# Melissa Jolly shares her journey of body transformation through mummy makeover surgery



Melissa Jolly, a 32-year-old woman from Manchester, recently shared her transformative experience following a significant surgical procedure known as a 'mummy makeover', which she undertook in November 2024. After giving birth to four children, Jolly felt discontented with her body and spent approximately £15,000 on surgery to regain her pre-pregnancy appearance. In a candid conversation about her journey, she described how her self-image had impacted her daily life and mental well-being.

Before the surgery, Jolly struggled with her body image and admitted to feeling “miserable”. Describing her emotional turmoil, she recalled that looking into the mirror made her “despise” her reflection. The physical changes she experienced post-pregnancy led her to try various diets and exercise routines in hopes of restoring her previous figure. Despite losing weight and reducing her dress size from 16 to 14, she felt that her body was still “very saggy” and negatively affected her self-esteem.

Speaking about the struggles she faced, Jolly explained that her insecurities stemmed significantly from her abdomen and breasts, which had been altered by the pregnancies. Her discomfort with her appearance extended to her relationship with her ex-husband, as she felt insecure when he displayed affection toward her. “I wouldn’t like him putting his hand on my stomach – it made me feel very insecure,” she recounted.

Finding herself avoiding certain outfits, especially during the summer months, she wore hoodies even in warm weather to cover her body. The difficulties in selecting clothing occasionally led to feelings of despair. Jolly stated, “Things that I’d want to wear, I just couldn’t put on – I would be down all the time.”

The turning point came when a friend recommended a surgeon, prompting Jolly to consider the surgical route. After conducting thorough research, she opted for the mummy makeover, which included a breast enlargement with uplift, a tummy tuck, liposuction, and muscle repair. The surgery was performed by Mr Ramachandran Prasad at Pall Mall and took roughly five hours.

Upon waking from the procedure, Jolly expressed immediate satisfaction with her new appearance, feeling as if she had “reclaimed” her body for the first time in years. The subsequent weeks showed gradual recovery, and she reported feeling increasingly normal soon after the surgery. “I just got on with it. By the end of the second week, I felt pretty normal,” she noted.

Jolly reflected on the positive influence the makeover has had on her life, stating that her new confidence has made her a better mother to her children: Lucca, 11, Annabel, eight, Reggie, six, and Acer, three. “My kids have seen natural happiness from me, my mood has lifted because I feel a lot better in myself," she remarked. She expressed excitement about upcoming family activities and vacation plans, noting that her previous anxieties about wearing a bikini had dissipated.

Despite the substantial financial investment in her transformation, Jolly describes the outcome as worth every penny, stating, “I feel a lot happier and like a weight’s been lifted. It’s changed my life – like a trapped person has been released.” She also discussed her perspective on the term “mummy makeover,” stating that it resonates with her experience as her body changed due to motherhood.

Health professionals, including cosmetic surgeon Gerard Lambe, have pointed out the potential risks associated with such procedures, acknowledging that while most mummy makeovers are conducted safely under skilled hands, complications can arise. Lambe emphasised the significance of post-operative care and the need for patients to remain active to mitigate risks after surgery.

Jolly's journey highlights the deep emotional and physical battles some individuals undertake, and her experience reflects a significant change in her outlook on life and body positivity following the surgery.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.gb.readly.com/magazines/new/2025-04-08/67f35c081b0ef690babf14a3> - This URL provides information about Melissa's story after undergoing a 'mummy makeover', which involved a breast enlargement with uplift, tummy tuck, liposuction, and muscle repair. It highlights the transformative impact the surgery had on her life.
2. <https://www.plasticsurgery.org/> - This is the American Society of Plastic Surgeons' official website, which provides detailed information about the procedures involved in a mummy makeover, such as breast enlargement, tummy tucks, and liposuction. It offers insights into the surgical aspects and potential risks.
3. <https://www.cdc.gov/reproductivehealth/maternalinfanthealth/pregnancy-related-depression.htm> - This URL from the Centers for Disease Control and Prevention discusses the emotional changes and body image issues many women face post-pregnancy, aligning with Melissa's emotional struggles before the surgery.
4. <https://www.mayoclinic.org/healthy-lifestyle/womens-health/expert-answers/body-image/faq-20461374> - The Mayo Clinic provides information on how changes in body image can affect mental health, which corresponds to the emotional challenges Jolly faced before her surgery.
5. <https://www.cosmeticsurgerydirectory.com/cosmetic_procedures/plastic_surgery_procedures.php> - This directory offers comprehensive details about cosmetic surgery procedures, including their benefits, risks, and recovery processes, which aligns with Jolly's experience and the professional insights from health experts.
6. <https://www.psychologytoday.com/us/blog/evolutionary-psychiatry/201201/body-image-after-pregnancy> - This article from Psychology Today explores the psychological impact of body changes post-pregnancy, similar to Jolly's struggles with her body image before undergoing surgery.
7. <https://www.mirror.co.uk/news/uk-news/i-hated-mum-bod-after-35034635> - Please view link - unable to able to access data