

Mommy Make Over : Combined Breast Surgery and Abdominoplasty.

Purpose: The combination of abdominoplasty and breast surgery has been named the "mommy makeover" as these areas of the body are usually affected after pregnancy. The shortening of recovery and the financial gain associated with combined surgery has increased the demand for these procedure.

Methods + Materials: From Jan 2010 to May 2015 a total of 135 patients underwent abdominoplasty and breast surgery. Specific protocols for anaesthesia, deep venous thrombosis and hypothermia prevention were applied to all patients. All abdominoplasties were performed with author's personal technique: the dual plane lower tension tunnel technique which involves dissection over the scarpa at the lower abdomen and limited dissection above the umbilicus. Liposuction to the flanks was performed in 95% of the cases. No drains were used for the breast or abdominal surgery. We used a light pressure garment for the abdomen but none for the breast.

Breast surgery included breast augmentation and/or mastopexy and breast reduction. Patients were provided with questionnaires regarding their outcome with the combined operation graded as excellent, very good, good, bad. We investigated surgical time, nausea and vomiting after operation, revisions rate and complications.

Results: No pulmonary embolus or deep venous thrombosis were observed. The overall complication rate was 14%. For abdominoplasty was 12% and included 7 seromas, 3 wound infections, 1 small necrosis, 1 keloid scar, and for breast surgery was 2%. Mean surgical time was 4 hours (2^{1/2} -7 hours). 95% of the patients described their experience and their results as excellent or very good. Revision rates was 13% and the majority was scar revision in abdominoplasties (7 cases)

Conclusion: The combination of abdominoplasty with liposuction and breast surgery can be safely performed. It doesn't increase complication rates, it is a safe method in carefully selected patients using specific protocol and meticulous surgical technique and it contributes to quite high patient satisfaction rates.