

A woman with long dark hair is shown in profile, holding a large bouquet of flowers. The image is overlaid with a large, stylized 'V' shape that is filled with a gradient of purple and gold. The word 'BEYOND' is written in large, white, outlined capital letters across the top of the 'V'.

BEYOND

YOUR GUIDE TO BODY CONTOURING, TUMMY TUCKS AND YOUR OPTIONS AFTER PREGNANCY AND WEIGHT LOSS

VANITY

*The body is
much more
than an
identity, it is
a focal point
of modern
society and is
very closely
tied with
emotional
wellbeing.*

When it comes to changing our bodies
we think beyond vanity - meaning that
we often make choices based on how
we think it will make us feel or alter
areas of our life outside of our
physical appearance.



What does your body *mean to you?*

Health

"The body is your temple."

- *B.K.S Iyengar*

"Most people have no idea how good their body is designed to feel."

- *Kevin Trudeau*

Confidence

"My boyfriend says: All I want is for you to be confident, because you're beautiful when you're confident."

- *Robyn Lawley*

"It's not about what size you wear; it's about how you wear your size."

- *Anonymous*

"The dress must follow the body of a woman, not the body following the shape of the dress"

- *Hubert De Givenchy*

Expectations

"It's impossible to satisfy everyone and I suggest we stop trying."

- *Jennifer Anniston*

"You're the beautiful one, it's society who's ugly"

- *Marilyn Monroe*

"Never change your body for anyone but yourself."

- *Dr Anh*



#BODYICONS

If there is one thing that's changed modern body culture it's Instagram. This social media platform has been the catapult to launch multiple digital celebrities into the spotlight including individuals like Kayla Itsines and Jen Selter.

Body icons that aren't necessarily a size 6 have also found popularity as 'curvier' models on the social platform.



Jen Selter

Type: Fitness Model

@jenselter

This New York fitness model boasts 6.7 million followers and is one of the most iconic fitness models on Instagram.



Jess King

Type: Curvy Model

@jessraeking

Jess King is killing it with Bikini shoots and three international modelling contracts.



Denise Bidot

Type: Plus Size Model

@denisebidot

This beauty was one of the only plus size models to walk fashion week and after that her career skyrocketed. Oh and did we mention she's also a mum!

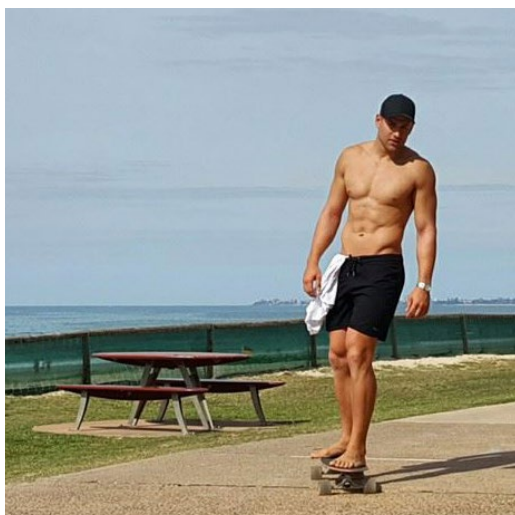
It's more than a body - It's a lifestyle

The main reason why the public follow these figures isn't just to look at their bodies, it's to follow the lifestyles that their bodies represent. There are distinct lifestyle differences between Instagrammers like Jen Selter, who is all about motivation and inspiring fitness, and other Instagrammers who crack down on society's body expectations and promote self-love.

This just further confirms the strong relationship your body has with your psyche.

#MALEFITNESSINSPO

The men don't miss out on this Instagram fitness craze. There are many male fitness models who have also received a lot of attention online.



Sam Wallace

Type: Fitness Model

@samwallace_myc

The Big Brother star continues to have all eyes on him on Instagram, as he posts photos of his lifestyle and fitness escapades.



Carson Clay Calhoun

Type: Yoga Teacher

@carsonclaycalhoun

Carson is a travelling yoga teacher who doesn't always sport a six pack, but is definitely one of the fittest guys you will see.

Is there such thing as the 'plus size male model'?

Very recently, women have finally begun breaking free from the ridiculous expectations of the beauty industry with the introduction of plus size female models into A-list beauty society. The same, however, cannot yet be said for men. When you are searching for male models on Instagram they are almost always very skinny or very buff, which could make a large portion of the male population feel unrepresented in the fashion industry.

However, in contrast to the scarcity of 'larger' male models, there was a recent social media hashtag that went viral after images of Leonardo DiCaprio and Jon Hamm emerged with a 'pudgier' frame. This hashtag was #dadbod and it gained a lot of attention, even setting the look as a trend for Summer 2015.

The Decision for Surgery: *Not as Vain as you Think*

Plastic surgery is often seen by society as 'vain' and 'self-indulgent', but in many cases this couldn't be further from the truth. Not everybody who chooses to undergo surgery is like a 'housewife of Orange County' and their decision for surgery should not incite judgement. Most people who undergo surgery are people you'd expect to see on the street. They are usually everyday people who understand that

surgery is a significant investment and have weighed the benefits against the cons.

Generally, anyone who seriously considers plastic surgery is not 'vain' as it's not a decision that can be made lightly, and often comes after serious emotional consideration. After all, the reason for

most people undergoing surgery is that they will 'feel better about themselves', and although this is not always a realistic expectation to have of surgery, this is usually a driving force behind the decision.





The Tummy Tuck *Experience*

There are few other surgical procedures that are as transformative for patients as the tummy tuck.

A tummy tuck (or abdominoplasty) gives patients the power to restore or transform the appearance of their body by removing excess skin and fat. This procedure is generally recommended after pregnancy or after significant weight loss. In both cases this avenue of treatment can be very transformative, both emotionally and physically for the patient, especially if they have struggled with their body image for a long time.

The tummy tuck/abdominoplasty procedure

There are two main types of tummy tuck procedures:

Full abdominoplasty

Removes excess skin and tightens abdominal muscles in the upper and lower abdomen.

Partial or 'mini' abdominoplasty

Only removes skin below the navel and tightens only the lower muscles of the abdomen.

You will be placed under general anaesthetic for the duration of the procedure, which generally takes up to three hours to complete. To begin the procedure your experienced surgeon will create an incision near the pubic hair line which extends from hip to hip. Any excess skin or unnecessary tissue will be lifted. The abdominal muscles will be re-connected if necessary in either the lower or both upper and lower regions, depending on whether you're undergoing a mini or full abdominoplasty.



Potential Risks

All surgeries have potential risks including fluid build-up, scarring, bruising, swelling, numbness, difficulty moving and discomfort. Abdominoplasty should be considered quite a significant procedure, which means you should carefully consider the decision to undergo abdominoplasty and only select a surgeon experienced in this area.

Recovery

Swelling, bruising and some discomfort is normal. You will be fitted with a drainage tube to release any fluid buildup as well as a dressing and bandages to protect the area. You will need to limit yourself to minimal movement as walking and standing can be uncomfortable. The initial recovery period (with drainage tubes) should last approximately two weeks. Your body will then continue healing, and with minimal movement, you should be able to re-start light exercise after four weeks.

It can take the body 12-18 months to fully recover and to see the end result of scarring.

If you are concerned with your scar after 18 months have passed, then you may wish to consider options such as Fraxel or laser resurfacing to reduce scarring.

Costs

Mini Tummy Tuck From \$7,000 All Inclusive

Full Tummy Tuck From \$7,000-\$13,000 All Inclusive



Tummy Tuck:

The last stage of transformation

One of the most rewarding surgical procedures is the tummy tuck (abdominoplasty), which can allow men and women to show off significant weight loss results.

Significant weight loss is one of the most intense battles you can have with yourself. Many people who go through this intense journey view abdominoplasty as the way to finally say goodbye to their old habits and the way they used to feel about their body. This can often be a very emotional step which is why it's important to visit a surgeon who

truly understands your journey and can assess your candidacy for the procedure.

Weight loss is an emotional journey

"Not only do you have to lose it you have to deal with why you gained it."

- User, [realself.com](https://www.realself.com)

"Our greatest glory is not in never falling, but

in rising every time we fall."

- *Confucious*

Weight loss is a struggle between the person you want to be and the desire (and in some cases addiction) for an unhealthy lifestyle. This journey can be an up-hill battle, especially for individuals that plan to lose over 20kg or even 100kg.

To finally achieve this goal often takes a number of years, first of all to lose the weight and secondly to maintain your new weight. The length and emotional turmoil of this journey is why abdominoplasty can feel like the light at the end of the tunnel. In many cases this also delivers the results that post-weightloss patients have been looking forward to for most of their life.

Considerations for *Post-Weight Loss Patients*

Can abdominoplasty achieve weight loss?

A common misconception about tummy tucks is that it can help you lose weight, but in fact patients normally don't lose over 2-3kg from abdominoplasty. The surgical option for weight loss is liposuction, which can be combined with abdominoplasty if you are close to your goal weight.

You may still receive comments about weight loss after abdominoplasty as the removal of excess skin and tightening of the abdominal muscles can reduce your waist measurements or dress size significantly even if you do not see changes on the scales.

Weight gain post-surgery

It's recommended that you have maintained your goal weight for a year before considering abdominoplasty. This ensures that your procedure will be your first and last.

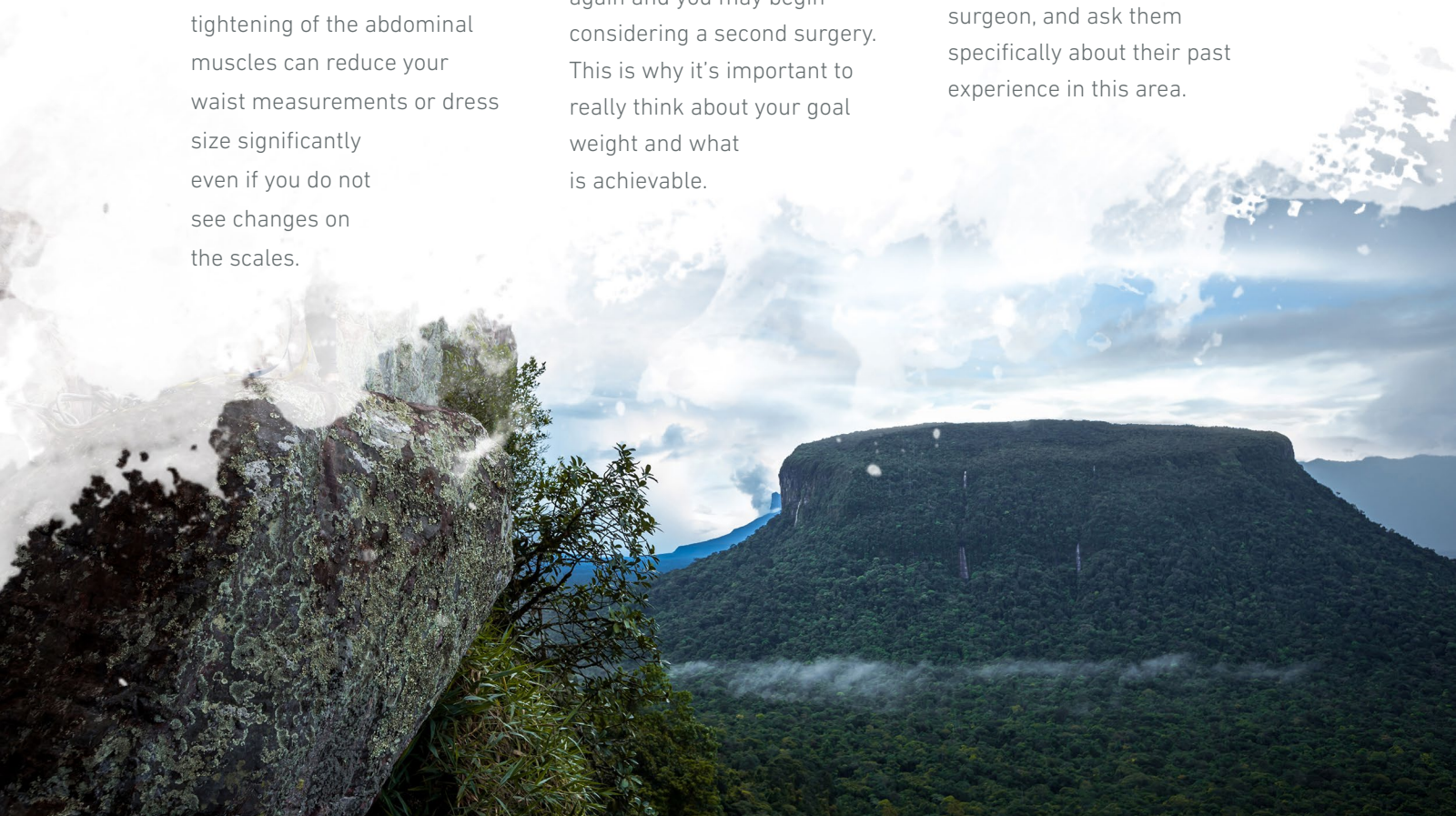
Weight loss post-surgery

If you lose 5-10kg after surgery then the skin will usually have enough elasticity to shrink to your new size (depending on your age). If you lose more than this your skin may begin to look loose again and you may begin considering a second surgery. This is why it's important to really think about your goal weight and what is achievable.

It is recommended you achieve a weight range within 6kg of your ultimate goal weight before undergoing surgery.

Combining a liposuction with abdominoplasty

This procedure can be done, but should be approached with caution and performed by experienced surgeons only. By combining these procedures you are potentially increasing trauma in the area and elongating surgery which can increase risks. It is important that you find an extremely trustworthy surgeon, and ask them specifically about their past experience in this area.



A photograph of several red tulips with green leaves, some in bloom and some as buds, resting on a dark, textured wooden surface. The tulips are arranged diagonally across the frame, with one fully bloomed flower in the center. The wood grain is prominent and runs vertically.

Tummy Tuck: *Reclaiming Your Pre-Baby Body*

Motherhood can be a wonderful experience and truly enrich your life. At the same time however, many mothers also become unhappy with their bodies after pregnancy.

Pregnancy is a massive change for your body to go through. As your abdomen stretches rapidly your skin may get stretch marks, and your abdomen may appear loose and even hang down over your pubic area post-birth. This is common in women of every body type, although is especially common in women with small frames or women who have given birth to twins.

Considerations for *post-pregnancy transformations*

Abdominoplasty after C-section

Some practitioners can perform abdominoplasty directly after a c-section, and nowadays it is not uncommon for women to request this. However, if you are considering this, then you also need to take into account whether you plan on having more children as the procedure may be more successful after you've decided to stop having children. It may also be ideal to

visit an experienced plastic surgeon for your abdominoplasty procedure, although if you're confident in your practitioner's ability to complete this, then it may still be a viable option.

Achieve your ideal weight

It is generally recommended that you get within 6-7kg of your ideal weight range before undergoing abdominoplasty. We encourage women to assess their bodies

after they have had some time to heal after giving birth to see if abdominoplasty is really necessary for them to feel comfortable with their body. If abdominoplasty is still something you want to consider due to loose skin, then this is the time to discuss your options with a plastic surgeon.

Your options beyond abdominoplasty: the mummy makeover

Your body goes through lots of

changes after giving birth that extend far beyond loose skin. Pregnancy can cause your abs to separate, and your breasts to droop and become less perky after breast feeding. Overall weight gain is also to be expected. Due to these changes a popular group of procedures has become known as 'The Mummy Makeover' which usually entails a breast lift and/or breast augmentation, abdominoplasty and liposuction in some cases.



Other Options for *Body Contouring*

Surgical



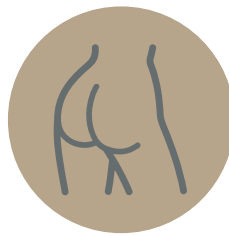
Brachioplasty

Brachioplasty surgery is performed to remove sagging skin and excess fat that gives arms a 'floppy' appearance



Breast Surgery

Breasts can be enlarged, reduced and lifted with breast surgery to restore their position and fullness



Liposuction

Liposuction can remove fat deposits from hard-to-budge areas where diet and exercise have not made a significant difference



Thigh Lift

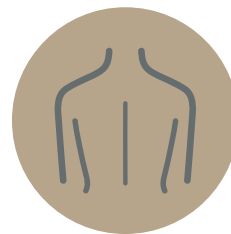
If you seem to have sagging skin on your thighs then a thigh lift can help create a tighter and less flabby appearance

Non-surgical



Thermage

Loose skin can be tightened without surgery, although this is more suitable for patients with less severe sagging



Exilis

Tighten skin without surgery or reduce fat in problem areas with Exilis' unique fat reduction technique

Dr Anh

An experienced and accomplished plastic surgeon

Dr Anh is an acclaimed plastic surgeon with experience in abdominoplasty and body contouring procedures

When considering a surgeon for body procedures in particular it is important to select a surgeon with experience and compassion. Dr Anh aims to provide both an exceptional and compassionate service to her patients at her luxury clinic in the Perth CBD.

Experience and care

Dr Anh completed her fellowship in plastic and reconstructive surgery at the Royal Australasian College of Surgeons in 2010. She has also presented internationally on the subject of surgical body transformations, although she continues to have a special interest in non-surgical solutions as well.

A unique, exclusive experience

Dr Anh's luxury CBD clinic is a one-of-a-kind establishment, with beautiful treatment and consulting rooms. Your initial visit to our clinic will involve a thorough consultation, where you will be able to ask any questions about our procedures or treatments in a relaxing pressure-free environment. This process normally takes 45 minutes and we encourage our patients to take home any provided information and think carefully before booking their final procedure date.

Ready to book?

Contact us or call on 08 9322 2659





Contact Us

For more information on any of these procedures please contact the Dr Anh team
on 08 9322 2659 or visit one of our websites below:

femaleplasticsurgeon.com.au
dranh.com.au

Disclaimer

Individual results may vary. Surgery and all health regulated services carry risks which need to be discussed with your doctor. It is always recommended to seek a second opinion. Please see the references page on our website to read scientific research validating some of the claims made about our procedures. You can also view our privacy policy on our website.