



**Murray Beagley**

MB ChB, FRACS (Plast.)

Cosmetic and  
Reconstructive Surgeon

Ste 2, 9 St Marks Rd  
Remuera  
Ph: 09 520 2029

## New Rooms for Plastic Surgeon Murray Beagley



Plastic Surgery  
Auckland

LOCAL PLASTIC AND RECONSTRUCTIVE SURGEON MURRAY BEAGLEY WILL MOVE TO BEAUTIFUL NEWLY REFURBISHED ROOMS IN MAY. THE MOVE TO SUITE 6 IN THE AUCKLAND SURGICAL CENTRE AT 9 ST MARKS RD, REMUERA WILL PROVIDE THE LUXURY OF LOTS OF SPACE.

**T**he new rooms will contain a fully equipped nurses treatment room, recovery room and several administration areas, in addition to two consulting rooms and a theatre suitable for small procedures, in particular removal of skin cancers and other skin lesions. More major surgeries requiring general anaesthesia are undertaken downstairs in the Auckland Surgical Centre theatres or at one of several other private hospitals at which Mr Beagley operates.

Murray also offers a broad range of cosmetic, genitoplasty and complex hand surgery. An area of special interest is abdominoplasty or 'tummy tuck' surgery. We recently spoke to Mary (not her real name) a 31 year old who recently underwent this procedure and shares her experience. See interview below.

## TUMMY TUCK Q&A

### Why did you choose to have a 'tummy tuck'?

After a life time of being overweight I had had enough and went on a lifestyle/fitness regime and over about 18 months I had lost close to 50kg. Unfortunately I was left with a huge amount of excess skin that made me feel more self conscious and uncomfortable with my body than I was before I had lost any of the weight. I chose to go down the avenue of having a tummy tuck because I had worked so hard to get fit and healthy I couldn't bear the thought of spending the rest of my life not being able to feel confident of my body and proud of what I had achieved

### How did you select your plastic surgeon?

I did quite a bit of research on the internet and looked at options both in NZ and overseas. Of all the websites I looked at Murray's stood out to me, I can't really say why, other than it was thorough and informative and straight away reading about the procedure and him I felt confident that I could trust him. I made an appointment for a consultation and within minutes of meeting Murray I was confident I had made the right choice and didn't need to look any further.

### Was it painful - and how long was the recovery period?

I was very fortunate - I recovered very easily from the surgery. I remember being a little uncomfortable and having to think about how to do things e.g. sit up, get out of bed for the first few days. The nurses at the hospital were fantastic and once I was home I did take it really easy for the first few days and found pain was easily managed with medication etc. Ten days after my surgery I was able to fly the short 1.5 hour flight to Norfolk Island where I spent the next 2 weeks relaxing and recuperating. It was ideal as I could swim in the ocean and was able to get out for gentle walks within a few days of being there all of which I believe really helped my recovery.

### How has it affected your lifestyle?

It made a huge difference to how I feel. With clothes on nobody would probably notice a huge difference but underneath the difference is

astounding. This summer I wore a bikini for the first time in as long as I can remember and I was just talking to my friend the other day about how I still get a buzz when I put my hands down and feel a flat tight stomach - I find myself rubbing my tummy all the time. I find I'm much less self conscious and that then makes a difference psychologically in how I face work, my relationship and I guess just my view of the world. The other big lifestyle change was that after 12 years as a smoker I quit smoking in preparation for surgery and have never looked back - 8 months now and I feel great!

### What is your recommendation for people considering this surgery?

I say go for it - I would do it again in a heart beat. The best advice I could give is get yourself as fit and healthy as you can on your own first, find a surgeon who you trust implicitly, ask lots of questions, have a good support network around to help afterwards and be really positive - on the morning of my surgery I was so excited and counting down the minutes - I raced into the operating room, jumped up on the bed and the last thing I remember was asking Murray if he was going to "bust out his dance moves" to the Justin Timberlake song on the stereo and then I woke up to my whole new life.

PLASTIC SURGERY AUCKLAND.  
TEL 520 2029.  
WWW.COSMETICSURGEON.CO.NZ



"I say go for it - I would do it again in a heart beat."