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# Tummy tuck saved my marriage, says Jo-Anne

## Depressed mum had told husband to find another woman

By **Lucy Clarke-Billings**

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A MOTHER-OF-THREE has hailed her tummy tuck as the operation that saved her marriage.

Jo-Anne Hickmott, 32, of Rankine Road, in Sherwood, Tunbridge Wells, gained eight stone during a complicated pregnancy, leaving her with a large overhang of stomach skin.

With her confidence plummeting, she found herself unable to leave the house and even urged her husband to find a new partner.

"My confidence was at absolute rock bottom," she said. "I couldn't run after my children because the discomfort affected my mobility and I couldn't bring myself to go swimming with them through fear of what people would say.

"I was so down and depressed. My marriage suffered hugely as I couldn't bear for my husband to see me naked, so any bedroom action was conducted under the cover of darkness.

"I felt so awful that I told my husband to leave me to find a woman who could fulfil his needs. Needless to say, he loved me just the way I was and told me he never would, but I still couldn't let him hug me or see me naked."

During her second pregnancy, Mrs Hickmott had to take steroid-based medication that resulted in the unusually high weight gain after her pregnancy became complicated.

### Stretched

The skin became so stretched it created an overhang when she dramatically lost weight after the birth.

Before opting for a plastic surgery consultation, Jo-Anne tried every diet available. But this did not help to lose the excess skin which was not attached to muscle.

She ended up seeing a counsellor who she said helped her to realise she should not feel guilty for feeling down.

When Jo-Anne went to see **Brent Tanner**, a cosmetic surgeon based in Tunbridge Wells, she knew what she wanted to do. On April 15, Jo-Anne went under the knife.

"It was instant. The minute I woke up from the surgery I looked down and felt like I had come back to myself. There was swelling, but the skin had gone. I felt confident."

Since the operation, Mrs Hickmott has gone back to study full-time at K College, with plans to become a midwife.

"I can honestly say that if I hadn't have had the operation, my confidence was so low that I would have pushed my husband away and my marriage would be over," she said.

"Now, I am the happiest I have ever been. I have three beautiful children, a wonderful husband and I am heading for a career that will enable me to give something back."

Mrs Hickmott weighs around 11 stone now, and said she was continuing to lead an active and healthy lifestyle. Consultant cosmetic surgeon **Brent Tanner**, of the Spire Tunbridge Wells Hospital, said: "I often see patients similar to Jo-Anne who have suffered with low body confidence and self-esteem for many years.

"Sometimes surgery is not the answer. However, in Jo-Anne's case we both felt she would benefit greatly from the procedure which has now changed her life and relationship, for the better.

"She wanted to feel like her old self and enjoy life again. The decision to undergo an abdominoplasty procedure should not, however, be taken lightly but we are delighted with the results and seeing Jo-Anne's confidence restored is fantastic."





**OVERHANG:** Jo-Anne Hickmott was left with an overhang of skin (above) following pregnancy, but surgery has restored her shape and her marriage



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**BACK ON TRACK:** Jo-Anne Hickmott, 32, of Rankine Road, in Tunbridge Wells, had a tummy tuck in April 2013 and claims it saved her marriage