



Going under the knife for the perfect bikini body

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One journalist's life changed forever after she interviewed Kelly Osbourne for Cosmo. After discussing the star's own dramatic weight loss during the interview, Louise Barnett was inspired to go on her own weight loss mission and ditched seven stone. But saggy skin was preventing her from having her dream bikini body. Here, Louisa Barnett tells us about making the drastic decision to have plastic surgery and takes us through the lead up to landing on the surgeon's table

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My name is Louisa Barnett and I'm a 30-year-old entertainment journalist from London living and working in LA. I recently lost seven stone after interviewing Kelly Osbourne for the cover of Cosmo on her incredible weight loss. It was Kelly who inspired me to embark on my own journey and in March 2011, I started a strict diet and work-out regime. I went from 17 stone to 10 stone in just over a year and was able to slip into my dream size 10 dress by my 30th birthday this May.

Whilst I feel great, my boobs shrank from a DD cup to an A/B cup and went extremely saggy and I was left with some excess skin on my stomach. Whilst it can all be covered with a good bra and the right hold-in knickers, I felt that if I'd worked this hard to achieve my goal weight, I wanted to at least have the chance to show off my new body. Having been big most of my life, I'd never been able to wear a bikini and that has been my main motivation throughout this journey.

Tomorrow (Thursday) I'm due to go under the knife with Beverly Hills plastic surgeon, Dr Brent Molleken for a breast uplift, augmentation (implants) and an abdominalplasty - a procedure to cut away the excess skin from my stomach.

After hunting around for the best plastic surgeon in town, I decided on Dr Brent Moelleken after numerous recommendations and the fact he instantly made me feel at ease during our first meeting back in March.

Dr Brent advised me against a full tummy tuck as he wouldn't cut into the muscles of a woman who hadn't had children yet. He also advised me not to go too big with my breast implants due to losing so much elasticity in the skin on my breasts. Anything too big would eventually sag so we agreed on one of the smallest which will take me to a respectable C cup.

I met with Dr Brent back in July to finalise the details of the operation again and book the seven hour surgery for August 23rd. Whilst it has obviously been at the back of my mind, it hadn't felt real until my pre-op and final

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meeting last Thursday when I had to sign all the consent forms and go through the dos and don'ts for before and after the surgery.

Penny, Dr Brent's assistant, took more photos of my stomach and boobs. As I peeled off the white robe in their pristine office, I never felt more sure that this was the right decision. Looking down at my saggy skin I knew I couldn't have gone through the rest of my life looking like this. It was also a constant reminder of how I used to look.

There hasn't been much preparation to get my body ready for the surgery but I have had to quit smoking - something I've been trying to do for years. You're not allowed to smoke two weeks prior and two weeks after surgery so I gave up a month ago just to be safe. I was definitely ready and haven't felt the need to crumble once.

I've collected all the medications I'll need after the operation including pain relief, sleeping tablets and

antibiotics - a preventative measure to ensure no infection after the operation. I've also packed my overnight bag and am now just waiting for D day. I've also had to invest in two pairs of extra-small Spanx which I'll need to wear for two weeks after the surgery and I'll be in a sports bra for a while and will have to wear lots of loose clothing.

Friends and family keep asking, "Are you nervous?", but up until now I've just been incredibly excited. However, last night I barely slept a wink and the anxiety is definitely setting in now. Whilst I can't wait to go under the knife, obvious fears about complications and whether I will look exactly how I imagine, are coming to the surface. I have constant butterflies in my stomach and I'm sure they won't go away until the anaesthetist puts me to sleep on Thursday.

My parents have kindly flown in to help take care of me while I recover. I've already been warned I'll be in a significant amount of pain for the first few days and won't be able to do much.

I have to be at the surgery at 7am on Thursday and I doubt I'll get much sleep tonight (Wednesday). It's been an incredibly emotional journey so far and I hope and pray this will be the icing on the cake and I'll finally have my bikini body. This is something I've worked so hard for and I can't wait to get on that operating table!

For more information on Dr Brent, visit drbrent.com

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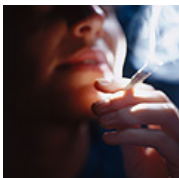
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