

KATE ANDERSON (www.kateandersonphotography.com)



Dan Cyprus talks to consultant plastic surgeon Mr Marc Moncrieff about who's having cosmetic surgery.

Mum's the word

While celebrity magazines and the popular press may have us believe that cosmetic surgery is the domain of footballers' wives and "wannabe" celebrities, consultant plastic surgeon **Mr Marc Moncrieff** is generally quizzed by a far more discerning customer base. Typically, his patients are mums wanting to restore their bodies to a more youthful appearance rather than disproportionately enhance it. So we asked him to answer some commonly asked questions...

My tummy has been stretched and exercise alone doesn't seem to work. What is available?

During pregnancy, the stomach muscles and the overlying skin will stretch to accommodate your growing baby.

Some women are very lucky and seem to "pop back into shape", but in the majority of cases, the skin and muscles do not shrink back to their pre-pregnancy condition and many ladies are left with stretch marks.

Sadly, no creams will remove stretch marks, and neither sit-ups nor dieting will tighten up the muscles or your skin.

Surgically, a tummy tuck (abdominoplasty) can repair these changes. Your surgeon can remove the excess skin along with the stretch marks, reposition the abdominal muscles and tighten them too. If you're considering a tummy tuck, it's wise to wait until you've finished having children and then I'd personally advise waiting a further six to 12 months before proceeding with the operation.

My caesarean section scar is quite prominent and I'm conscious about it. Can it be changed?

All obstetricians will take great care closing caesarean section wounds, but some of these scars may not heal perfectly for a variety of reasons. In the first instance, you can help the healing process.

Once your scar is comfortable, massage the area with simple moisturising creams for at least 10 minutes each day – this should help to soften and flatten the scar.

Another option may be to support the scar with adhesive tape which can be found in most pharmacies – ask your midwife for some advice. If these simple measures are not sufficient, scar revision surgery is available.

For many patients, this revision can be performed under a local anaesthetic without having to stay in hospital.

My breasts have changed and lost volume following breast-feeding. Can anything be done?

Breast-feeding is important for a newborn child's health and development and therefore is first choice for many women if they're able to breast-feed.

Even without breast-feeding, the changes in size and shape of your breasts that occur during pregnancy can leave the breasts with far less shape and volume than pre-pregnancy.

FREE APPOINTMENT

Consultant plastic surgeon Mr Marc Moncrieff is offering a limited number of free 15-minute cosmetic surgery information appointments during April and May at Spire Norwich Hospital.
 ■ Just call 01603 255 614 to make an appointment.

Like the tummy, the skin and the ligaments become stretched and will not shrink back to their pre-pregnancy condition – combined with the unkind effects of gravity, many women are far less fond of their breasts post childbirth. Initially, it's worth having a professional bra fitting – not only will the correct size bra make you feel more comfortable, it will help to disguise some of the effects that many women report are not so desirable.

A range of surgical procedures is available and will help to recover your pre-pregnancy appearance.

The most common ways of improving the appearance of the breasts is to perform a breast uplift operation, a breast enlargement operation with an implant, or to do a combination of both operations.

An uplift aims to tighten the skin and lift the nipple without reducing the breast size. If you have enough natural volume to uplift it's not necessary to have an implant.

Your surgeon will be able to guide you and help you set a realistic level of expectation when considering which option may be most appropriate for you.

Cosmetic surgery at Spire Norwich Hospital



Call us now to find out more on

01603 255 614

www.spirehealthcare.com/cosmetic