



Mommy Makeover: Non-Surgical Fat Reduction Options for Postpartum Body Transformation

Most mums-to-be gain somewhere between 11.5 and 16 kilograms (25 to 35 pounds) during pregnancy. Though the amount of weight gain depends on many factors including age, body type, diet, and activity level, most will gain 1 to 2 kilograms during the first trimester and then 0.5 kilograms a week for the duration of the pregnancy.

Managing Weight During Pregnancy

Women who have struggled with their weight in the past, may find it hard to accept that it is natural to gain weight during pregnancy. But it is normal to feel anxious as the numbers on the scale go up.

But all women need to gain weight for a healthy pregnancy. The extra pounds will come off after you have had your baby. However, if you gain a lot more weight than is recommended, your baby will also be bigger. That can sometimes lead to problems with delivery. A healthy diet and regular exercise are your best ways to ensure a healthy pregnancy and baby.

What Causes Pregnancy Weight Gain?

Most of the weight gained during pregnancy is not fat, but is related to the baby. Here is a breakdown of how 16 kilograms adds up:

- Baby: 3.5 kilograms
- Placenta: 1 to 1.5 kilograms
- Amniotic fluid: 1 to 1.5 kilograms
- Breast tissue: 1 to 1.5 kilograms
- Blood supply: 2 kilograms
- Fat stores: 2.5 to 4 kilograms
- Uterus growth: 1 to 2.5 kilograms

Some women are already overweight when they get pregnant, while others gain weight too quickly during their pregnancy. Regardless, pregnant women should not diet or try to lose weight during pregnancy. But, eating a balanced diet is a great way to stay healthy for yourself and your baby.

Healthy choices:

- Fresh fruits and vegetables
- Breads, crackers, and cereals made with whole grains.
- 4 servings of dairy products every day.

Foods to avoid:

- Foods and drinks with added sugar or artificial sweeteners
- Food and drinks that list sugar or corn syrup as one of the first ingredients are not good choices
- Sweetened juice and soft drinks
- Junk-food snacks, such as chips, candy, cake, cookies, and ice cream.

While it's perfectly natural for expectant moms to gain weight during pregnancy, dropping the kilos during the postpartum period can be tough. With successive pregnancies, the percentage of body fat grows, especially in the hips, butt, thighs and abs, and losing the weight can get

even more challenging. Factors like the stress of caring for a newborn, sleep deprivation, poor dietary habits, lack of exercise, and normal ageing during the postpartum period can not only cause fat to accumulate but it can also lead to tired-looking skin.

While losing weight is certainly doable with a sensible diet and regular exercise, certain areas of the body are more resistant to fat reduction even with the most rigorous fitness and nutritional programmes. Extreme dieting can lead to malnutrition and musculoskeletal issues. This becomes exponentially challenging when one is breastfeeding.

Fat Reduction Options for Postpartum Pooch

Pregnancy can be a magical experience, resulting in a beautiful bond between mother and child unlike any experience in a woman's life. While this incomparable connection and love continues far beyond the birth, many women discover that their otherwise wonderful pregnancy has left them with a less than desirable physique. Carrying, delivering, and breastfeeding can all take a toll on a woman's body, and women are often left with a "pooch" in their lower abs that no amount of diet or exercise can remedy. This unwanted extra skin and fat can affect the entire figure and damage a mother's self-confidence. There is good news, however. Even the most stubborn pockets of fat and sagging skin can be treated cosmetically. There are several techniques designed to return a body to its pre-pregnancy size and shape, from non-invasive to surgical procedures.

For all of these options it is important to remember that while they will permanently get rid of fatty tissue, the remaining fat cells can still increase in size with additional weight gain. That's why it is important to maintain a stable weight through a healthy diet and exercise regimen.

Tummy Tuck (Abdominoplasty)

A tummy tuck (abdominoplasty) is a surgical procedure that provides long-lasting results by targeting skin and muscle laxity by removing excess fat, trimming extra skin, and repairing separated abdominal muscles.

Pros

- Smooths the entire abdomen by trimming excess skin, reducing fat deposits, and tightening lax muscles
- Specifically targets the lower abdomen with a single incision along the bikini line
- Results are immediate

Cons

- Requires anesthesia which can involve risks and complications such as excessive bleeding, swelling, and infection
- Scar runs from hip to hip bone under the bikini line that typically fades over time
- Extensive downtime. Recovery involves at least one to two weeks off from work and refraining from exercise and heavy lifting for four to six weeks
- Painful, usually requires pain medication

Liposuction

Liposuction is one of the most commonly performed cosmetic surgeries, with over 200,000 procedures performed every year. Liposuction uses hollow tubes inserted through small incisions in the abdominal area to loosen unwanted fat before suctioning it out. Candidates for liposuction should be within 30 pounds of their ideal weight with firm and elastic skin. This is performed under general anesthesia to guarantee a painless procedure with long-lasting results.

Pros

- Removes larger amounts of fat deposits than non-surgical procedures like TruSculpt
- Targets specific trouble areas like the abdomen, thighs, arms, chest, back, and neck
- Uses small incisions
- Permanently removes fat

Cons

- Not intended for patients with skin laxity
- Incisions result in scarring
- Recovery may involve one week off from work and four weeks refraining from exercise
- Risk of bruising, bleeding, and infection

TruSculpt iD®

Spot reduction, which is reduction of fat in a specific area of the body, is now possible without surgical procedures like abdominoplasty and liposuction. TruSculpt iD® is a non-invasive body sculpting treatment that utilises monopolar radiofrequency energy to heat fat tissues. Patients experience not only a reduction in fat but also tighter skin after the treatment.

TruSculpt iD® heats fat cells, permanently destroying them, and flushes them out of the body, resulting in a firmer and sleeker silhouette. By damaging the fat cells while leaving the healthy tissue alone, the damaged fat cells exit the body naturally. This procedure provides long-lasting results with little risks, zero downtime, and no mild to no pain.

Pros

- Sessions are quick and easy—patients can be in and out within fifteen minutes to an hour depending on the number of treatment areas and fat thickness.
- Optimal results are visible after one to two treatments.
- Minimal to no downtime
- Minimal risks and side effects
- Non-surgical, non-invasive procedure; no knives, needles, or scarring
- Treats hard-to-reach areas
- 24% gradual reduction of fatty tissue over 12 weeks

Cons

- Provides only subtle results; more ideal for those within or very close to their goal weight than those with a lot of weight to lose
- Results may take up to 12 weeks to show.