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Are you a new mum looking for a way to feel refreshed and energised? Look no further than a Mummy Makeover. With just a few cosmetic procedures, all of which can be carried out on the same day, you can regain the confidence and vitality you need to tackle the demands of motherhood. In this eBook, we'll walk you through the 6 steps of having a Mummy Makeover, so you can look and feel your best!



## 1. Set Your Goals

When embarking on your Mummy Makeover journey, the first step is to set your goals. Take time to consider what areas of your body you are most unhappy with and think about the changes you would like to make. It may be helpful to look up before and after photos of other Mummy Makeover patients, so you can get a better idea of the kind of results you can expect.

Once you have a clear idea of what your ideal outcome looks like, it's time to do your research to find the best surgeon for you. Look for surgeons who have experience with mummy makeovers and read up on reviews from their past patients. Be sure to ask any potential surgeons all the questions you may have about the procedure, the recovery time, the risks involved and the cost.

After you have chosen a surgeon, you can begin discussing which combination of procedures will be the best fit for your individual needs and goals. Some common options that are included in a Mummy Makeover include breast augmentation, tummy tuck, liposuction, labiaplasty, arm lift or thigh lift.

This is your chance to create a plan that works for you, so take some time to discuss all of your options and create a plan which you are comfortable with. Taking the time to set your goals and find the right surgeon will ensure that you have the best possible experience and optimal results.



## 2. Preparation is key

Preparing for a Mummy Makeover is just as important as the procedure itself. Taking steps to ensure that you are in the best physical condition possible before surgery can make a huge difference in your healing and recovery process.

The most important preparation is achieving a healthy, sustainable weight before having surgery. Being active, reaching a healthy body weight and eating nutritious foods prior to the surgery, will allow you to heal faster and ensure that you get the most out of your mummy makeover.

By taking the time to properly prepare before your mummy makeover, you'll be able to maximise the benefits and ensure a speedy recovery. If you're not sure where to begin, contact your doctor for personalised tips and advice.

## 3. Procedure Day

On the day of your Mummy Makeover procedure, it's important to ensure you have all the necessary pre-operative instructions for the day of your surgery. Firstly, ensure that you do not eat or drink anything for 6 hours before your scheduled arrival time at the hospital.

The hospital staff will check your basic observations, which include your temperature, blood pressure, and heart rate. After the pre-operative checks are complete, you will be seen by your surgeon and anaesthetist prior to being taken to the operating theatre where your surgery will be performed.

Once your procedures have been completed you will be moved to the recovery suite for careful monitoring prior to being taken back to your room for observation until you are ready to go home.



## 4. Get Support

Getting support during your Mummy Makeover recovery period is essential. You've just undergone a major medical procedure, and now you need to focus on healing properly. This means taking it easy and not overdoing it, which can be difficult when you're juggling motherhood and other duties. That's why it's important to enlist the help of friends and family members for a smoother recovery.

Having someone around who can lend an extra hand is invaluable. Ask them to help out with childcare or simple tasks like running errands and meal prep. This will give you more time to rest and allow your body to heal. It will also help reduce the strain and stress that comes with being a new mother.

The bottom line is don't be afraid to ask for help! Your Mummy Makeover recovery period is no time to be proud. Family and friends will want to see you well-rested and healed up quickly, so don't hesitate to ask them for assistance. With a little bit of help from your supporters, you can have a successful recovery and be back on your feet in no time.



## 5. Take care of yourself

As a new mother, it is essential to make sure you take the time to care for yourself following your Mummy Makeover. It can be tempting to dive right back into your regular routine, but it's important to give your body time to heal and adjust after the procedures you have had.

Your recovery time will vary depending on which procedures you have had, with most patients considered fully recovered after 8 weeks. However, it is important to remember that your final results may take up to 6 months to show, as the tissue needs time to settle and any swelling to go down.

It is very important that you follow the postoperative instructions given to you by your surgeon in order to ensure a smooth and speedy recovery. Doing so will not only help you heal faster but also increase the chances of getting the best possible results.

Be sure to get plenty of rest, eat a balanced diet, and drink plenty of fluids during your recovery period. It is also important to remain mobile with gentle walks which will assist your recovery. Also, don't forget to pamper yourself every now and then – taking care of yourself both mentally and physically is key to a successful recovery!

## 6. Enjoy your new body

A Mummy Makeover can help you enjoy your new body and regain confidence in yourself. Many women struggle with their body image after having a baby, feeling like they have lost the youthfulness and vitality that was once present. But with a Mummy Makeover, you can get back the curves and shape that you had before pregnancy.



At the same time, it's important to remember that a Mummy Makeover isn't just about looks. It's also about feeling better and getting back the energy and vitality that comes with good health. You may even find that you have a better outlook on life and have more energy to dedicate to yourself and your family.

Ultimately, a Mummy Makeover is a way to help you feel empowered and more beautiful than ever before. With the right surgeon and treatments, you can enjoy your new body and feel confident in the way you look. So if you're ready to enjoy your post-baby body, a Mummy Makeover could be the perfect solution for you!



## About HR Plastic Surgery

At HR Plastic Surgery our goal is to ensure each patient receives a high-quality service and individualised care throughout their experience with us. Our patients are our number one priority, our main aim is to ensure they receive the fresh look they desire.

### Meet Mr Ridha

**Consultant Plastic, Reconstructive and Aesthetic Surgeon**

Mr Hyder Ridha is a Consultant, Plastic, Reconstructive and Aesthetic Surgeon who read medicine at the prestigious Royal Free and University College London Medical School. He holds a Bachelor of Science degree in Anatomy and Developmental Biology (First-class Honours) and graduated with distinction (MB BS) in 2003.

Mr Ridha is our lead surgeon and is a highly-skilled, reconstructive and aesthetic surgeon, with many years of experience in eyelid

surgery. He specialises in aesthetic surgical and non-surgical rejuvenation and believes that all types of aesthetic surgery should revitalise patients, leaving them with a natural and fresh look.



### How to schedule a consultation

To book a breast lift appointment with Mr Ridha, please contact us at one of the following:

020 3907 6830

email us at [info@hrplasticsurgery.com](mailto:info@hrplasticsurgery.com)

book online via our website [www.hrplasticsurgery.com/contact](http://www.hrplasticsurgery.com/contact)