

Cosmetic surgery after birth



NCT position statement

It is important we do not put undue pressure on new mums to lose weight quickly after giving birth. Pregnancy lasts for nine months so it's neither realistic nor sensible to expect women's bodies to return to their pre-pregnancy shape immediately afterwards.

Whilst it is understandable that women feel under pressure to look good after giving birth, it's important they understand that losing weight should be at a manageable and sensible rate.

The use of cosmetic surgery, often by celebrities, to achieve weight-loss and to return to their pre-pregnancy body shape contributes to the pressures on women. It's important for all new mothers to relax at this special time and feel confident and positive about themselves.



For further press information, please contact NCT Press Office on 020 8752 2404 or email: press@nct.org.uk

The NCT (formerly the National Childbirth Trust) is the UK's leading charity on pregnancy, birth and early parenthood. Every year the charity supports thousands of parents through an incredible life-changing experience, offering relevant information and mutual support through our network of over 300 local branches, UK wide helplines, antenatal and early days courses, breastfeeding counselling and peer support schemes.

Operating for over 50 years, the NCT is recognised as the voice of pregnant women and new parents throughout the UK. The charity works continuously for improvements to maternity care and better services and facilities for new parents. We are viewed by many as independent experts in matters relating to pregnancy, birth and early parenthood and are an influential and trusted advisor to UK governments, royal colleges, private sector bodies and other charities.

For more information visit www.nct.org.uk or call the NCT Enquiries line at 0300 33 00 770.

NCT

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National Childbirth Trust is a registered charity (801395)

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NCT Pregnancy & Birth Line

0300 33 00 771

NCT Breastfeeding Line

0300 33 00 772

Find support near you

www.nct.org.uk