

Mumbai's mothers are not only cradling their kids with glee, but also flaunting taut abs, firm breasts and contoured bodies after a 'mum job', discovers Kareena N Gianani

Mummy gets a makeover

She's not happy just playing super-mum to her kids and climbing the corporate ladder. She doesn't want to sigh every time she spots that sexy black number at the mall. The new-age mummy wants more... much more, even if it means going under the knife to erase the undesirable effects of pregnancy and childbirth.

Dr Mohan Thomas, president of the Indian Society of Cosmetic surgery and consultant cosmetic surgeon at Breach Candy Hospital, has witnessed a steep rise in post-pregnancy surgeries. "They have increased by over 50 per cent from 2006," he said. "Women susceptible to post-partum depression have higher chances of taking this decision to go under the knife, but there are others, too, who simply want their old bodies back."

"Don't try to guess my age. Chances are that you'll never get it right." That's what Ribayah Thomas said when asked about her recent 'mum job'. "I am 39, going on 31," winks the mother of two after three incorrect guesses.

But more and more mums, either frustrated at being unable to sweat off the extra flab in the gym, or just wanting a quick fix, are queuing up for the various surgical options available today, so that they don't have to live with the 'scars' of pregnancy. Everyone just wants to be a yummy mummy, and right away.

mum job

Thomas had always been fit and didn't have too much trouble regaining her figure after her last delivery nine years ago. "What I didn't like was the excess fat and skin on my lower abdomen and my sagging breasts. I longed to wear low-cut jeans, but one look at my stretch marks and I would be put off. All I could do was hide it with discreet clothing."

Then she decided to get a tummy tuck and breast augmentation in November. Now she plans to participate in a beauty contest next year. "My husband never pushed me into surgery, but he's definitely excited. My daughter tells me I can give her Barbie a run for her money with my figure!"

'Mum jobs' include abdominoplasty (commonly known as 'tummy tuck') which removes excess fat and skin from the lower abdomen and tightens its muscles. Enlargement and the

subsequent drooping of breasts after pregnancy is corrected by a procedure called mastopexy. When coupled with breast implants, the method is called breast augmentation. Liposuction is another procedure carried out to remove excess fat from the abdomen, thighs and buttocks.

While Thomas mulled over the decision for nearly a decade, there are others like 24-year-old Dipannita Sabarwal who didn't waste any time. "I had my child a year ago and here I am — a tummy tuck, breast correction and slight liposuction later — raring to go. I work for a broadcast channel and looks do matter. My breasts changed shape and I couldn't keep tugging at my top to hide the flab on my waist." Sabarwal feels she's independent and aware enough to make such choices. "Also, I don't want my husband to have a roving eye. What's wrong if I keep myself fit to appease him?"

Ramya Anand was a bundle of nerves as she approached a cosmetic surgeon for a mummy makeover. At 49, widowed, and with two children, Anand was seeing a man 15 years her junior who was keen on a child. "I underwent in vitro fertilisation and had my third child." But age, and a third pregnancy had taken its toll. "Once, at a paediatrician's clinic, I was mistaken for my son's grandmother. It was the most traumatic incident of my life." That, for Anand, was the proverbial straw that broke the camel's back. "My husband never advocated a 'mum job', but he was supportive. It took me seven months, but today, my abs look better, my breasts don't sag, and my labia look young and firm," Anand says contentedly.

Mummy makeovers do have surprising results — but not all are good. For women who view 'mum jobs' as a quick fix to all their life's problems and the only tool to mend their self-image, experts advise caution. Dr Thomas says, "Women contemplating these surgeries must be realistic — mum-jobs cannot return one's '36-24-36' years. Neither are they a magic wand to fight chronic depression over one's body image."



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