YOUR GUIDE TO
MUMMY MAKEOVER

CosMediTour

WELCOME

Welcome to CosMediTour, the premier Plastic Surgery group in Australasia. Since our establishment in 2009, we've been dedicated to helping numerous clients discover the beauty of self-confidence. We proudly collaborate with top-tier plastic surgeons recognised for their commitment to providing outstanding care and exceptional results. With us, you can have full confidence that you're in the hands of experts.

Our dedicated Client Support team will be with you all the way—from your free assessment, throughout the planning stages, into your recovery & beyond.

> Above all, we're here to ensure that you feel confident, safe & supported throughout your journey.

We do hope you find this guide useful in planning your procedure. If you have any questions at all, our friendly Client Support team is here to help on 1300 000 633.

CosMediTour Client Care

As Australasia's most trusted Plastic Surgery group, we're passionate about client care.

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INTRODUCTION

A Mummy Makeover is the popular term for a combination of Breast Surgery and Abdominoplasty procedures. Mummy Makeovers are customisable and may combine the following:

- Breast Augmentation
- Breast Lift
- Breast Lift & Augmentation
- Breast Reduction
- Breast Revision
- Breast Explant
- Mini Tummy Tuck
- Standard Tummy Tuck
- Extended Tummy Tuck
- Belt Lipectomy

Many of our Mummy Makeover clients have experienced significant changes to their body following pregnancies, natural and C-section deliveries and of course, breast- feeding.

However, sagging and wear to the breasts and torso are also common after any major period of growth or hormonal change. As such, despite the name, Mummy Makeovers are not exclusive to mothers.

Each year, thousands of happy clients choose CosMediTour. Our Surgeons are exceptional & their Before & After Photos speak for themselves.

VIEW GALLERY

THE PROCEDURE

WHAT TO EXPECT BEFORE YOUR PROCEDURE

ENQUIRY & ASSESSMENT

Connect with our friendly Client Support Specialists to understand if you're a suitable candidate for surgery and receive your personalised surgical recommendation.

SURGEON CONSULTATION

Meet with your Plastic Surgeon to discuss your desired outcome and together, plan your procedure.

YOUR SURGERY | 3 - 6 hours

Mummy Makeover procedures vary according to the combination of procedures selected and the degree of restoration required. During surgery, clients are placed under general anaesthesia.

> We're with you all the way. From your free assessment, through the planning stages of your surgery and even following your results.

WHAT TO EXPECT AFTER YOUR PROCEDURE

Recovery varies person to person; however, we advise clients to allow 4 - 6 weeks before returning to work. Full recovery will take 6 -12 months. The following is a guide only. Always follow the advice given to you by your Surgeon as this will be tailored to your specific needs.

HOSPITAL STAY | Half Day - Overnight

Your time in hospital will vary according to the combination of procedures. Clients will be required to stay in hospital for a minimum of 2 - 5 nights. Drains will still be attached following the Tummy Tuck, so a return visit to hospital is required to have them removed.

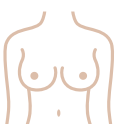
REST TIME | 2 Weeks

Swelling, bruising and numbness is a normal part of the healing process. This should subside during the first 5 - 10 days. To aid recovery and alleviate discomfort:

- ☑ Pain medication will be prescribed.
- ☑ No driving for 4 weeks after surgery.
- ☑ Most clients require 4 - 6 weeks before returning to work.
- ☑ Light exercise (walking and assisted stair climbs) can recommence 2 weeks after surgery
- ☑ No strenuous exercise (including sits ups and sex) for 6 weeks.
- ☑ Avoid heavy lifting, strenuous exercise and swimming until Surgeon advises.

RECOVERY TIME | 6 Weeks

Your surgeon will explain how long you need to wear your post-surgery support garments to ensure optimal healing and long-lasting results.



SETTLING PERIOD | 6 - 12 Months

During this time, swelling will subside, the breasts will settle and become more natural in appearance. Scars will also begin to heal.

There are a range of considerations when preparing for a Mummy Makeover. Your body is unique, so it's only right that your procedure is too.

PLANNING YOUR PROCEDURE

You are unique and your surgery will reflect that.

Your Surgeon will guide you through the planning process. However, we also recommend you familiarise yourself with your options.

We encourage you to be open and realistic with your desired outcomes. Equally important is to consider the Surgeon's advice on what will work best for you and your body in the long term.

The first consideration when planning a Mummy Makeover is the combination of procedures to be included.

Your Mummy Makeover treatment plan may consist of the following procedures:

- ☑ BREAST AUGMENTATION
- ☑ BREAST REDUCTION
- ☑ BREAST LIFT
- ☑ MINI TUMMY TUCK
- ☑ STANDARD TUMMY TUCK
- ☑ EXTENDED TUMMY TUCK
- ☑ BELT LIPECTOMY

Liposuction can also be used to further enhance and tighten the affected areas of the body.

In some cases, clients may also choose to incorporate a Labiaplasty, to restore the size, shape and position of the Labia Minora and/or Labia Majora.

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VIEW GALLERY

BREAST AUGMENTATION

To enhance the breasts in a Mummy Makeover, clients may require implants. Implant choice is key in planning the perfect Breast Augmentation. Surgeons are very careful to consider your natural breast tissue and anatomy when selecting quality implants for your ideal look.

IMPLANT TYPE

All Breast Implants used by our Surgeons are Cohesive Silicone Gel, otherwise referred to as 'gummy bear texture'. Cohesive Silicone Gel Implants are believed by many to feel more like real breasts than their Saline counterparts.

IMPLANT SIZE

When determining implant size, your Surgeon will advise you on what will work best for your body, not just now, but in the future.

IMPLANT TYPE

The surface of Breast Implants are either Smooth, or a Micro or Nano Textured. The surfaces of smooth implants are softer, while the textured surfaces reduce movement risks.

IMPLANT SHAPE

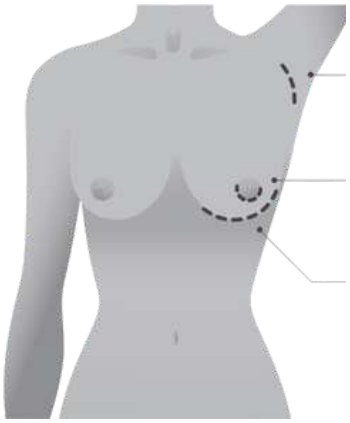
Teardrop implants, also known as 'anatomical implants', are designed to mimic the natural shape of the breast with more fullness in the lower part and less fullness at the top. Round implants are circular and symmetrical in shape. They provide more volume to the upper part of the breast for a more dramatic effect

PROJECTION

Implant Projection refers to how far forward it extends in front of your chest. The cup size increases as the profile increases.

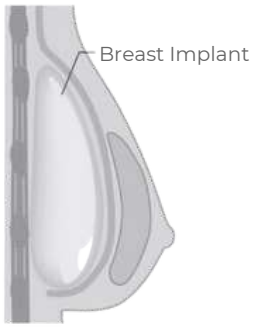
INCISION PLACEMENT

There are 3 incision placements typically used in Breast Augmentation procedures, shown below. Your Surgeon will advise you on the best incision placement for your unique anatomy.



IMPLANT PLACEMENT

Breast implant placement is determined by numerous factors, including a client's skin, body composition, existing breast tissue, lifestyle and desired result. There are three implant placement approaches your Surgeon may take.

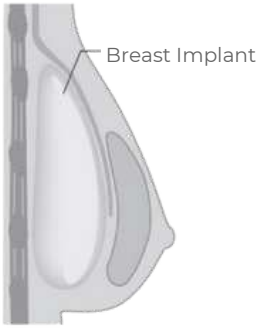


UNDER MUSCLE PLACEMENT

The implant sits under the pectoralis major muscle (the pec).
This allows for layered cover over the implant, with soft tissue smoothing ridges that may otherwise form between the implant and skin.

OVER MUSCLE PLACEMENT

The implants sits between the pec and the breast tissue.
This allows the implant to push the breast into a more regular shape and is generally suited to clients with a good volume of natural breast tissue.



DUAL PLANE PLACEMENT

This is a combination Over and Under Muscle placements.
The upper half of the implant is placed under the pec, while the lower half sits above it (under the breast tissue).

BREAST REDUCTION

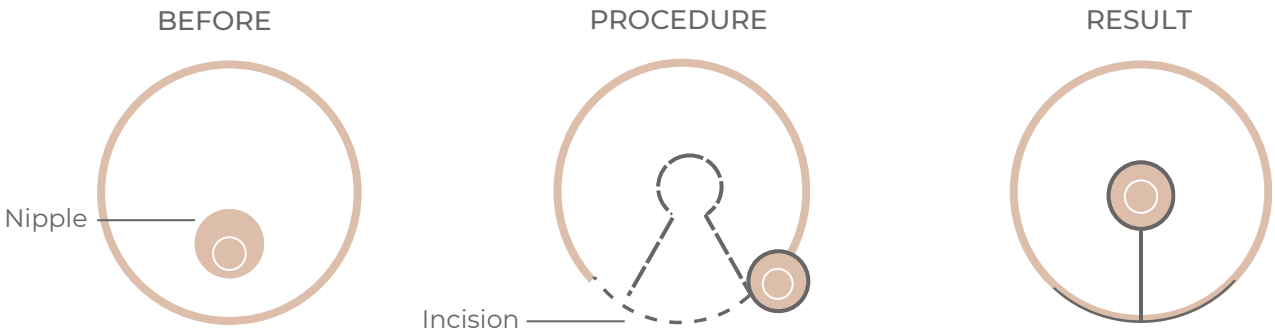
Breast Reduction surgery is best suited to clients that have large, heavy, or asymmetrical breasts and those who experience discomfort due to their size.

During your procedure, your skilled CosMediTour Surgeon reshapes and tightens the breast contour, resulting in a firmer, more raised appearance, a lift to the nipple position; and reduced size of the areola if enlarged over time.

THE ANCHOR TECHNIQUE

Also known as 'T-Lift Technique', this technique is used in Breast Reductions because it provides dramatic results.

The Anchor Technique involves a peri-areolar incision around the areola, a vertical incision from the base of the areola to the crease of the breast, and another along the breast crease (shown below).



> A Breast Reduction may not be all that is required to restore the breasts to their natural, perky state. Your Surgeon may also suggest a Breast Lift to prevent the breasts from looking deflated or saggy.

BREAST LIFT

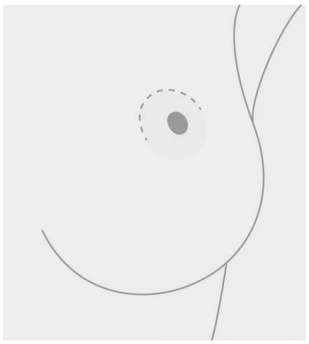
A Breast Lift, or Mastopexy, is a procedure that aims to restore the natural 'perkiness' of the breasts. Typically Breast Lifts are completed on clients experiencing Ptosis (or sagging) caused by pregnancy, breastfeeding, significant weight loss or ageing.

By removing excess skin, your Surgeon reshapes and tightens the breast contour, resulting in a firmer, more raised appearance.

The Breast Lift technique used will be dictated by your personal Ptosis and what, if any, other breast enhancement procedures you are having. Each technique has their benefits and result in varying degrees of lift, ranging from slight to dramatic results.

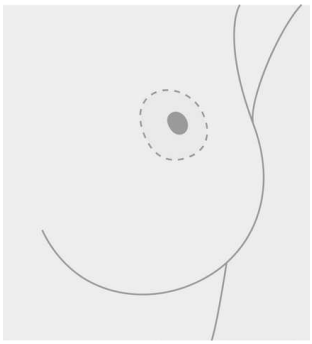
CRESCENT TECHNIQUE

- Suited to clients with minor to moderate sagging and/or small breasts.
- Provides a small degree of lift and can correct nipple asymmetry.
- Involves a half-moon shaped incision above the areola.
  A small amount of breast tissue is removed before the bottom of the incision is lifted to join the top.



PERI-AREOLAR TECHNIQUE

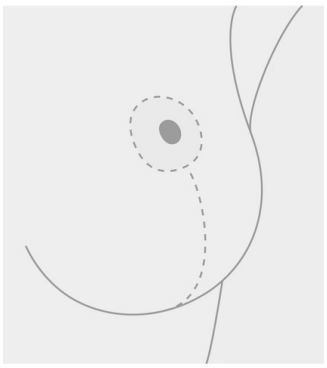
- Also known as the Donut Technique
- Suited to clients with minor to moderate sagging and/or tuberous breasts.
- Provides only a small degree of lift; however, it can also be used to reduce areola size.
- Involves a circular incision around the areola.



You're in expert hands.
Our Surgeons dedicate time to understand your unique concerns & objectives before tailoring a treatment plan that's right for you and your body.

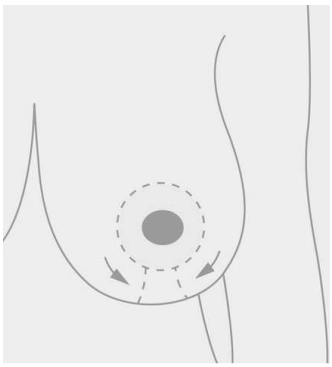
VERTICAL TECHNIQUE

- Also known as the Lollipop Technique
- Suited to clients with moderate sagging and larger breasts.
- Provides a large degree of lift and projection. Can also reduce the size of the areola, elevate the nipples and result in less noticeable scarring.
- Involves an incision around the areola and the other from the areola down to the natural crease of the breast.



ANCHOR (T-LIFT) TECHNIQUE

- Also known as T-Lift Technique
- Suited to clients with large breasts and severe sagging. Commonly used for clients also having a Breast Reduction.
- The most common technique - Provides dramatic results
- Involves a peri-areolar incision around the areola, a vertical incision from the base of the areola to the crease of the breast and another along the breast crease.



TUMMY TUCK

A Tummy Tuck, or Abdominoplasty revitalises the midsection of the body. This procedure can remove fat, tighten sagging skin, correct abdominal abnormalities, repair muscle separation and assist in strengthening the core.

Importantly, a Tummy Tuck is not weight-loss surgery. Your results will be dictated by the existing canvas. Visceral fat (the fat surrounding vital organs within the abdominal cavity) cannot be removed during a Tummy Tuck. The only way to lose Visceral fat is through diet and exercise. Conversely, Subcutaneous Fat (on the outside of the abdominal muscles and below the skin) can usually be reduced during Tummy Tuck and Liposuction procedures.

CLIENT PREPARATION

For a smoother recovery period and long-lasting results, our CosMediTour Plastic Surgeons will ask that their clients meet specific criteria.

Before their surgery, our clients must:

- ☑ Be within a healthy BMI
- ☑ Be at and maintain your goal weight
- ☑ Be physically healthy
- ☑ Not be planning a pregnancy
- ☑ Have quit smoking

PLANNING YOUR PROCEDURE

When planning your procedure, your Surgeons carefully consider a number of factors.

Such considerations include:

- ☑ The amount of excess skin
- ☑ The amount of excess fat
- ☑ The degree of muscle separation
- ☑ Any abdominal abnormalities

TUMMY TUCK TECHNIQUES

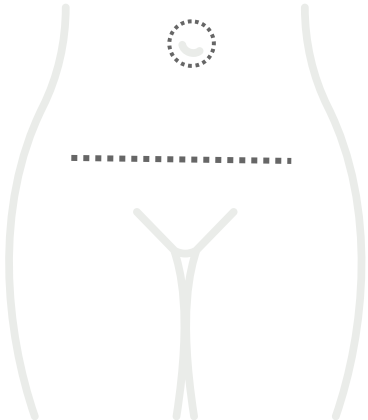
There are four primary Tummy Tuck procedures. In each, the goal remains the same, but the techniques differ depending on the client. Your Surgeon will be able to guide you through the planning process. However, we also recommend you familiarise yourself with your options.

MINI TUMMY TUCK (Partial Abdominoplasty)

- Suited to clients whose excess skin or fat is limited to the area between navel and the pubic area.
- DOES Remove excess skin from lower abdomen.
- DOES NOT correct muscle separation or relocate the belly button.
- Typically a shorter recovery. The scar will run from hip to hip and as low as possible.

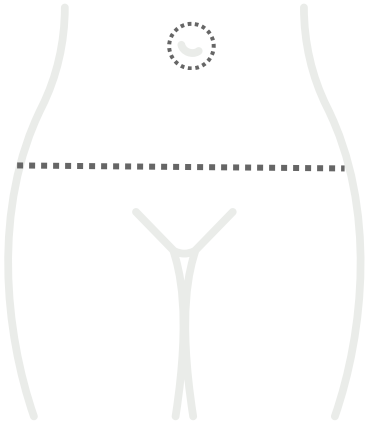
STANDARD TUMMY TUCK

- DOES Remove excess skin and fat from your stomach, tightens the muscles of your abdominal wall, corrects muscle separation and repositions your belly button (if required).
- DOES NOT remove 'love handles'. To achieve this, Vaser Liposuction may also be required.
- The lower incision is runs from hip to hip. Another incision runs around your belly button.



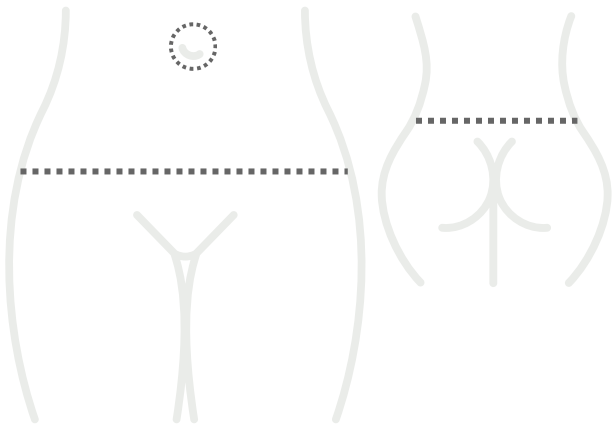
EXTENDED TUMMY TUCK

- DOES remove excess skin and fat from your stomach and over the hip to improve body contour, tightens the muscles of your abdominal wall, corrects muscle separation and repositions your belly button (if required).
- DOES NOT remove 'love handles'. To achieve this, Vaser Liposuction may also be required.
- The incision is slightly larger than a standard Tummy Tuck. It extends across the lower front of the tummy, around the hips over the love handle area. The exact position and length will be discussed during face to face consultation.



BELT LIPECTOMY
(Lower Body Lift)

- Suited to clients with significant skin laxity.
- DOES reshape the abdomen, hips and buttocks, redefine the deeper tissue of the abdomen and flanks, correct muscle separation and repositions belly button (if required).
- DOES NOT remove 'love handles'. To achieve this, Vaser Liposuction may also be required.
- In some instances, clients may be advised to undergo an Extended Tummy Tuck before undertaking a Belt Lipectomy.
- The incision extends around the front and back of the lower torso - almost meeting at the spine.



POTENTIAL RISKS TO CONSIDER

While you can rest assured that you'll be in the most capable surgical hands throughout your CosMediTour Mummy Makeover, there are potential risks to consider with all forms of surgery. Our expert Plastic Surgeons take the utmost care to minimise the occurrence of surgical complications and work out of hospitals renowned for their high quality and practice standards. Most of the following possible risks and complications are ones associated with all surgeries.

RISKS & POSSIBLE COMPLICATIONS

- Surgical risks (infections, bleeding, clots, allergic reactions to medical materials)
- Heart or lung complications
- Seroma (fluid accumulation) around the implant, incision site or inside breasts
- Haematoma (collection of blood) inside the breast
- Changes in skin and/or breast sensitivity
- Damage to nerves, blood vessels and muscles (temporary or permanent)
- Pain, discomfort or numbness around incisions (temporary or permanent)
- Keloid or hypertrophic scarring (can be lumpy, inflamed and itchy)
- Wrinkling of the skin over the implant
- Implant rupture, slippage or movement
- Asymmetry of breasts
- Breastfeeding difficulties
- Nausea from anaesthetic
- Capsular contracture - scar tissue forms around the implant. It is generally a normal part of the healing process and can prevent slippage; however, occasionally it can interfere with the shape and feel of the breast. In rare cases, it can be painful and caused by ruptured implants.
- Lumps in lymph node tissue (caused by leaking silicone – not a health risk)
- Reduced effectiveness of breast screening - modern imaging has made this less of a concern
- Skin discolouration/permanent pigmentation changes
- Fat necrosis resulting in hard lumps in skin
- Potential/partial loss of nipple and areola
- Stiff shoulder
- Tightened skin preventing forward bend
- Need for further surgery to treat complications

WHY CHOOSE COSMEDITOUR

COMPASSIONATE CARE

Our dedicated team will ensure you feel confident, safe and supported at every stage of your journey.

SURGERY PAYMENT OPTIONS

From layby to personal loans, we can assist you with payment options to fund your Plastic Surgery.

THE BEST PLASTIC SURGEONS

The finest and most trusted Surgeons work with you to understand your goals and deliver beautiful results.

ALL-INCLUSIVE SURGERY PACKAGES

From your surgery, anaesthetist fees and hospital stay, our packages are all-inclusive with no hidden costs.

TRUSTED BY CLIENTS

After 12 years as Australasia's most trusted Plastic Surgery group, we maintain a 5-Star Google rating.

HONEST, PERSONALISED ADVICE

We believe in authenticity and we'll always be realistic about the results you can achieve.

NEXT STEPS

GET IN TOUCH

We're here to help. Schedule a free, confidential consultation with our friendly Client Support Team today.

Phone us on 1300 000 633

Send us an online enquiry

Take advantage of our 5-minute online assessment to receive your personalised, obligation-free quote.

START NOW

JOIN OUR COMMUNITY

Follow us for inspiration & education.

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