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ENTERTAINMENT PROMOTIONAL FEATURE | MUMBAI

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Get the yummy mummy look this Mother's Day!

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Motherhood is a blessing, and brings with it an amalgamation of not just immense joy, beautiful surprises and countless sleepless nights, but also a body that changes so much in a matter of just a few months, that for some it is almost like an identity crisis and a shock.

Dr Mohan Thomas, cosmetic surgeon, says, "Pregnancy can thus take a toll on a woman's body, affecting her breasts, tummies, legs and more. After pregnancy, especially multiple pregnancies or unusually large births or twins, women find it difficult to return to their pre pregnancy shape." It is common knowledge that pregnancy can cause the stomach skin to stretch beyond natural repair; loosen the vagina and the breast shape and elasticity can also get damaged.

Explains Dr James D'silva, cosmetic surgeon, "The woman's body undergoes cyclic changes following pregnancy and breast feeding. The changes are more significant in the breast, the midriff and lower abdomen. In the case of natural childbirth (normal vaginal delivery), the vaginal canal gets very stretched and remains lax."

One can choose a healthy regimen of diet and exercise along with some surgical procedures that can improve the changes that women see with their bodies after pregnancy. Dr Thomas says, "This correction surgeries involve a tummy tuck, breast augmentation and/or a breast lift. A combination of all these procedures can help distraught mothers achieve the desired shape and also make them feel fit."

Here are the corrective measures...

BODY CONTOURING

LIPOSUCTION
Liposuction is surgery to improve the contour of your body by removing pockets of excess fat from specific areas of the body.

Thinstock



BREAST SURGERIES

BREAST AUGMENTATION

Breast augmentation is a type of plastic surgery performed to improve the appearance of a woman's bustline. It involves the insertion of breast implants into the breast mounds to add volume and enhance shape.

BREAST LIFT

This is for droopy breasts (may at times require a breast implant for loss of volume)

BREAST REDUCTION

This is to reduce large breasts enlarged further post pregnancy and is accompanied by a lift.

ABDOMINOPLASTY

This procedure has many variants like:

a. Mini tummy tuck where in the laxity is only below the belly button and hence a predetermined portion of skin and fat is removed keeping the scar in the panty line.

b. With relocation of belly button and tightening of the abdominal wall- this procedure is done when there is laxity above and below the belly button, looseness of the abdominal wall with protrusion of the abdomen.

c. Pelvic slide, often occurs following pregnancies, is also addressed at the time of the abdominoplasty by a pelvic lift.

VAGINOPLASTY

This procedure helps address the laxity of the vaginal canal by tightening it after the delivery.

Dr Satish Arolkar, a senior plastic surgeon, cautions, "These procedures of vaginoplasty should not be undertaken before one year of delivery as immediately after delivery the tender areas tend to bleed excessively. Undue eagerness may result in a tighter impenetrable opening months later."