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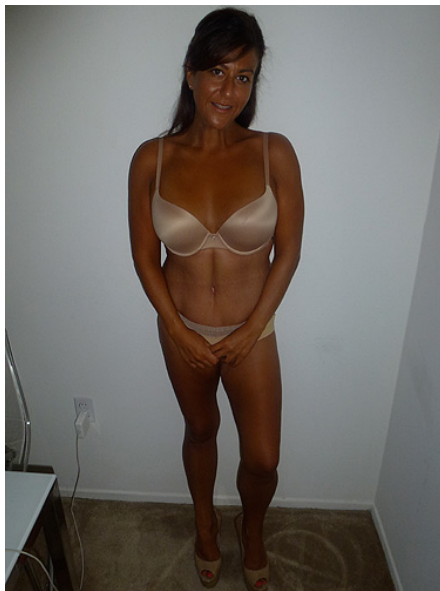
Part 3: Going under the knife for the perfect bikini body

06 September 2012 by Cosmopolitan

Two weeks after a boob job and tummy tuck to remove saggy skin left with after losing weight, Louisa Barnett couldn't be more excited by her new body...

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

It's been 12 days now since my surgery and I feel amazing. The swelling has reduced dramatically and the uncomfortable drains which were hanging from my stomach have been removed.

Just four days after the operation I had the bandages removed from my chest and stomach. As Dr Brent peeled off the tight corset around my midriff and unhooked my sports bra, I welled up with tears of joy. Finally after years of hating my over-sized body, followed by months of carrying around excess skin and hiding my saggy boobs, I had a body I wanted to show off.

Of course I was still swollen and had a few stretch marks here and there - not to mention scars and surgical tape. But none of that mattered. I had gorgeous, perfectly-sized perky breasts and a flat stomach. Dr Brent checked me over and patiently

answered yet another round of questions I fired at him. Despite still being in a fair amount of discomfort, the high from finally seeing my new body made the pain melt away.

For the next few days I continued to rest as much as possible but slowly I started to be able to do more tasks for myself. Getting in and out of bed became easier and I began taking slightly longer walks.

Six days after the surgery I was finally able to have my drains removed. The drains have to stay in for around a week after a tummy tuck to collect all the excess fluid - I had to change them twice a day. Having them taken out not only made me much more comfortable but it meant I could wear fitted clothes without having them bulging out the side.

Dr Brent checked me again and I was told to wear two pairs of tight Spanx night and day for the next two weeks and to sleep in a sports bra. He warned me to watch my calorie intake whilst I was so sedentary. It's easy to put on 5lbs when you're at home barely moving - especially for someone who's prone to putting on weight. I only needed to look down at my flat stomach to stop me from reaching for a cookie. No food in the world was worth reversing all of his amazing work.

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Over the next few days I slowly came off the strong pain medication and sleeping pills which made me extremely groggy, and after eight days, I was able to sleep on my side again. That was a big deal after spending the past week sleeping on my back at a 30 degree angle with my arms and legs raised!

Buying my first bra was an amazing experience. As I happily whipped out my perky boobs for the assistant in Victoria's Secret, she picked out a range of soft, comfortable bras to try - in a 34D. For the first time ever I enjoyed shopping for a bra and relished in the experience. Such a small thing which 'normal' girls might never think about gave me a natural high.

It's been 12 days now since the surgery and I feel incredible. I find myself lifting up my top when I'm at home to look at my boobs and I keep staring at my reflection in the mirror. No longer do I have a wad of skin hanging over my shorts which I have to cover up with baggy shirts and I have a chest I'm proud of. I've been swamped with compliments from everyone I've seen and I've never felt better about my body.

I saw Dr Brent again today and had a small amount of fluid drained from my stomach which he said was fairly normal. He took off the rest of my surgical tape and seemed happy with how I am healing.

The pain has mostly gone but I still have a little bit of soreness in my lower stomach and I get sporadic shooting pains in my breasts. They are still going to drop slightly as the implants settle.

After all the blood, sweat, tears, (not to mention the years of physical and emotional pain), I finally have a body I want to show off. As Dr Brent said to me 'You look just like a normal girl now' - and that was all I ever dreamed of. I'm never going to be Elle McPherson and will forever bear the scars of my surgery and the stretch marks from when I was bigger. But I can wear a bikini like my friends and feel proud to show off the results of my 7st weight loss. Thanks to the extraordinary talent and dedication of Dr Brent and his incredible team, I finally have my life back. I can never thank them enough for that.

For more information on Dr Brent, visit drbrent.com

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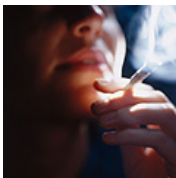
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