

# MUMMY MAKEOVER

For many women, whilst giving birth is undoubtedly a wonderful experience, they may find that their body has changed as a result. Whilst diet and exercise alone can often help to rectify this, many women find that it can be a struggle to get back to how they were pre-pregnancy. Happily, at **Nuffield Health Bristol Hospital, The Chesterfield**, help is at hand. Here we learn more about surgical options which may be of interest to new mothers.



**M**any women experience significant physical changes following pregnancy and breastfeeding, many of which can be persistent and difficult to correct with diet and exercise alone. Changes to the volume and shape of the breasts, stretch marks and sagging of the abdominal skin, as well as fat accumulation on the hips, thighs, and love handles are all common results of pregnancy and nursing.

Consultant Plastic, Reconstructive and Cosmetic Surgeon, Mrs Elena Prousskaia at Nuffield Health Bristol Hospital, The Chesterfield, is very familiar with these changes, having seen them in many of her patients. She therefore offers a solution in

the form of 'mummy makeover' surgery for women who are dissatisfied with these changes, giving them the opportunity to restore their pre-pregnancy appearance. A mummy makeover refers to a combination of plastic surgery procedures that are chosen by you and your surgeon in order to address the changes to your post-pregnancy body. The most commonly performed procedures during a mummy makeover include breast augmentation, breast lift with or without implants, breast reduction, full or mini tummy tuck, and liposuction, and fat transfer. However, there are many additional treatments such as thigh lift or cosmetic injections that can be performed during a mummy makeover, depending upon your specific concerns.

## Surgery Preparation

During an initial consultation, Mrs Prousskaia will discuss your post-pregnancy body goals and procedure options. When discussing the areas of your body that you would like to improve, it is important for you to be as specific as possible so that she can advise you on the most suitable procedures for your needs. The number and variety of treatments you choose as well as your general health will determine whether your mummy makeover will be completed as one combined procedure, or as a series of surgeries performed over a greater period of time. If combined into one stage, the mummy makeover typically lasts from three to six hours, but the actual length of the

surgery depends upon the number and type of procedures being performed. Prior to surgery, your surgeon will draw incision lines on your breasts, abdomen, and outer thighs. You will be placed under anaesthesia. Your anaesthetist will administer general anaesthesia which causes you to sleep during the procedure.

We will now take a look at some of the most common mummy makeover procedures.

### Breast Enhancement

Following pregnancy, breast appearance can be dissatisfying for many women as the physical demands of childbirth and nursing can change breast shape and volume dramatically. Some women find that their breasts sag and lose significant volume after pregnancy and breast-feeding. Depending upon the amount of remaining breast tissue, breast augmentation, a breast lift, or a breast lift with implants is necessary in order to return breasts to their pre-pregnancy state. Alternatively, some women find that their breasts are excessively large and disproportionate to their body size post-pregnancy. In these cases, a breast reduction is required in order to alleviate discomfort and achieve more balanced and shapely breasts.

### Tummy Tucks

Pregnancy can affect the abdominal area dramatically. Abdominal muscles often pull apart and can be separated permanently, requiring surgical closure and tightening to restore the abdomen to its pre-pregnancy state. Additionally, abdominal skin undergoes significant stretching during pregnancy, often resulting in stretch marks and loose, sagging skin. These conditions may persist despite proper diet and exercise, and can make the abdomen appear disproportionate with the rest of the body.

A tummy tuck, or abdominoplasty, can restore the appearance of a firmer, flatter abdomen. A full tummy tuck removes excess fat, loose skin, and stretch marks, as well as tightens the muscles in the abdominal wall. Alternatively, a mini tummy tuck concentrates on removing excess fat, loose skin, and stretch marks below the navel.

### Liposuction

Often the weight gain that accompanies pregnancy can be difficult to lose afterward. Post-pregnancy, it is common for women to have excess fat accumulation on the hips, thighs, and love handles, but almost any part of the body can be affected. Most body fat is located on top of muscle tissue, just beneath the skin. Blood vessels supply the area with blood, and nerve endings provide

sensation to the skin. The amount of fat that accumulates under the skin varies depending upon inherited traits, body type and lifestyle factors such as exercise and diet.

Liposuction works by removing the excess fat surgically, resulting in improved contours in the desired areas.

### Recovery

The mummy makeover is often performed in theatre with a 1-2 night stay depending on which procedures are undertaken. You will need to wear special garments, which help to

reduce swelling by preventing fluid build-up, while providing comfort and support during your recovery. Swelling, bruising, and discomfort are normal, and you may be prescribed medication to manage your pain as you heal. Bandages will likely be removed within the first week following surgery, normally all the sutures are dissolvable sutures and do not need to be removed. You may be instructed to wear the compression garments and to avoid excessive exertion or heavy lifting for a month or more, but is important to discuss your recovery plan with your surgeon as your healing process will depend upon your specific procedures.

## About Mrs Prousskaia

After completing eight years of training in Plastic and Reconstructive Surgery, Mrs Prousskaia successfully undertook three years of one of the UK's most prestigious Fellowships in Microsurgical Breast Reconstruction and Breast Oncoplastic Surgery at Guys and St Thomas Hospitals in London, Manchester University Hospital, Broomfield Hospital in Chelmsford and The Queen Victoria Hospital in East Grinstead.

This was followed by a further nine months of travelling fellowships abroad, in a number of world renowned centres, including: The University Hospital in Ghent (Belgium), Sant Pau Hospital in Barcelona (Spain), Ganga Hospital in Coimbatore (India), The European Institute of Oncology in Milan (Italy) and The University Hospital in Tokyo (Japan), where she learnt about the latest, international advances in Plastic Surgery.

She holds many international awards and certificates, specialising in Microsurgery, Breast, Lymphoedema and all aspects of Cosmetic Surgery.

Talking about her work as a surgeon, Mrs Prousskaia says: "The one thing that matters most to me when I am with a patient is empathy. It is only when you are able to identify and understand your patients' problems that you can begin to help resolve them satisfactorily. A good surgical outcome is not the only thing that matters. Everything that you do and say to a patient has to come from your heart. I consider myself very lucky to be able to share my passion for what I do and hopefully bring a bit more happiness into my patients' lives".



If you would like to learn more about the mummy makeover, or cosmetic surgery in general, Mrs Prousskaia is holding a free information evening at Nuffield Health Bristol Hospital, The Chesterfield on Wednesday, 26th October at 6.15pm. Free parking is available and light refreshments will be provided. Spaces are limited and booking is essential. Please call 0117 405 8978 to book your place or visit [nuffieldhealth.com/hospitals/bristol/events](http://nuffieldhealth.com/hospitals/bristol/events) to learn more.

Mrs Prousskaia also offers complimentary ten minute mini advice sessions on an on-going basis. Whilst these do not replace a full consultation, they are a great way of getting some initial expert advice. To book your session please call 0117 405 8978 or visit [nuffieldhealth.com/consultants/elena-prousskaia-peregudova](http://nuffieldhealth.com/consultants/elena-prousskaia-peregudova) to learn more.

# Nuffield Health

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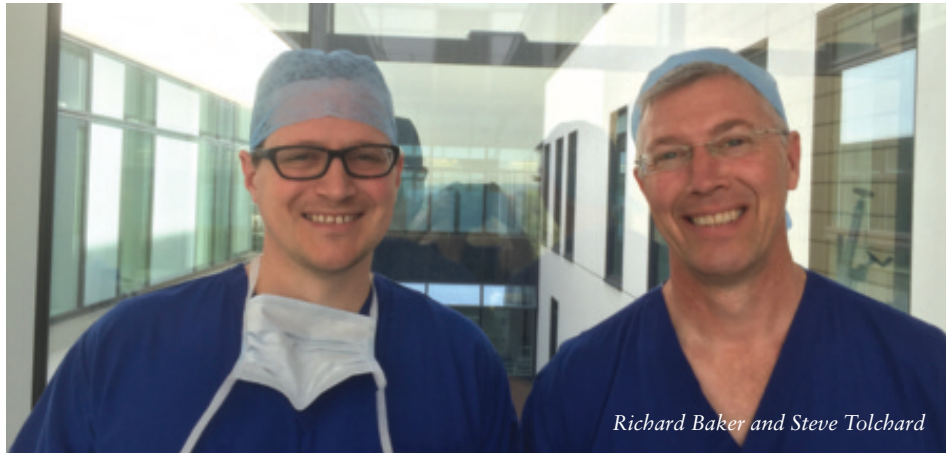
# LET'S TALK ABOUT HIP AND KNEE SURGERY

**Mr Baker** is a Consultant Orthopaedic Surgeon at Nuffield Health Bristol Hospital, The Chesterfield, who specialises in hip and knee joint replacement surgery for the treatment of osteoarthritis. Here he discusses osteoarthritis, its symptoms, diagnosis and treatment. We also find out more about Nuffield Health's 'Recovery Plus' – a unique programme designed to speed up your recovery after surgery, getting you back to the life you love.





Osteoarthritis is the most common condition to affect a human joint. It can affect the smallest through to the largest. Essentially the joint has “worn out”. A number of predisposing conditions or traumatic injuries may precipitate this degenerative condition, but in the majority of cases, a cause is not identified. It occurs more frequently as we age, accelerating in frequency in patients over the age of 40. It is estimated that over 4 million people in the UK have osteoarthritis of the knee and a further 2.5 million of the hip.



*Richard Baker and Steve Tolchard*

Osteoarthritis occurs when the articular cartilage, which lines the joint, is gradually damaged. The articular cartilage is needed to decrease friction as a joint moves. With damage, the articular cartilage loses its smooth gliding surface and the joint surfaces become rough. Eventually all the cartilage is lost and the joint is left with bone articulating on bone. Sadly, these changes are irreversible.

Typical symptoms of an osteoarthritic joint are pain (made worse with exercise), swelling, stiffness and night pain. When the knee or hip are osteoarthritic, a patient will notice slowing of their walking speed and a decrease in the distances they can cover before pain limits them.

In early osteoarthritis, simple treatments are appropriate. These include painkillers, physiotherapy, walking aids, weight loss and injections into the affected joint. When osteoarthritis is established and causes significant discomfort joint replacement is often needed. Thankfully joint replacement is a successful procedure. Hip replacement is often quoted as being one of the greatest medical inventions of the 20th century. Indeed, in 2015 100,000 hip and 105,000 knee replacements were performed in the UK.

When a joint is replaced the damaged joint surfaces are removed and replaced with artificial components. In the case of a hip replacement, replacing the socket with a cup and placing a stem into the patient's thigh bone to recreate a ball and socket joint. A spherical head is applied to the stem and this articulates with the cup.

In a complete knee replacement, the ends of the thigh and shin bones are removed and replaced with metal components. A polyethylene bearing is positioned between the two components and finally the kneecap is resurfaced with a polyethylene button. Partial knee replacements exist and these address disease that is localised to one side of the joint only.

Mr Baker holds regular knee and hip clinics at

the Nuffield Health Bristol Hospital, The Chesterfield. To find out more or to book a consultation, please call 0117 405 8978 or visit [nuffieldhealth.com/consultants/mr-richard-baker](http://nuffieldhealth.com/consultants/mr-richard-baker)

#### Recovery Plus – getting you back to the life you love

Recovery Plus is an optional 3 month enhanced recovery programme that starts after you have finished your post-operative physiotherapy following on from a procedure. It enables you to continue your recovery at your local Nuffield Health Fitness & Wellbeing Centre, at no extra cost.

Everyone's recovery is different. We work with you to understand what you want to get out of recovery. Whether it is getting back to a weekly round of golf, tending to the garden, or playing with the grandchildren, our priority is getting you back to doing the things you love doing.

The Recovery Plus journey is a programme tailored around you. After surgery our physiotherapist will guide your post-operative rehabilitation, both as an inpatient and an outpatient. Once your recovery has progressed and you are getting about relatively easily, regular low impact exercise can make a big difference to your recovery. Suitable exercises, together with activities such as walking,

swimming and stationary cycling, can help you to regain strength, movement and flexibility. Normally these activities are done alone, and you may feel worried that you are not exercising correctly. However, through our Recovery Plus journey we're with you every step of the way, helping you progress at your own pace. You will be given a tailored exercise plan, stretching over 3 months, which includes membership to your local Fitness & Wellbeing Centre. Prior to starting your exercise plan you will also receive a Health MOT – a health check delivered by our recovery coach. This will allow us to tailor the programme to achieve the right results for you and to meet your needs in line with your consultant's and physiotherapist's advice. This ensures activities, exercises and levels of progression will be carefully chosen to ensure safe and effective progress.

Throughout the 12 week programme you also will have access to nutritional advice, as a healthy diet will help you towards a good recovery. It doesn't matter if you haven't exercised in years, are nervous about using the equipment or are nervous about going to a gym, our exercise professionals will ensure you are working in line with your personalised programme and there will be always someone on hand to explain things, so that you feel comfortable and confident.

Recovery Plus is the first programme of its kind in the UK and our Consultants tells us that not only does it improve a patient's experience, it improves recovery rates too. The professionals at our Fitness & Wellbeing Centres, who have all received additional training from experienced physiotherapists, will monitor your progress, ensuring that your care doesn't stop when you leave the hospital or have completed your post-operative physiotherapy.

To find out more about Recovery Plus, please don't hesitate to contact Nuffield Health Bristol Hospital, The Chesterfield, on 0117 405 8978 for a confidential discussion. Alternatively please visit [nuffieldhealth.com/hospitals/bristol](http://nuffieldhealth.com/hospitals/bristol) for more information.

If you would like to learn more about hip or knee replacements, our specialist Consultant Orthopaedic Surgeons are holding free information evenings this autumn at Nuffield Health Bristol Hospital, The Chesterfield where you can come along for some free expert advice. Tours of the hospital will be available, and light refreshments will be provided. The hip replacement information evening is taking place on Thursday 22nd September at 18:15, and the knee replacement information evening is on Thursday 13th October at 18:15.

Spaces are limited so please call 0117 405 8978 to reserve your place or visit [nuffieldhealth.com/hospitals/bristol/events](http://nuffieldhealth.com/hospitals/bristol/events) for more information.

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