

# COSMETIC

Surgery & *Aesthetics*  
Magazine

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Some people will stop at nothing in the pursuit of physical perfection

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Advice from the UK's

Top Surgeons, Doctors and Dentists





## The Fuller Picture

**Channel 5 presenter, Liz Fuller, knows how difficult it is for women in the media with the constant pressure to look your best. Here she explains why she decided to go for a body makeover with cosmetic surgeon Mr Hicham Mouallem**



I've been contemplating cosmetic surgery for the past three years. Somewhere over the last decade my figure has started to change from firm curves into some very squidgy

areas. I believe this was the result of years of 'yo-yo' dieting. My breasts have lost their youthful plumpness and I am really only happy wearing a bra with padding.

**The countdown to surgery and beyond**

**Four weeks before**

March saw me invited out to Los Angeles to meet with some

top agents and they were very excited that I was also considering surgery, so the decision to go ahead felt more and more promising for my confidence and for my career.

**Three weeks before**

I schedule a meeting with Mr Hicham Mouallem; straightaway he understood which parts of my body I disliked. We spoke about different breast implants and talked in depth about the surgical procedure and what I would have to do before and after the surgery.

He illustrated how, due to my excessive dieting, my boobs needed filling out at the top and that a round implant would give back that youthful and plump shape I so craved.

My biggest concern was the pain and recovery time. I would need to be recovered fully by June as I was due to start working on a film. Mr Mouallem

told me he would do a wonderful job and that pain would be minimal. The procedure and risks and any complications have been discussed and explained in full well before the surgery takes place.

I have also been advised that I should opt for liposculpture too. Mr Mouallem explained that this is carried out by vacuuming fat deposits from under the skin – he would aim to rid my body of 1.5 litres of unwanted fat – bring on the skinny jeans!

**One week before**

I am strong and preparing for going into hospital. Mr Mouallem has sent me a list of things that will help, like taking arnica tablets and buying spanx pants to help the skin shrink afterwards.

**Four days before**

I am out with friends and suddenly realize I need to go



## Artistic Surgery

Mr Hicham Mouallem MD FRCS is known and respected in the surgical techniques of facial rejuvenation and body contouring. His skill as a surgeon and artistic sensitivity, combined with the latest technology, has helped thousands of his patients look younger and feel better.

His special interest is in the development of minimally invasive techniques in aesthetic surgery. Using small incisions and with minimal trauma he can produce dramatic results in the face and body, with lasting effect and a fast recovery.

He uses the latest technology for his facial rejuvenation procedures as well as the traditional facelift with muscle repair and volume repositioning.

Mr Hicham Mouallem performs all the types of aesthetic surgery, including the more traditional techniques, the majority of them undertaken in a high-tech outpatient facility.

**“The best time to consider cosmetic surgery is when you look at yourself in the mirror and don't like what you see anymore**

#### Associations

- General Medical Council - GMC - Full Special Register
- FRCS (Fellow of the Royal College of Surgeons)

#### Areas of Expertise

The development of minimally invasive techniques

#### Location

London

#### Contact Details

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For readers of *Cosmetic Surgery & Aesthetics Magazine*, Mr Mouallem can offer 10 per cent off surgery and 15 per cent off aesthetic treatments.

**Q** What is the most important thing you've learned from your patients?

**A** How important it is to get the patient to understand and to trust me so I can get the best result for them.

**Q** What is your best anti-ageing advice?

**A** Concentrate on three things: good food, good exercise and a good surgeon.

**Q** How would you describe your bedside manner?

**A** I always aim to give confidence back to the patient.



Facelift



Breast Reduction

home. I feel nervous and excited at the same time.

### Three days before

I have suddenly past a hurdle and am now ready. It's almost like it was a stage I had to go through. I am fully prepared and feel extremely strong and excited about the new me!

### Day of surgery

I choose to go to the hospital alone which may seem mad, but I really want to face my fear and do it anyway.

Mr Mouallem comes in and explains what will happen and we go through some paperwork. His charming and caring manner certainly lays any worries to rest.

By 10 am everything is checked and all is looking fine for the operation; the blood exams have come back – all looking fabulous – and the psychological situation has been checked too. This is a routine check up which Mr Mouallem stresses that all patients should go through before any type of surgery.

He explains that the surgery will take about 50 minutes and goes over the technique again in full which he will be carrying out on me which in this case will be the dual plane technique which means the implant will go under the muscle and the breast tissue.

By 1.30 I wake up from surgery and see Mr Mouallem waiting for me. I know straightaway he has done a great job from the confidence in his aura. At this point I have no pain as I am on a morphine drip. I can see an instant difference in my stomach and love handles as they are completely flat, but my legs are slightly swollen. Apart from that I

feel absolutely fine.

### Day two post surgery

Mr Mouallem checks the dressings and everything is fine. He has been wonderful throughout and gives me his mobile number for any post-operation concerns which I might have. My friend brings me home, still on morphine.

### Day three post surgery

Woke up at 4 am needing to take more painkillers. I am taking co-drydamol and tramadol and have been advised to take this for a week, twice a day, to aid the bruising and swelling. I'm feeling an extreme mixture of pain and happiness.

### Day five post surgery

Even though my breasts are swollen and I am only at the early stages of recovery they look great and feel extremely natural.

It's quite funny watching bruises from the liposculpture go through a rainbow spectrum; I have been black, purple, blue, green, yellow and like a dark pink. It is awesome how the human body can heal itself.

### Week two post surgery

I still have less energy and get tired easily. I'm scared I may be making my scars worse by moving round too much. By wearing spanx my skin has shrunk back wonderfully.

### Week three post surgery

My legs and stomach are amazing, still bruised and tender



but getting better every day. I can feel they are slightly lumpy and hard but Mr Mouallem had explained that this is scar tissue and will need to be massaged to loosen over the next few weeks and months.

### Week four post surgery

I visit Mr Mouallem to finally see the breast scars. They are so thin and flat it's almost like a crease under my breast. Mr Mouallem has been the most incredible surgeon I could have asked for.

My figure looks so completely natural; I am ready for the summer and my confidence is through the roof.

CS&AM

**Available from:** For more information on Mr Hicham Mouallem and a full list of the procedures he performs visit [www.hichammouallem.com](http://www.hichammouallem.com) or call 020 8870 4646/07833 954 398.

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