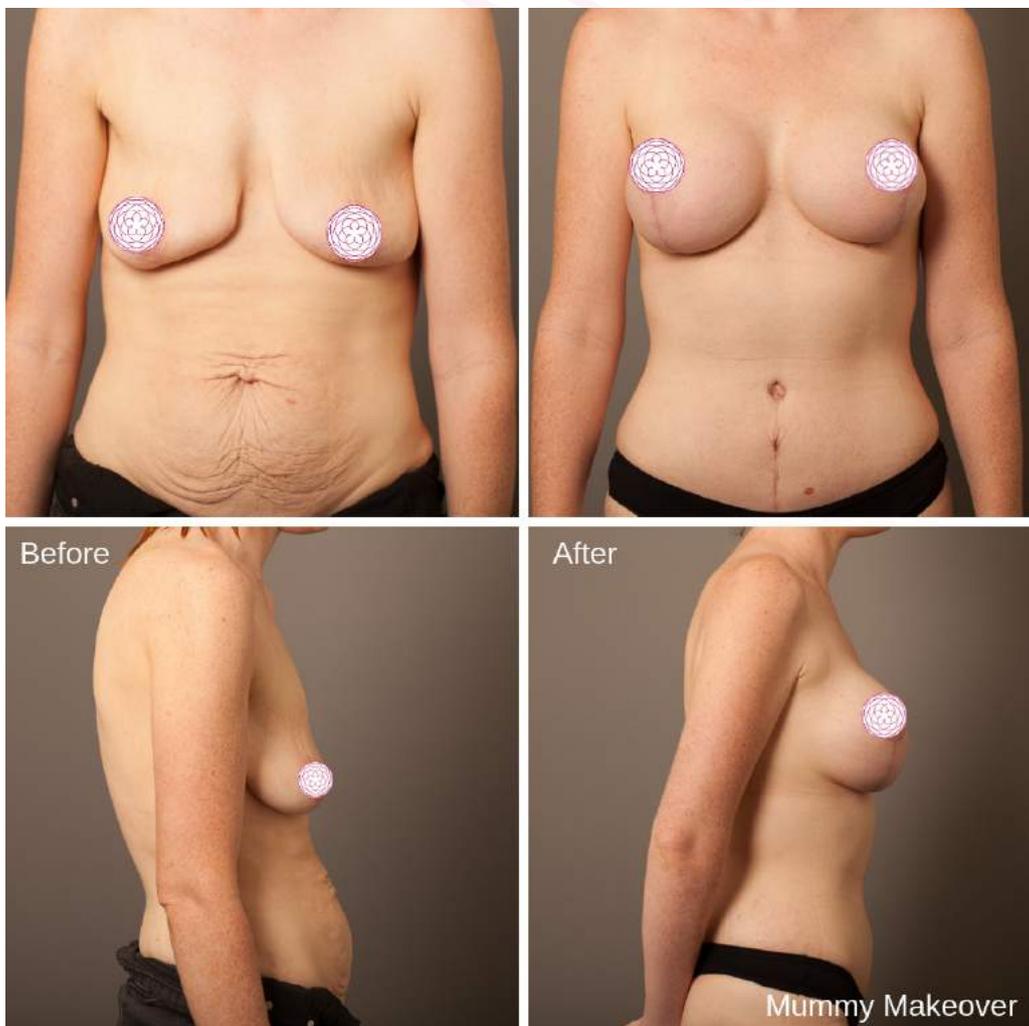
Your incisions for the tummy tuck will generally be made below your bikini line if possible. However, this is not always the case as it usually depends on the extent of the surgery. Most commonly, incisions are made from hip to hip along the public bone. The incision length and exact locations will depend on the specific areas that require treatment as well as the amount of excess skin that needs removing.

From the incision to the lower ribs, the skin and underlying fat are lifted free of the underlying vertical abdominal muscles. The muscles are then surgically tightened by stitching them into position. This will strengthen the abdomen and result in a smaller, more shapely waistline. During this procedure, if necessary a small amount of targeted liposuction will get rid of stubborn fat deposits to achieve a more contoured shape.

WHAT TO EXPECT FROM SURGERY?

Once the skin is removed and the remaining skin is pulled tighter, the naval is stitched into its new position. The long incision is closed with stitches, and the dressing is applied. Plastic drain tubes will be inserted to drain fluid from the area. These will likely remain for up to 7 days after the procedure. A "pain pump" may be inserted into the abdominal tissues. This is a small tube connected to a plastic bottle which contains local anaesthetic. The anaesthetic is slowly infused into the tissues to decrease pain and normally works for the first 3-7 days following the surgery.

In extreme cases, where excess skin laxity is substantial, patients may require multiple operations in order to achieve full results. Similarly, the total length of time required for the procedure will vary substantially depending on your personal circumstances.





RECOVERY FROM A MUMMY MAKEOVER PROCEDURE

When surgery is complete, you will be taken into a recovery area where you will be closely monitored for an overnight stay in hospital, unless otherwise informed.

This is what the recovery process may look like:

- When you wake from surgery you will have prineo tape (clear, waterproof skin closure system) over the suture line of the breasts and abdominoplasty..
- The tape will remain for 3 weeks whilst the outer dressing may be removed before your first shower.
- Expect your breast to have some pain and discomfort. Some may find numbness in their breasts. This is normal and will subside.
- Expect your breast and stomach to be swollen and bruised for 6 - 8 weeks after the initial surgery.
- It is required that the postoperative garment is worn for the first 6 weeks after surgery for 23 hours a day,
- Small drain tubes will have been placed within the abdominal tissues to help avoid an accumulation of fluids. These drains will likely stay in for the first 7 days after surgery. Our nurses will call you daily to record the amount that has drained from your body.
- A small tube will have been placed within the abdominal tissues which are connected to a plastic bottle containing local anaesthetic which is slowly infused into the tissues to decrease pain. This is called a "pain pump" and normally works for the first 3-7 days following the surgery.
- Your incision will most likely run from hip to hip and there will be internal sutures that will dissolve in up to 6 months post-op.
- The incision will be covered by prineo tape (clear, waterproof skin closure system) over the suture line with a large dressing tape covering your abdomen, and a tight abdominal binder. The tape will remain for 3 weeks whilst the outer dressing may be removed before leaving the hospital.



RECOVERY FROM A MUMMY MAKEOVER PROCEDURE

- Expect your body to have some pain and discomfort. If pain persists, please contact your anaesthetist to discuss this further.
- You will be encouraged to go for short walks to promote blood circulation and the risk of blood clotting the following day after surgery.
- It is advised that you try not to sit for long periods of time during the first several days and avoid straining, bending and lifting.
- Dr. Mark Doyle will instruct you to sleep on your back with a pillow under your knees and pillows under your chest to help the fluid drain from your breast area.
- Within a week of surgery your surgical drains will most likely be removed.
- Approximately 10 days after surgery you will be reviewed by our nurse. During the visit, the sutures will be removed from your bellybutton site and your Prineo Tape will be checked.
- Approximately 3 weeks after surgery you will again be reviewed by one of our nurses and your Prineo Tape will be removed. During this visit, you will be shown how to care for your wounds.
- It is recommended that every 4-5 days the Fixomull is removed in the shower and the area is gently dried. Inspect the area for infection and apply a new stripe of Fixomull. Repeat until you are 6 weeks post operation.
- 6 weeks after the surgery you may commence using a topical scar treatment such as vitamin E or silicone gel.
- Your scars will be reddened for about 12 months after surgery, and then it should start to fade and soften.
- Please avoid direct sunlight on the scarring areas and wear sunscreen when in the sun.
- You will be seen by Dr. Mark Doyle approximately 6 to 8 weeks post-surgery and will have further review appointments if required. During this time you will have postoperative photos taken for your medical records.

IMPORTANT REMINDER

It is important to remind everyone that each surgical journey is different from the next and each individual's results and procedure may vary.



WHAT RISKS MAY BE INVOLVED?

Like any major surgery, a mummy makeover poses a risk of bleeding, infection, seroma (fluid accumulation) and an adverse reaction to anaesthesia. It's also possible to have an allergic reaction to the surgical tape or other materials used during or after the procedure.

Potential complications will be discussed during your consultation with Dr. Doyle. You can help minimise certain risks by following the advice and instructions of your surgeon, both before and after your surgery. If you have any concerns about the risks involved with surgery, please consult Dr Mark Doyle and his team at Gold Coast Plastic Surgery.

OTHER CONSIDERATIONS FOR BREAST IMPLANTS INCLUDE:

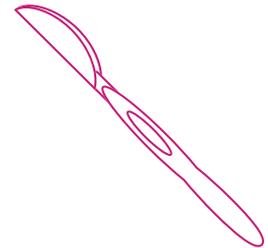
- Breast implants won't prevent your breasts from sagging. A breast lift may be needed in addition to a breast augmentation to correct sagging breasts.
- Breast implants aren't guaranteed to last a lifetime. In addition to the possibility of implant rupture or leakage, factors such as aging, weight gain and/or weight loss may further change the way your breasts look. Any of these issues might lead to additional surgery.
- Mammograms might be more complicated. If you have breast implants, routine mammograms might require additional, specialised views.
- Breast implants might hamper breast-feeding. Some women are able to successfully breast-feed after breast augmentation. For others, however, breast-feeding is a challenge.
- Insurance might not cover breast implants. Unless it's medically necessary, such as the need for implant reconstruction after a mastectomy, breast augmentation is not covered by insurance. Be prepared to handle any expenses that accompany breast augmentation, including related surgeries or future imaging tests.
- Additional surgery may be needed after breast implant removal. If you decide to have your implants removed at a later time in your life, you might need a breast lift or other corrective surgery to help your breasts maintain an aesthetically pleasing appearance.

COMMON QUESTIONS



IS A MUMMY MAKEOVER COVERED BY MEDICARE OR MY PRIVATE HEALTH FUND?

If it is considered medically necessary, Medicare may cover part of the costs associated to the surgery less the doctors fee. How much Medicare covers will depend on the nature of the surgery you require.



To find out if your procedure falls under the category of medically necessary you will need to contact Medicare. You will also need to provide details to your health fund to see if they will cover you and to what extent.

IS A MUMMY MAKEOVER PROCEDURE PAINFUL?

You will experience discomfort. You will be given a pain reliever, for mild discomfort, but remember to avoid anti-inflammatory medication such as aspirin, ibuprofen, naproxen and any other medications or herbal supplements that may increase bleeding.

WHEN CAN I RETURN TO WORK?

The time taken to recover before returning to work or daily activities often varies depending on each person and their role at work. Typically most people return to work 2-3 of weeks after the initial surgery. Evidence shows that those patients who were physically fit before surgery recover faster than those who were not as fit. It is recommended that no heavy lifting is done 12 weeks after surgery to ensure the body had time to heal.

HOW LONG AFTER SURGERY UNTIL I CAN DRIVE AGAIN?

You are not allowed to drive for 3 weeks after your procedure. This is due to the decreased movement in your abdominal area and the inability to move freely. After 3 weeks if you can move and react without pain and are no longer on any pain medication you may recommence driving. Please check with your insurance as each policy can be different and it is a general rule of thumb that you will not be covered for 6 weeks after surgery as you are not able to react or move in a safe manner.

HOW LONG UNTIL I CAN WEAR A BRA WITH UNDERWIRE?

It is recommended that you do not wear a bra with underwire for the first 8 weeks following surgery.

WHEN CAN I RETURN TO DAILY ACTIVITIES?

Start walking as soon as possible to help reduce the swelling and lower the risk of blood clots. Sexual activity should be avoided for a minimum of 4-6 weeks. Light exercise may commence 4 to 6 weeks after surgery.

WHEN CAN I EXERCISE AGAIN?

Most patients may resume light exercise after 4 to 6 weeks. It is recommended that strenuous exercise is restricted for 8 weeks as it may increase swelling, bleeding or duration to the body's natural healing process. These activities include weight lifting, sit-ups and running.

HOW DO I SLEEP AFTER SURGERY?

It is recommended to reduce the swelling after surgery to sleep with pillows propping your chest and head up with your upper body raised on 1 to 2 pillows. From this it is recommended to sleep with your knees slightly bent for as long as swelling persists. This will help swelling as well as help reduce the tension to your wound.

WILL I NEED TO STOP SMOKING BEFORE HAVING SURGERY?

It is recommended that you completely stop smoking at least 6 weeks before surgery. This is to ensure that the body can heal to the best of its ability as smoking decreases the oxygen that is carried throughout your blood to help your skin heal from a surgical incision.

WHEN WILL I BE ABLE TO GO SWIMMING AGAIN?

It is recommended that no ocean or pool swims occur before 3-4 weeks of surgery due to infection as your wounds are not completely healed.

WHAT CAN I DO TO MINIMISE ANY SCARRING?

Any surgery procedure that involved an incision will result in a scar. Post-surgery you may commence using a topical scar treatment such as vitamin E or silicone gel. Your scars will be reddened for about 12 months after surgery, and then it should start to fade and soften. Please avoid direct sunlight on the scarring areas and wear sunscreen when in the sun.

HAVE A QUESTION YOU CANNOT SEE HERE?

Our team of patient care advisors can assist with any questions you may have when considering surgery. You can send in an enquiry form online or call (07) 5598 0988 between 8am - 5pm Monday - Friday.

OUR SURGEON DR. MARK DOYLE

Dr. Mark Doyle is a fully qualified Plastic and Reconstructive Surgeon and is a Fellow of the Royal Australasian College of Surgeons (FRACS).

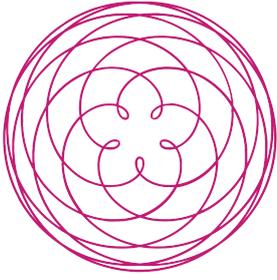


Dr. Mark Doyle and his team at Gold Coast Plastic Surgery focus on a core philosophy that everybody, regardless of their age, has the right to look and feel their best.

With over 30 years of experience to call upon, Dr. Doyle is one of Australia's finest and highly esteemed specialist plastic and reconstructive surgeons. He is driven by an intense passion for helping patients achieve a happier, more beautiful self, through advanced cosmetic treatments. His expertise in cosmetic medicine has been showcased through years of exceptional patient results.

One of the key factors behind Dr. Doyle's success has been his ability to combine experience with unparalleled compassion and understanding. Dr. Doyle has always maintained a firm commitment toward the provision of quality and optimal results. His depth of experience ensures patients receive detailed consultations, providing expected outcomes that are realistic and achievable. He regularly attends international meetings and workshops in Australia, America, and Europe to remain a leader in the latest advances and surgical techniques.

Dr. Doyle is a member of numerous professional organisations. These include the Australian Medical Association, The Australian Society of Plastic Surgeons, The Australasian Society of Aesthetic Plastic Surgery, The International Society of Plastic Surgery, The American Society of Aesthetic Plastic Surgery, The American Society of Plastic Surgeons and the International Society of Plastic and Reconstructive Surgery.



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YOUR NEXT STEPS?

Schedule a confidential consultation with Dr. Mark Doyle by phone or in person.



(07) 5598 0988



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