

Pregnancies, play dates and paperwork often leave busy mums with little time to focus on themselves. But if a dull complexion, droopy breasts or a saggy tummy are top of your 2013 "fix-its", Dr Karen Sng can help.

Mummy Makeover



One of Singapore's few female plastic surgeons, we've asked her to recommend surgical and non-surgical treatments that address these common areas of concern.

And if you're shy about the prospect of discussing breast and body issues with a doctor, don't be. "I've been through pregnancy and post-pregnancy myself," says Dr Sng, "so I can offer an empathetic ear."

Breasts

"While some new mums do very well with diet and exercise and lose their pregnancy weight, their breasts may still lack volume after pregnancy and breastfeeding and feel empty," explains Dr Sng. While a well-fitting bra may go some way towards making you feel more confident, surgical solutions include breast augmentation or a breast lift to redistribute the tissue. Neither are recommended while breast-feeding.

There are two ways to approach an augmentation. The first is the tried and tested method of implants – "for a more predictable result". For those women who don't want anything unnatural in their body, or want a smaller increase in size, the alternative is fat grafts. The results will vary, though, depending on how much fat there is to harvest and re-inject.



Tummy

Sometimes, crunches just don't do the trick. "This is because the rectus abdominis muscle has separated to accommodate the baby. And while you may be strengthening the muscle with crunches, you're not helping to bring it together," points out Dr Sng. A tummy tuck is the definitive treatment for a post-preggie belly – not only does it remove excess skin and fat, it tightens the muscle and can also address stretch marks and caesarean scarring.

If another baby is on the cards down the line, however, liposuction is an interim treatment to remove those stubborn pockets of fat we'd rather didn't exist (along with colic and toddler tantrums). Modern technologies such as ultrasound-assisted liposuction can tighten a jelly belly, too.


Skin

"I believe in working from both the outside and the inside," says Dr Sng. "Long-term investment in your skin is important, and a good at-home skincare regime is imperative. It's like taking your vitamins." Available at the practice, the SkinMedica range of products will help brighten your skin, even if your child's

sleeping patterns mean you aren't feeling especially perky.

But if your crow's feet need something more, Dr Sng's office-based procedures may be just what you need to refresh your face. She offers Botox to minimise lines, fillers to plump up your cheeks, Intense Pulsed Light (IPL) treatments and chemical and laser peels.

Healthy living is key

"Diet, exercise and lifestyle are as important as anything else," highlights Dr Sng. "You can do all the surgical and non-surgical treatments you want, but if you don't look after yourself, you won't get a good result." This is precisely why, during her consultations, Dr Sng offers lifestyle advice and can recommend a personal trainer if necessary. 

The Plastic Surgery Practice @ Orchard
3 Mount Elizabeth
#12-02 Mount Elizabeth Medical Centre
6235 7565 | karensng.com.sg
femaleplasticsurgeon.com.sg