

Dr Leah Totton's Mummy Tummy makeover

Submitted by: Frank Media

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Clare 33, underwent a Mummy Tummy Makeover at The award-winning Dr Leah Clinic, owned by the winner of the 2013 series of the BBC's The Apprentice, Dr Leah Totton.

Dr Leah's Mummy Tummy Makeover is a new skin tightening treatment for the stomach which uses a combination of medical laser plus radiofrequency treatments over a course of 8 sessions to target the appearance of stretchmarks and tighten loose skin. Dr Leah created the Mummy Tummy Makeover in response to seeing a huge surge in the number of people presenting with excess skin and stretchmarks following extensive weight loss over a short period of time, the makeover uses the latest in non-surgical technology to tighten loose skin and treat the appearance of stretchmarks with no downtime or scarring.

Dr Leah, founder and Medical director of Dr Leah Clinic commented:

"We have seen a dramatic rise in the number of clients requesting treatment for excess skin and striae (stretchmarks) following dramatic weight loss. We are in the era of "body transformations" - new mums seem to be returning to their pre-pregnancy weight in very short periods of time and social media is awash with examples of people who have had dramatic weight loss transformations. What is not often highlighted is the effect of such dramatic fluctuations in weight on the skin- the striae which remain on the skin which are caused by rupture of elastic fibres from excessive stretching (commonly referred to as stretchmarks, and the residual lax skin which can often remain. It is common for my clients, including Clare, who went from a size 22 to a size 8, to actually tell me that they preferred their appearance before losing weight to the appearance after. It can be a very disappointing thing to go through the effort and commitment involved in losing weight only to still feel unhappy with your appearance, albeit for a different reason. Until now surgery has been the only real option to remove excess skin- this comes with the risk of general anaesthetic and inevitable scarring, there is an associated recovery time and reasonable financial cost involved. Advances in non surgical aesthetic medicine mean that at Dr Leah Clinics have been able to create a non-surgical Mummy Tummy Makeover which is a simple and non invasive course of treatments to tighten loose skin on the tummy and reduce the appearance of stretchmarks without the need to go under the knife, without downtime and without scarring. It has proved incredibly popular."

33-year-old Clare underwent the Mummy Tummy Makeover earlier this year and here is her story:

"After I gave birth to my little girl when I was 18 years old, my weight quickly ballooned and this left a lot of stretch marks. I had my son 5 years later and at my biggest I was a size 22. I have worked really hard and I have been able to get back to my pre-pregnancy weight, a healthy size 8. I did it through diet and exercise and I have sustained my weight at this level for several years now. Losing the weight was one of the hardest things I have done, it required an entire lifestyle change but I was prepared for it – what I was not prepared for is the stretch marks and loose skin I was left with. I feel healthier now and I am confident with how I look with clothes on but my stomach looked better when I was a size 22! No one ever talks about the fact that your tummy may actually look worse after you lose the weight!

I remember trying on a bikini for the first time after I had reached my goal weight, and thinking to myself that my tummy looks like an 80 year old's, I felt really disappointed. I thought to myself I have just replaced a fat belly with a wrinkled one and neither looked good!

I decided last summer to do something about it, I started to explore options and actually went for a plastic surgery consultation to find out about going under the knife to remove the loose skin but after the consultation scared me, I didn't feel I could justify the risk of a general anaesthetic when I have two children or the time off work to recover and the amount of scarring I would have and the cost was thousands of pounds.

Realising surgery was not going to be for me, I began to look into other options, I researched non-surgical clinics and found Dr Leah Clinics. I remembered Dr Leah from The Apprentice and knew she was a medical doctor, I also saw her clinics had won awards so I knew they would be offering the best treatments available. I went to speak to Dr Leah about my tummy and see if she could help. Dr Leah immediately put me at ease, she was lovely, she listened to my concerns and made me feel that I was not the only person who had this problem and that there was hope without having to go under the knife. Dr Leah recommended the Mummy Tummy Makeover for me, which involved treating my stretchmarks and loose skin in a combination of 8 treatments (one per week for 8 weeks). The treatment was a mixture of medical laser treatments and radiofrequency based treatments. I was slightly nervous on the day of my first treatment, more about showing my stomach to the aesthetic therapist but she was really nice and put me totally at ease and the treatment was not painful at all. There is a slight tingling sensation when having the medical laser and I had some scabs on my tummy for a few days after, where my stretchmarks had been. The Radiofrequency treatment was actually really relaxing. Each treatment took around 45 minutes and I was able to return to work and normal life immediately after all treatments and no one knew I was having them!

I started to see the results after about my third treatment, by my 6th I was really impressed and now I have completed the Mummy Tummy Makeover I am absolutely delighted with the results. I know my stomach will never be 'perfect' but for the first time ever I feel confident to have my tummy on show and will be wearing a bikini this summer!"

Summary of treatment:

What does The Mummy Tummy Makeover involve?

We target two main concerns (stretch marks and loose skin) with powerful laser and radio frequency technologies;

Stretch Mark Reduction (2 Treatments)

Stretch marks are treated with medical grade fractional ablative laser

Skin Tightening (6 Treatments)

Radio frequency is used to tighten up lax skin on the tummy which has been left due to rapid weight loss or skin stretching post pregnancy. It involves heat technology to stimulate collagen and elastin production and tightens the skin

How often do I need treatment?

You need to visit doctor Leah Clinic for 8 treatments, each one week apart. Results are permanent.

What are the benefits?

- No surgery
- Pain free
- No risk of scarring
- No recovery time
- Effective results
- Medical grade technologies
- Suitable for all skin types

What is the cost?

£990 which includes a specialist consultation with one of our Aesthetic Therapists and an 8 treatment course of treatment.

For more information contact Sofie at Bolt Digital on 07821 415407 or email sofie@boltdigital.media