

B2-MOMMY MAKEOVER



B.2. Mommy Makeover

A Mommy Makeover is a personalized combination of cosmetic procedures designed to restore a woman's pre-pregnancy body after childbirth. This comprehensive approach addresses common physical changes that occur during pregnancy and breastfeeding, such as breast volume loss, abdominal laxity, and stubborn fat deposits. Here's a comprehensive overview of the Mommy Makeover, including its components, benefits, procedure, recovery, and considerations.

· **Components of a Mommy Makeover:** While each Mommy Makeover is tailored to the individual's needs, common procedures may include:

· **Breast Augmentation:**

1. Description: Involves placing implants to restore breast volume lost during pregnancy or breastfeeding.

2. Options: Can use fat or silicone implants, and may be combined with a breast lift if there is sagging.

· **Breast Lift (Mastopexy):**

1. Description: Raises and firms the breasts by removing excess skin and repositioning the breast tissue and nipple.

2. Indication: Ideal for women with sagging breasts after childbirth.

· **Tummy Tuck (Abdominoplasty):**

1. Description: Removes excess skin and fat from the abdomen and tightens the abdominal muscles, creating a flatter and firmer belly.

2. Indication: Suitable for women with loose skin or diastasis recti (abdominal muscle separation).

· **Liposuction:**

1. Description: Removes stubborn fat deposits from areas such as the abdomen, hips, thighs, back and arms to enhance body contours.

2. Indication: Often performed in conjunction with other procedures to achieve a balanced look.

· **Other Procedures (optional):**

· **Facelift or Neck Lift:** To address signs of aging in the face and neck.

· **Vaginal Rejuvenation:** To improve the appearance and function of the vaginal area after childbirth.

Benefits of a Mommy Makeover

ü **Restores Pre-Pregnancy Body**

ü Boosts Self-Confidence

ü Comprehensive Solution: Combines multiple procedures into one surgical session, which can save time and reduce the overall recovery period.

· The Mommy Makeover Procedure

1. Consultation: A careful consultation with a board-certified plastic surgeon to discuss goals, medical history, and concerns. The surgeon will evaluate the body and recommend a tailored surgical plan.

2. Anesthesia: The procedure is typically performed under general anesthesia for patient comfort and safety.

3. Surgical Techniques: The specific techniques used will depend on the chosen procedures.

Recovery After a Mommy Makeover

· Initial Recovery: Swelling, bruising, and discomfort are common in the first few days. Pain can usually be managed with prescribed medications.

· Downtime: Most patients can return to light activities within 1 to 2 weeks, while more strenuous activities should be avoided for 8 to 12 weeks.

· Lymphatic drainage: Patients need to schedule lymphatic drainage sessions helping to reduce the edema and the excess fluid in the body and this to help the skin conform to its new contours.

· Compression Garments: Wearing compression garments may be recommended to support healing and reduce swelling.

· **Follow-Up Care:** Regular follow-up appointments with the surgeon are essential for monitoring healing and ensuring optimal results.

· **Risks and Considerations**

· **Scarring:** While the surgeon aims to minimize scarring, some scars will remain from the incisions made during surgery.

· **Complications:** Potential risks include infection, bleeding, blood clots, and adverse reactions to anesthesia.

· **Changes in Sensation:** Temporary or permanent changes in sensation around the incision sites or breasts may occur.

· **Not a Substitute for Weight Loss:** A Mommy Makeover is not intended for weight loss and is best suited for women at or near their ideal weight.