



IMAGE: GETTY IMAGES

How to get back after baby

Dark circles, sagging skin or just plain exhausted, we speak to the UAE's top health and beauty gurus to find out how you can get back to fabulous fast

THE MIRACLE WORKER

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Dark circles under the eyes combined with sagging and hormonal skin – new mothers are tired and it shows. What procedures would you recommend to put the shine back in our skin without going under the knife?

Dark circles are generally hereditary in nature. That said, obviously hormonal changes, lack of sleep and dehydration can lead to a sluggish blood flow in the very thin dermis of the eyelid skin resulting in dark circles in those who are not pre-disposed. Hormonal changes, of course, will not last. Mesotherapy, using protein rich plasma PRP, is an option but I have found that volume replacement under the eye, is the quickest and most reliable way of achieving a result non-surgically. Filler (hyaluronic acid) can be placed under the eyes and, as the depression here is filled, the reflection of the light changes and the results are immediate. Also, superficial placement of the substance in the skin can result in rehydration. Obviously not everyone can have this treatment so a consultation is recommended. It lasts over a year.

New mothers don't have a lot of time on their hands. What is the downtime of these treatments?

Any procedure which involves injections around the eyes could potentially involve a down time of two to three days of mild swelling and possible bruising however I tend to use the cannula a lot which is blunt and has really reduced the downtime. In addition, oral short-acting steroids can be given for two days, which dramatically reduces the downtime.

How soon after having baby can we get these treatments?

Botox is not recommended if you are still breastfeeding. Fillers can be done at any time post pregnancy. For practical purposes, I think one can commence these treatments six to eight weeks after delivery. For surgical procedures, it would be best to wait for three months post breastfeeding and weight stabilization.

Are there any non-surgical treatments you can have to treat sagging tummy skin?

Six months after post pregnancy, whatever skin redundancies are left, are unlikely to change. We have to differentiate between skin laxity and quality. If there is a lot of redundant skin this must be surgically removed.

Skin tightening devices such as radio frequency, ultrasonic energy, lasers and lights have a minimal beneficial effect in my experience. If the skin quality is bad, for example stretch marks, this is a permanent destruction of the elastic fibers of the skin and although some improvement can be had by fractional laser treatment along with PRP, the skin does not return to normal. The number of creams and treatments in the market for stretch marks bear testament to the fact that we haven't quite nailed this one yet!

Many women suffer from drooping breasts after breastfeeding. Is breast augmentation the only answer and if so, should we wait until we have all our children?

Loss of breast volume after breast-feeding is reasonably common. Additional breast volume either with an implant or fat grafting are options, although the latter is not as controlled or reliable in most hands. If the nipple position is too low (this is normally in those patients who had a low-level position to begin with) then a breast lift is recommended if there is adequate volume, or a breast lift with an implant if there is not.

If future pregnancies are planned within the year then certainly I would recommend

to wait before surgical intervention.

What are the best treatment to shift excess baby-weight off the body?

The best way to lose weight is of course diet control and exercise. If it is purely baby weight then this should resolve. Often the only problem is the redundant skin which of course has to be addressed surgically in most cases. For cellulite, the velashape works well, and another non-surgical option is the cool sculpting or Zeltiq machine. Again, it is important that each case is treated individually after assessment.

What are the most common procedures women ask for after having a baby?

The mommy makeover involves mainly breasts and abdomen along with possible liposuction and fat reinjection to the buttocks. For non-surgical procedures, the usual repertoire of Botox fillers, lasers and lights are used but this is essentially for people who wish to continue maintaining what they had already done prior to pregnancy.

For more information and to book an appointment go to aesthetics.ae or thenovaclinic.com