

Trim shape a dream come true

By Christine de Felice

After giving birth to twin boys in 1995, North Island woman, Caroline Jones* was left with what she describes as a "very saggy, baggy tummy, with lots of excess skin".

"I wanted to have surgery to have the skin removed, but wasn't in a financial position to do so. I thought about it for a long time and felt that if I had the financial opportunity, I would have it done."

Fortunately, that opportunity did arise for Caroline, and at Christmas time, 2006, she went into hospital to undergo abdominoplasty. That was despite her fear of surgery. "I'd never had an operation before and I was always petrified about it," she says.

But determination to achieve her goal won through, and she went ahead with the operation, which she says cost around \$15,000.



After

"I have been rubbing Bio Oil on to my skin right from the beginning," she says.

Aside from the significant physical improvement for Caroline, the other major benefit has been mentally. "It's your self-esteem that improves. Before I had the surgery I used to wear my clothes hanging out. I wasn't a fat person, but my clothes made me look fatter than I really was.



Before

"I was supposed to stay in hospital for two to three days, but I went home the next day. But, in hindsight, I should have stayed another day," Caroline says. "It was quite painful for a good couple of weeks, the first week, especially. The second week wasn't so bad, and by the third week I was starting to get back to normal."

As well as dealing with the pain, for the first week after surgery she had to have a lot of rest, and she wasn't able to drive for a couple of weeks, but for Caroline, it was all worth it.

"I was very pleased that I'd had it done, it was like a dream come true. Even at the beginning I thought it looked terrific, but my surgeon, Murray Beagley, told me it would take months to see the full outcome."

Over the next three to six months, Caroline says the area where the surgery had been done kept changing as it went through the recovery process. There is some lower abdominal scarring, which Caroline describes as a "bit of a smile", but she says the scars are now extremely faint.



After

"Now I can wear close-fitting and tucked-in clothes. It was a lot to do with me as well, I had lost weight before the operation, and now I'm continuing to exercise and keep fit. The operation cost a lot of money, so I believe I owe it to myself to keep myself looking trim."

Caroline says she was thrilled with the care she received from surgeon, Beagley. "He's an absolutely marvellous, caring man, and I wouldn't hesitate to recommend him to anyone."

Caroline encourages anyone who is thinking of getting this kind of surgery done, to go ahead, if money is not a problem.

"The outcome far outweighs the stress and the cost of the surgery, and I'm sure that anyone who has it done, like me, will be very pleased with the results." **wt**

**Name changed to protect privacy*