

# VALUE PACKAGE

Cosmetic surgery after child birth is a booming industry. Here, we give a lowdown on the procedures available and the cost for each

## BODY CONTOURING

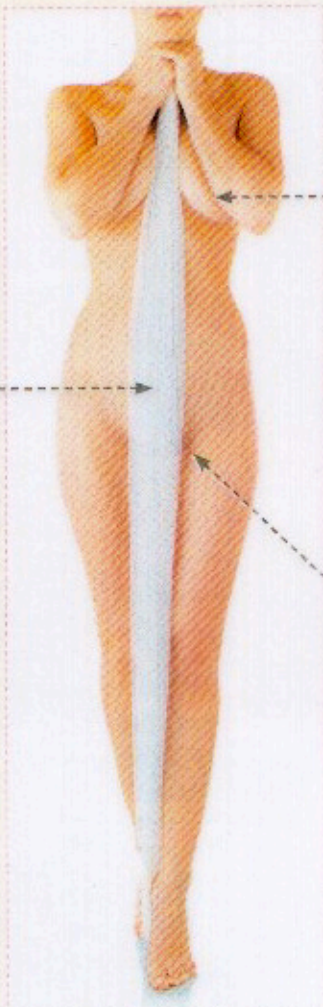
**Liposuction:** ₹1.5-2

lakh depending on the areas involved

**Abdominoplasty:** ₹1.5-3 lakh

This procedure has many variants like

- Mini tummy tuck when the laxicity is only below the belly button. A predetermined portion of skin and fat is removed keeping the scar in the panty line.
- Relocation of belly button and tightening of the abdominal wall. Done when there is laxicity above and below the belly button, looseness of the abdominal wall with protrusion of the abdomen.
- Hospital charges additional.
- Precautions: limited physical activity, gym, swimming and sex for about six weeks.
- Full-body contouring requires the use of a pressure garment for about four weeks, 24x7
- Bathe about a week after surgery; the corset to be removed and put back
- Pelvic slide post pregnancy is addressed during abdominoplasty by a pelvic lift



## BREAST SURGERIES

**Breast augmentation:**

Approx. ₹1.75 lakh for small and deflated breasts with minimal droop

**Breast lift:** Approx. ₹2 lakh for droopy breasts (may require a breast implant)

**Breast reduction:** ₹2.5 lakh to reduce breasts enlarged post pregnancy and is accompanied by a lift

- Hospital charges additional
- Precautions: No gym activity, swimming and fondling of the breasts for 6-8 weeks.

## VAGINOPLASTY

- Approx. ₹75,000 + hospital charges
- Addresses the post delivery laxicity of the vaginal canal
- Precautions: Avoid swimming, bath tubs, lower body physical activity, sex for at least six weeks

## THINK BEFORE YOU LEAP

- Cosmetic surgeries are not performed on people with active/ chronic medical problems.
- Mummy makeovers are not recommended until the family is complete. Pregnancy after mummy makeover will undo some of the results and fixing them may require secondary procedures.
- Vaginoplasties are generally not required for women who have undergone C-section.
- Surgeries are not recommended right after delivery for two reasons:
  1. Patients may have the post-partum blues
  2. The child needs to bond with the mother.
- The cycle of cosmetic surgery includes a change of lifestyle, calorie-restricted diet and exercise.
- Dietary regimes that are most successful are not one of abstinence, rather calorie restriction. Exercise for 30 minutes a day is recommended.
- Intense gym activity, swimming, fondling of the breasts and intercourse is not recommended for about 6-8 weeks to ensure a good result. However, walking can be initiated after a few days of surgery.