

The Ultimate 'Mommy Makeover'

You love being a mom.

You don't like what motherhood has done to your body.

Pregnancy, childbirth and breastfeeding have taken a toll on your figure.

Many women tell us that no matter how much they exercise and watch what they eat, they cannot regain their former figures. Even women who lose their pregnancy pounds tell us they can't tighten their abdominal skin. Some women discover that after nursing their children, their breasts sag and become smaller.

Fortunately, cosmetic procedures can improve a woman's body after childbirth.

Figure-Restoring Procedures

Breast augmentation, tummy tucks, and breast lifts ranked first, fourth and fifth respectively among all cosmetic surgeries performed on women ages 20-39 last year.

The surgeries are same-day procedures so patients can go home the day of the operation. They can be performed in a hospital, at an outpatient facility or in an office surgery setting.

For best results, it is important that you choose a board-certified plastic surgeon. It is also important to make sure the surgical setting is accredited. This assures you that the center meets medical standards.

Breast augmentation surgery takes one to two hours. After another hour of recovery, patients can go home accompanied by a friend or relative.

Patients can resume most normal activities within three to five days. Strenuous activities such as heavy lifting, aerobic exercise and contact sports should be avoided for the first two weeks.

In several weeks to months the breast implants will settle into place, soften and look very natural.



Some women opt for a breast lift with augmentation. The surgery raises and reshapes the breasts by removing excess skin and repositioning the nipples. The procedure lasts two to three hours. Patients can be back to work in a week but should avoid strenuous activities for about a month.

A tummy tuck removes excess skin and fat from the mid and lower abdomen, and tightens the abdominal wall muscles.

Following the surgery, your abdomen will be swollen for a few days and you will need medication to control the discomfort. Most patients resume normal activities in two weeks, while others take longer.

Tummy tucks usually produce excellent and long-lasting results, especially if you exercise and maintain a healthy diet.

One Mother's Story

"Elle" is typical of our Mommy Makeover patients. She worked hard to lose the weight gained after three pregnancies, but could not tighten her sagging skin. Elle opted for a breast lift and tummy tuck to help restore her figure. The results have been life-changing.

"I am more confident and comfortable in my clothing. I move better and don't lose my breath as quickly with the kids. I am 100 percent better physically and mentally than I was before," Elle says.

