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Part 2: Going under the knife for the perfect bikini body

03 September 2012 by Cosmopolitan

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

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If you're not familiar with part one of Louisa's story - or why she wanted surgery, click [here](#).

72 hours after surgery

I'm starting to feel normal again.

On the morning of the operation, I was a bag of nerves. Walking into theatre, the enormity of what I was about to have done suddenly hit me. After shedding 7st, I was finally going to have the body I'd worked so hard for but only after a lot of cutting, stitching and surgical wizardry.

As soon as I saw Dr Brent with his giant pen ready to draw all over my body, I knew there was no going back. I took in some deep breaths whilst he made his marks and with a tearful goodbye hug from my parents, I was wheeled into the operating theatre.

Seven hours and forty minutes later I came round. Dr Brent stood by my bed, smiling and told me the operation had gone brilliantly - I was now the proud owner of a flat stomach and perky c-cup boobs.

During the operation they'd removed an enormous 5lbs of excess skin from my stomach, which on someone of my size was a lot!

I was extremely nauseous from the anaesthetic but despite being sore, the pain was nowhere near what I expected. I was dosed up on painkillers and quickly transferred to a private hospital a few miles away where I spent my first night.

When the nurse came in to check on me, she peeled away some of the bandaging around my boobs and told me they looked 'great' which was music to my ears. I was heavily bandaged with a sports bra on top and I had a tight corset around my stomach with two drains coming from either side.

For the first 24 hours I needed help doing everything - even making a slight movement in bed or reaching to get a glass of water. The first time I was helped out of bed, the short walk to the bathroom was incredibly painful as

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I could barely even stand up straight or move my arms because they ached all over.

As I stood in front of the mirror and caught a glimpse of my new reflection though, the pain almost melted away. Of course it was hard to see much with all the bandages but I had a beautiful perky chest and a flat abdomen. Amazing.

The following day I had a post-op appointment with Dr Brent who said he extremely happy with my recovery and discharged me. Even the smallest tasks like getting into the car and getting up from the couch were painful. Thankfully I've had 24-hour care and three days in, I'm already able to do more for myself.

Naturally I'm sore but the pain has been manageable. The worst part is the drugs which make you extremely groggy (and delirious) so I'm looking forward to coming off of those. I also have two drains coming from my tummy which I have to empty twice a day and record how much blood is emitted. It's not only unpleasant but also uncomfortable and embarrassing to have them hanging from my side. The doctor hopes they'll be removed by Thursday, depending on my progress. Fingers crossed.

I'm only three days into my recovery so it's still early days but I'm feeling better all the time. I've been eating well and taking short walks to keep my blood circulating.

Tomorrow is the biggie for me. I'm due to see Dr Brent to have my bandages removed and I'm expecting 'the big reveal' to be emotional. I'm prepared to look battered and bruised but anything is better than how I looked before. I'll take all those scars and looking temporarily black and blue if it means I can get the body I worked so hard to achieve by losing weight. Thanks to Dr Brent and his amazing team, I feel already like I've got my life back.

For more information on Dr Brent, visit drbrent.com

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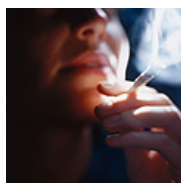


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