



I risked life and spent €30k on losing my mum body

By JENNY FRANCIS

WHEN Louise Armstrong became a mum, she fell in love with her son straight away - but hated herself.

The day after she brought tiny Cash home, events planner Louise looked in the mirror and was horrified.

The 33-year-old says: "I was repulsed. I didn't have a bottom any more and I had fat in places that made me feel like I went from having the body of a 30-year-old to a 50-year-old."

"I had a C-section scar and things only got worse when my breasts lost their shape because of breastfeeding."

The single mum soon began to obsess about the "perfect" bodies of celeb mums like Kim Kardashian.

Louise says: "I didn't feel myself after I'd given birth - I felt like I was in someone else's body."

"I wanted a body like Kim K. She was a mum too and I didn't see why she should look so great and I couldn't."

There and then, Louise decided to start saving up for cosmetic surgery to create her dream body.

After a breast fat augmentation in 2014, Louise came up with a list of procedures that she wanted done - but was unable to find a surgeon willing to perform so many surgeries at once.

So, in May this year, Louise risked her life to undergo an eight-hour operation in Turkey.

After searching online, she had found a clinic in Ismir that was willing to perform all the high-risk surgery she craved for €30,000.

But that was not the only price Louise paid - she awoke

from the op swollen from head to toe, in extreme pain and barely able to move for two weeks.

Her breasts had been taken from a 34B to 34E and instead of being a size 16, she had been crafted into a size 10.

Louise says: "People thought I was mad for having so many procedures at once but it was my choice."

"There were times after the surgery where I thought, 'I can't go through this pain any more' but it was all worth it - and now I'm planning more."

'The school run is now my catwalk'

Before Louise got pregnant in May 2012, she was a body-confident size 10.

She says: "I didn't overthink my figure back then. When I got pregnant, I didn't think, 'My body is going to change after the birth'. So when it did, I wasn't prepared at all."

"I know some people will say I should just be happy with my body but I didn't feel like my normal self. I was so down, I knew I needed to take action."

Louise decided to start with a €9,000 boob job at a Harley

Street clinic in London but was left disappointed by the results.

Determined to get the body she craved, Louise trawled through lists of procedures online - then realised she wanted to have them all.

She says: "I was on a mission. I didn't care how many loans or credit cards I got."

"I was willing to spend any money I had but was amazed how pricey it was for each individual surgery. I wanted it all done at once."

Due to the extreme toll surgery takes on the body, every local surgeon Louise spoke to refused to work on her. But she eventually found a doctor who had no problem doing everything at once - she just had to travel to Turkey.

Louise says: "I was told there would be risks but I didn't think twice."

"Once I started getting compliments, I forgot about all the pain and debt and I'm now planning more surgery such as arm lifts, thigh lifts and Botox."

"These days, the school run is my catwalk for my new mummy body."

BEFORE



Surgery shopping list

(May 2017)

- Breast lift
- Breast augmentation (Implants)
- Liposuction to legs
- Liposuction to chin
- Thigh lift
- Bum lift

TOTAL:
€30,000



AFTER



'THE DANGER OUTWEIGHS MONEY SAVED'

INDUSTRY professional [Dr Sarah Shah](http://drsarahshah.co.uk) (drsarahshah.co.uk) says: "Surgery takes a toll on the body and the cumulative effect of multiple procedures during a single operation increases the potential for complications. "We have the Royal College of

Surgeons, and there's the Irish Association of Plastic Surgeons which set standards that practitioners must adhere to. "However, this isn't the case everywhere in the world. "Cosmetic tourism has grown in recent years as treatments

can come at a fraction of the cost but the risk to health seriously outweighs the money saved. "There are many great services offered abroad but you should always be thorough with your research and ensure you choose a legitimate expert."