



## breast-kept secrets

*Mr Raj Ragoowansi's unique post-pregnancy body contouring treatments help you recapture your old perky self*

A woman entirely unaltered by the experience of having a baby is not so much a rarity as unheard of (and also possibly not actually human). But while some post-partum life changes are wonderful, others are distinctly less welcome. The physical after-effects can leave some women feeling that their bodies have become unfamiliar, affecting their self-esteem and confidence. It can be difficult to know where to turn – unless, that is, you are versed in the skills of Mr Raj Ragoowansi.

The outright leader in his field of plastic and reconstructive aesthetic surgery, Mr Ragoowansi offers tailor-made post-pregnancy body contouring treatments, including breast uplift and reconstruction, liposuction and tummy tucks. More intriguingly still, he is the pioneer in 'scarless surgery' – the strategic placement of scars to render them practically invisible, to such a degree that the discernible evidence can rival non-surgical aesthetic procedures.

'My results were so good that even my husband didn't notice my scar,' said one patient.

'I can really understand why – it was so subtle.'

As a full member of the British Association of Aesthetic Plastic Surgeons, Mr Ragoowansi has performed scores of body-contouring procedures, particularly post-partum. Pregnancy and breastfeeding initiate hormonal changes which alter a woman's breast position, fat distribution and abdominal/hip contour. Even the most conscientious diet, exercise and toning regimen does not always resolve skin laxity, or deflated, droopy breasts and undefined abdominal wall. This is where Mr Ragoowansi's specialist expertise becomes key in the restoration of breast perkiness and abdominal curves with an all-in-one procedure, involving an overnight stay and just four to six weeks' recovery to regain your usual self.

It all begins with a provisional plan, including 3D imagery, skin laxity assessment and measurements. Then comes an optimisation plan tailored to the individual, to ensure your body is in the best physical condition not only to receive the treatments but also to ensure lifelong results.

During this consultation, Mr Ragoowansi draws exactly where the scar will be so that the patient can take time to consider the procedure.

Only then will the next stage begin. The procedures usually include liposuction and/or a tummy tuck, repairing and toning lax abdominal wall muscles, delivering washboard results. Fat stores taken from the abdominal area can be transferred into the breasts for enhancement and uplift, with or without lightweight silicone implants. Preserving the nerve supply of the nipple is a priority, and Mr Ragoowansi's state-of-the-art techniques render the scars almost invisible.

To achieve this, he uses a featherlight dissolvable thread during surgery. Sometimes when performing liposuction, he will even avoid stitches altogether by using a special dressing. Otherwise scars are hidden in the natural creases of the body – the armpit for arm liposuction, around the nipple for breast surgery and beneath the bikini line for tummy tucks.

All this attention to the smallest of details continues long after optimum results are achieved. 'I never truly discharge my patients,' says Mr Ragoowansi. 'My office and I are always there for support and advice, even after the recovery programme.'

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