

# case study

When Anna lost a dramatic amount of weight several years ago, she thought she was stuck with her saggy skin for good – until she visited Sydney plastic surgeon **Dr Kouros Tavakoli**. Elise Eggleton reports.

**A**fter losing 40 kilos several years ago, Anna had almost lost all hope of ridding herself of the saggy skin, excess tissue and stretch marks that remained. She had tried exercise, sit-ups and numerous creams but saw little improvement. For years she contemplated surgery, but it wasn't until she contacted Sydney plastic surgeon Dr Kouros Tavakoli eight months ago that she felt confident it was the right thing for her.

Anna underwent abdominoplasty, a breast reduction and breast lift. The operation lasted four-and-a-half to five hours and a total of 600gm was removed from her abdomen and 300gm from each breast.

Anna spent four days in hospital after the operation. She said she experienced some slight discomfort but the pain was manageable. She took six weeks off work but said she could have returned after about a month had her job not involved some manual labour.

'I was hunched over for a while. I couldn't lift anything heavy and driving was a bit difficult at first,' Anna said. 'But I was very happy with the results. I'd estimate that the surgery got rid of 70 percent of my stretch marks and saggy flesh.'

'Despite the swelling and bruising, the

results were immediate. I think anyone with saggy skin could benefit from the operation.'

Anna advised anyone going ahead with the surgery to allow plenty of recovery time. 'Allow yourself the luxury to rest. A good support network of family and friends is also really important,' she said. 'Someone to prepare meals during the first few weeks would be a great help. It's like recovering from any major surgery.' **acsm**



BEFORE



AFTER abdominoplasty, breast reduction and breast lift by Dr Tavakoli