

MENOPAUSE MAKEOVER PATIENT INFORMATION GUIDE

(Educational material - not a replacement for personalised medical advice)



Information For Patients

This booklet provides information to help you decide whether to undergo a menopause makeover, a personalised combination of procedures designed to address physical changes that may occur during or after menopause. It explains how treatment is planned, the potential benefits and risks, and what to expect before, during and after surgery.

You may wish to discuss this information with a partner, family member or support person before making your decision. You will be asked to sign consent forms prior to treatment, so it is important that you understand the contents of this booklet before proceeding.

If you have any questions, it may be helpful to write them down so that you can discuss them with your surgeon or a member of the clinical team.

This document is intended for educational purposes and does not replace a personalised consultation with a qualified medical professional.

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What is a Menopause Makeover?

A menopause makeover refers to a customised surgical plan that combines one or more procedures to address changes in the body that may occur with ageing and hormonal transition.

Rather than a single operation, it may include body contouring, breast procedures, facial surgery or intimate procedures, depending on individual concerns and health status.

The goal is to restore comfort, function and confidence while maintaining overall safety and wellbeing.

Why Consider This Approach?

You may consider a menopause makeover if you experience:

- Changes in body shape that do not respond to lifestyle measures
- Breast volume loss, sagging or discomfort
- Excess skin following weight changes
- Abdominal laxity or weakened muscles
- Changes affecting personal comfort or self-image

Suitability depends on general health, anatomy and individual goals.

Preparing for Surgery

Before surgery you may be advised to:

- Undergo comprehensive medical assessment
- Disclose all medical conditions, medications and allergies
- Stop smoking several weeks before surgery if advised
- Maintain stable weight and general health
- Complete recommended investigations
- Follow fasting instructions prior to anaesthesia
- Arrange assistance during recovery

Your surgical team will develop a personalised treatment plan.

Your Treatment Journey (International Patients)

Initial Assessment

Your medical history, photographs and treatment goals are reviewed.

Travel Arrangements

Airport pickup and accommodation may be arranged through the treating hospital.

Pre-Operative Appointment

You will attend consultations for examination, surgical planning and consent confirmation.

Surgery and Hospital Stay

Combined procedures are performed in a hospital environment and may require inpatient monitoring.

Post-Operative Recovery Abroad

Patients are typically advised to remain nearby for follow-up appointments before travelling home.

Return Travel

Travel is permitted once the surgical team confirms it is safe.

The Procedures Involved

A menopause makeover may include one or more of the following, depending on individual needs:

- Body contouring procedures such as abdominoplasty or liposuction
- Breast procedures including lift, reduction or augmentation
- Facial procedures such as eyelid surgery or facelift
- Intimate procedures where appropriate

Not all procedures are performed together, and staging may be recommended to enhance safety.

After the Operation

After surgery you may experience:

- Pain or discomfort
- Swelling and bruising
- Fatigue
- Limited mobility initially
- Dressings or support garments

These effects are expected during the early recovery period.

Recovery and Expected Results

Early Phase

Initial recovery may take several weeks, depending on the procedures performed.

Intermediate Phase

Gradual improvement occurs as swelling subsides and mobility returns.

Long-Term Outcome

Final results become more apparent over several months.

Recovery times vary between individuals and procedures.

Aftercare Instructions

You may be advised to:

- Follow wound care instructions carefully
- Wear compression garments if recommended
- Avoid strenuous activity for several weeks
- Attend follow-up appointments
- Maintain a healthy lifestyle

Adhering to aftercare guidance supports healing and outcomes.

Potential Benefits

A menopause makeover may:

- Improve physical comfort
- Enhance body contour and appearance
- Address functional concerns
- Support confidence and wellbeing
- Restore balance between body changes and personal goals

Results vary between individuals.

Risks and Complications

Combined procedures carry increased complexity compared with single operations.

Possible complications may include:

- Infection
- Bleeding
- Delayed wound healing
- Scarring
- Anaesthetic risks
- Blood clots
- Need for revision surgery

Your surgeon will discuss risks specific to your case.

Procedure-Specific Considerations

Individualised Planning

Treatment plans are tailored based on health, anatomy and goals.

Combined vs Staged Surgery

Not all procedures may be performed simultaneously.

Recovery Demands

Recovery may be more extensive than for a single procedure.

Lifestyle Factors

Smoking, nutrition and activity levels can influence healing.

When to Seek Medical Advice

Seek urgent medical attention if you experience:

- Increasing pain or swelling
- Fever
- Excessive bleeding
- Signs of infection
- Shortness of breath
- Calf pain or swelling

Questions to Ask Your Surgeon

You may wish to ask:

- Am I a suitable candidate for combined procedures?
- Which procedures are recommended for me?
- What is the expected recovery timeline?
- What results are realistic?
- What support will I need after surgery?
- What are the risks in my case?

Further Information and Consent

Before proceeding with surgery you will be asked to sign consent forms confirming that:

- You understand the nature of the proposed treatment
- The potential risks and benefits have been explained
- You have had the opportunity to ask questions
- You understand that outcomes may vary between individuals

The final decision regarding suitability for surgery is made by the treating surgeon following medical assessment.

Contact Information

If you require further clarification before your consultation or treatment, please contact:

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Document Information

Procedure: Menopause Makeover

Series: World Medi Group – Patient Information Series

Version: 1.0

Date of Issue: 2026

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