



AS SEEN IN COSMETIC SURGERY & BEAUTY MAGAZINE



Actual patient of Dr Tavakoli

body

My Mummy Makeover

WHEN MATTY SAMAEI DECIDED TO UNDERGO A MUMMY MAKEOVER SHE TURNED TO SYDNEY PLASTIC SURGEON **DR KOUROSH TAVAKOLI**. JENNI GILBERT REPORTS.

Matty Samaei is no stranger to beauty and cosmetic medicine. Having worked as a cosmetic nurse for nearly 15 years, and as Australian television's go-to-girl for anything beauty or makeover related, Matty certainly looks well below her 39 years. However, as a result of starting her own family, coupled with the inevitable changes associated with age, Matty felt her body wasn't keeping pace with her face.

'I had a breast augmentation nine years ago so it was getting close to the time to have the implants replaced anyway, but after breastfeeding two children I needed more volume and definition,' she says. 'I was also unhappy with my thighs. I'm a very slim person, a size eight, but my upper legs were out of proportion with the rest of me.'

Like many of us who follow a strict diet and exercise regime, Matty suffered pockets of fat impervious to any effort to banish them. 'No matter how much I trained, or watched my diet, there was always this fat I couldn't shift and it made it difficult to wear jeans and dresses,' she recalls. 'If the dresses fitted me on top they were too tight at the bottom and of course the reverse applied.'

Matty decided to have another breast augmentation together with liposuction from thighs to knees with Sydney plastic surgeon Dr Kouros Tavakoli. But coming to this decision took a great deal of time.

'I'm run off my feet with a three- and a five-year-old, as well as having my own business and associated commitments, so it's not easy to take the time out to recover,' Matty says when explaining why it was important to think through her decision thoroughly.

'Also, given I work in the cosmetic arena I am aware of the risks involved with invasive surgery such as liposuction.'

It was therefore important to Matty to choose a highly skilled surgeon. 'Not only one with considerable experience, but one who is an artist and who consistently achieves natural-looking results,' she says.

Having herself trained with world-renowned cosmetic specialists, Matty had first hand knowledge of the importance of choosing the surgeon well and having confidence that you are in good hands.

Matty says undergoing a second breast augmentation turned out to be a good decision in more ways she could have imagined. 'When Dr Tavakoli removed the old implants he discovered one of them had become squashed and ruptured,' she says. 'He had to take some breast tissue to remove the leaked silicone.'

Matty had liposuction at the same time. 'Dr Tavakoli removed three litres of fat - I couldn't believe I had that much spare!' she laughs. 'The results are absolutely fantastic but I won't pretend it didn't hurt. My legs were quite painful for a few days, but it was well worth it.'

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Matty now feels – and looks – good in jeans now – something she couldn't have said before her procedure.

Although Matty wanted to increase her cup size, she was somewhat hesitant about the size of the implants Dr Tavakoli picked for her after a thorough consultation process.

'I said I didn't want to be that big, but Dr Tavakoli assured me that when fitted into my body they would give me the results I was seeking,' she says.

'I felt comfortable with Dr Tavakoli and trusted him so I agreed. I am so glad I did, as they are everything I could hope for and I know now I would have been disappointed if I'd gone for a smaller implant.'

Matty is confident the size and shape selected by Dr Tavakoli has given her the most natural-looking results, balancing her body shape post-liposuction.

'I've always felt pretty good about my body but this mummy makeover has given me a real lift – emotionally as much as physically. I look and feel so much better in my clothes. I have my pre-baby body back.' **csbm**