

MUMMY 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 have a Mummy Makeover procedure. It explains how the surgery is performed, the potential benefits and risks, and what to expect before, during and after treatment.

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

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

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What is a Mummy Makeover?

A Mummy Makeover is a combination of surgical procedures designed to address physical changes that can occur after pregnancy, childbirth and weight fluctuations.

It typically combines:

- **Breast surgery** (augmentation, lift or reduction)
- **Abdominoplasty** (tummy tuck)
- **Liposuction**

The exact combination varies depending on individual anatomy and goals. It is usually performed under general anaesthesia in a hospital setting.

Why Consider a Mummy Makeover?

This procedure may be considered by individuals who:

- Have excess abdominal skin after pregnancy
- Experience separated abdominal muscles (diastasis recti)
- Notice sagging or volume loss in the breasts
- Have stubborn fat deposits resistant to diet and exercise

A Mummy Makeover is not a substitute for weight loss. It is generally recommended when weight has stabilised and future pregnancies are not planned.



Body Mass Index (BMI) and Eligibility

Body Mass Index (BMI) is one of the factors your surgeon may consider when assessing your suitability for a Mummy Makeover.

Higher BMI levels are associated with an increased risk of surgical complications, including wound healing problems, infection and blood clots. For safety reasons, some surgeons may recommend achieving and maintaining a stable weight within a suitable BMI range before proceeding with surgery.

A Mummy Makeover is not intended as a weight-loss procedure. It is generally recommended once your weight has stabilised and you are close to your long-term target weight.

Your surgeon will advise you on whether surgery is appropriate based on your individual health profile.

Emotional and Psychological Considerations

Major cosmetic surgery can bring physical and emotional changes.

During recovery, some individuals may experience temporary mood fluctuations, fatigue or emotional sensitivity. This may be related to:

- Physical discomfort
- Swelling and bruising
- Temporary changes in body image during healing
- Effects of anaesthesia

These feelings are usually temporary. However, it is important that you feel emotionally prepared for surgery and have appropriate support during recovery.

Cosmetic surgery should not be undertaken to address underlying emotional distress. If you have concerns about your emotional readiness, discuss them with your surgeon before proceeding.

Preparing for Surgery

Before surgery, you may be advised to:

- Stop smoking at least 4 weeks before surgery
- Avoid alcohol before the procedure
- Avoid blood-thinning medications such as aspirin or anti-inflammatory drugs (unless approved by your doctor)
- Disclose all medical conditions and medications
- Ensure your weight has been stable for several months
- Arrange for help at home for at least 2 weeks

If general anaesthesia is used, you will need to fast before surgery. Because this is a combined procedure, preparation is especially important.

Your Treatment Journey (International Patients)

Initial Enquiry and Assessment

Photos and medical history are reviewed. A personalised surgical plan is developed.

Travel Arrangements

Airport pickup and accommodation are arranged through the treating hospital.

Pre-Operative Appointment

You will attend a hospital visit for blood tests, examination and final surgical planning.

Surgery Day

The procedure is performed under general anaesthesia. Operating time varies depending on the combination of surgeries and may last several hours.

Post-Operative Stay

Hospital stay may range from 1–3 nights depending on recovery and surgeon preference.

Recovery Abroad

Patients are usually advised to remain abroad for 7–14 days before returning home.

What Happens During the Procedure?

The procedure may include:

Breast Surgery

- Placement of implants or breast lift
- Reshaping and tightening of breast tissue

Abdominoplasty

- Removal of excess abdominal skin
- Tightening of abdominal muscles
- Repositioning of the navel if required

Liposuction

- Removal of excess fat deposits

Drains may be placed temporarily to prevent fluid build-up.

After the Operation

Immediately after surgery:

- You may feel tightness in the abdomen
- Swelling and bruising are expected
- You may have surgical drains
- You will wear compression garments

You may need assistance with mobility during the first days.



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Recovery and Expected Results

First 2 Weeks

- Swelling and discomfort are common
- Movement may be limited
- Most patients require 2–3 weeks off work

Weeks 3–6

- Gradual return to light activity
- Continued use of compression garments

Months 3–6

- Swelling reduces significantly
- Body contours become more visible

Final results may take several months to stabilise.
Scars will fade over time but will not completely disappear.

Aftercare Instructions

You will typically be advised to:

- Wear compression garments as instructed
- Avoid heavy lifting for at least 6 weeks
- Avoid strenuous exercise for several weeks
- Keep incisions clean and dry
- Sleep in a slightly bent position if advised

Strict adherence to aftercare reduces complications.



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Potential Benefits

A Mummy Makeover may:

- Improve abdominal contour
- Tighten loose skin
- Restore breast volume or lift
- Improve overall body proportion

Results vary depending on individual anatomy and healing.

Possible Risks and Complications

All surgery carries risk. Because this is a combined procedure, risks may be higher than single surgeries.

Possible Complications During Surgery

- Bleeding
- Reaction to anaesthesia
- Blood clots (rare but serious)

Possible Complications After Surgery

- Infection
- Haematoma or seroma (fluid accumulation)
- Delayed wound healing
- Scarring
- Asymmetry
- Loss of nipple sensation
- Implant-related complications (if implants are used)

Your surgeon will discuss your individual risk profile.

Risk of Blood Clots (Deep Vein Thrombosis – DVT)

All major surgery carries a small risk of developing blood clots, particularly when procedures are lengthy or combined.

Deep Vein Thrombosis (DVT) refers to a blood clot forming in the deep veins, usually in the legs. In rare cases, a clot may travel to the lungs (pulmonary embolism), which can be serious.

Factors that may increase risk include:

- Prolonged surgery duration
- Limited mobility after surgery
- Long-haul flights
- Smoking
- Higher BMI
- Personal or family history of clotting disorders

To reduce risk, your surgical team may:

- Use compression stockings
- Administer blood-thinning medication where appropriate
- Encourage early, gentle mobilisation after surgery

It is important to follow travel advice carefully and avoid long periods of immobility after surgery.

Seek urgent medical attention if you experience sudden shortness of breath, chest pain or leg swelling.

Future Pregnancy Considerations

Future pregnancy after a Mummy Makeover may affect surgical results.

Pregnancy can stretch abdominal muscles and skin again, and breast volume may change with hormonal fluctuations. For this reason, many surgeons recommend postponing a Mummy Makeover until you do not plan further pregnancies.

If you are unsure about future family planning, this should be discussed during consultation.

Scar Placement and Visibility

A Mummy Makeover involves surgical incisions, and scarring is an expected outcome.

Common scar locations include:

- A horizontal scar along the lower abdomen (usually positioned low to be concealed under underwear or swimwear)
- Around the areola (for breast lift)
- Vertical or anchor-shaped scars (in some breast procedures)
- Small liposuction entry points

Scars typically appear red or raised initially and gradually fade over time. However, scar appearance varies between individuals and depends on:

- Skin type
- Genetics
- Aftercare compliance
- Smoking status

Your surgeon will explain expected scar placement before surgery so you can make an informed decision.



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When to Seek Medical Advice

Contact your medical team urgently if you experience:

- Sudden swelling
- Severe pain not relieved by medication
- High fever
- Shortness of breath
- Signs of infection

Questions to Ask Your Surgeon

You may wish to ask:

- Which procedures are included in my plan?
- What scars should I expect?
- What is the total recovery time?
- What risks apply to me personally?
- What follow-up care is provided?

Further Information and Support

Take time to reflect on your decision. Combined cosmetic surgery requires careful consideration and realistic expectations.

Consent and Responsibility

- Before surgery, you will be asked to sign a consent form confirming that:
- You understand the procedures involved
- You have had the opportunity to ask questions
- The risks and benefits have been explained
- You understand that results vary between individuals

Contact Information

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

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