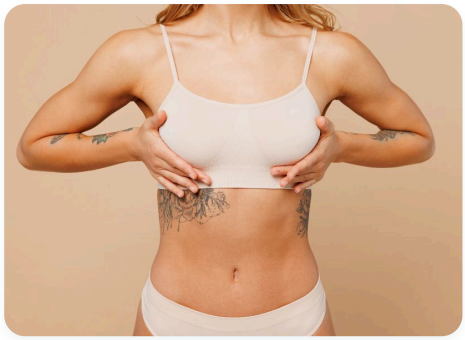
BODY CONTOURING

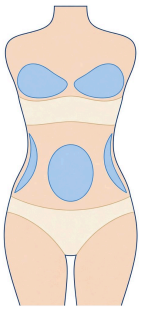
# The Mommy Makeover: Combining Procedures Safely



What usually goes into a combined plan, how surgeons decide what can be done together, and when staging is the wiser choice

Pregnancy stretches skin, separates abdominal muscles and empties the upper breast. Weight can be lost and muscles retrained; stretched skin and separated muscle wall often cannot be reversed without surgery.

## THE AREAS MOST OFTEN ADDRESSED



Breasts, abdomen and flanks. Each may need a different operation; the plan decides which to combine.

## WHAT HAS ACTUALLY CHANGED

- ✓ **Abdominal skin.** Stretched past its ability to retract; it hangs or creases, especially below the navel.
- ✓ **Abdominal wall.** The two vertical muscles separate (diastasis), leaving a bulge that stays even when you tense.
- ✓ **Breasts.** Volume lost from the upper pole; skin stretched; the breast sits lower.
- ✓ **Fat.** Deposits at the flanks and lower abdomen that do not respond to training.

## THE PROCEDURES MOST OFTEN COMBINED

### Tummy tuck

Removes skin, repairs the muscle wall, repositions the navel.

### Liposuction

Flanks, hips and lower back, to refine the contour.

### Breast lift

Raises and reshapes; sometimes with an implant for upper fullness.

### Breast reduction or augmentation

When size, not only position, is the concern.

ⓘ The phrase does not mean a fixed menu. Some patients need only an abdominoplasty; some need only the breast. The combination is what the examination finds, not what the name implies.

**Describe what bothers you most, in order. The order shapes the plan.**

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# How combination is decided

Combining procedures saves one anaesthetic, one recovery and one trip. It also lengthens the operation and raises the load on the body. The surgeon's job is to find where the balance sits for you.

## WHAT SETS THE LIMIT

**Safety first**

1
### Operating time
Longer surgery raises risk; most teams set a ceiling.

2
### Your health
Weight, blood pressure, clotting, smoking.

3
### Extent
A full abdominoplasty plus breast work is a large day.

4
### Hospital support
Overnight care and monitoring must match the surgery.

5
### Recovery at home
Help with children and lifting for two weeks or more.

## SINGLE STAGE VERSUS STAGED

### One operation

Everything done in a single session.

- ✓ One anaesthetic, one recovery, one trip
- ✓ Lower total cost
- ✓ Longer surgery and a harder first two weeks
- ✓ Suitable when health and extent allow

### Two stages

Usually abdomen first, breast later, or the reverse.

- ✓ Shorter operations; each recovery lighter
- ✓ Lower risk when extent or health is a concern
- ✓ Two trips and two recoveries
- ✓ Often the wiser plan for larger cases

### Why "less at once" is sometimes the expert answer

A surgeon who recommends staging is not being cautious for its own sake. Past a certain operating time, complication rates rise faster than the convenience saved. The honest plan is the one that keeps you safe, even if it means two visits.

**Ask directly: would the medical team do your plan in one stage, and why or why not?**

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# Who tends to be a candidate

The best results belong to patients who have finished having children, reached a weight they can hold, and have arranged real help at home for the first fortnight.

## USUALLY A GOOD TIME

- ✓ At least six to twelve months after the last birth, and after breastfeeding has ended
- ✓ Weight stable for several months, within reach of your usual range
- ✓ No further pregnancies planned
- ✓ Non-smoker, or stopped well before surgery
- ✓ Help at home arranged for two weeks

## USUALLY BETTER TO WAIT

- ✗ Still breastfeeding, or within months of the birth
- ✗ Planning another pregnancy
- ✗ Weight still changing significantly
- ✗ No one available to help with lifting and children
- ✗ Expecting surgery to do what weight loss has not yet done

## THREE PATIENTS, THREE PLANS

PROFILE 1

### Two children, stable weight

Loose lower abdominal skin, a bulge when tensing, breasts that sit low but are a good size.

→ **Abdominoplasty with repair, plus breast lift — often one stage**

PROFILE 2

### After major weight loss

Extensive skin excess on abdomen and breasts, flanks too.

→ **Staged: abdomen and flanks first, breast later**

PROFILE 3

### Breasts the main concern

Abdomen acceptable; upper breast empty and low.

→ **Breast lift, with or without implant; no abdominal surgery**

The recovery is the part people underestimate. You will not lift a toddler for several weeks. Planning that honestly is as much a part of candidacy as the examination.

**Tell us about home as well as your body; the plan has to fit both.**

This guide is for informational purposes.
Treatment suitability is determined after medical evaluation.

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# Recovery from combined surgery

Combined surgery means one recovery instead of two – but a heavier one. The first two weeks are the test; after that, it eases quickly.

## THE FIRST THREE MONTHS

**DAY 1–2**
### Hospital
Usually two nights; walking bent at the waist, with help.

**WEEK 1**
### Resting
Garment and support bra; drains out; short walks.

**WEEK 2**
### Upright
Standing straight; desk work possible; no lifting.

**WEEK 4–6**
### Daily life
Most activity returns; garment still worn.

**MONTH 3**
### Settled
Swelling largely gone; scars still maturing.

## ARRANGE BEFORE YOU TRAVEL

- [ ] An adult at home for the first two weeks
- [ ] Childcare for lifting, bathing and school runs
- [ ] A recliner or a raised, supported sleeping position
- [ ] Loose, front-opening clothing
- [ ] Time off work: two to three weeks for desk roles

## WHAT TO EXPECT

- ✓ **Tightness.** Across the abdomen for weeks; standing straight returns gradually.
- ✓ **Garments.** A compression garment and a support bra, day and night, for as long as instructed.
- ✓ **Scars.** The abdominal scar sits low, beneath underwear; breast scars follow the lift pattern. Both fade over a year.
- ✓ **The result.** Judged at six months, when swelling has left and the shape has settled.

YOUR NEXT STEP

## Talk to us before you decide anything

**Free Consultation**
A conversation with a coordinator, with no commitment.

**Send Your Photos**
Our medical team reviews them and replies with an assessment.

**WhatsApp Us**
Questions answered in your own language, usually the same day.

✓ Free consultation · Free medical evaluation

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