

Advertorial

Mommy Makeover



DAUGHERTY
PLASTIC SURGERY

ROBYN DAUGHERTY, MD



Are you ready to be the best version of yourself? We can help you do just that! A mommy makeover is a safe combination of procedures geared to restore confidence in mothers of all ages. Mommy makeovers address areas affected by pregnancy, mostly breasts and tummy, although other areas can be included as well.

The hormonal changes in pregnancy and nursing cause the breasts to become fuller than normal, and then when those hormones are no longer around, most women experience deflation of the breasts. This can be corrected by using techniques that add volume back to the breasts. Common techniques that improve breast contour are breast augmentation, breast lift, and/or fat grafting. These procedures are like resetting the clock to your pre-pregnancy breasts.

In addition to normal weight gain that occurs with pregnancy, the abdominal muscles become stretched from the pressure of the baby and may not return to normal after delivery. This is called a rectus diastasis and can look like lower abdominal fullness when standing. The muscle separation, stretched skin, and stubborn belly fat are addressed with an abdominoplasty or tummy tuck. Other areas of the body that can be addressed include the thighs, arms, back, and labia. Liposuction can be used to treat stubborn areas of fat, and a labiaplasty can rejuvenate an elongated labia.

When is the best time for surgery?

Ideal candidates for surgery are back to or near their pre-baby weight or at a healthy weight that they are overall happy with. Patients contemplating surgery should have completed childbearing with no desire for additional pregnancy.

In addition, there should be at least six months after delivery and six months after the completion of nursing to allow the body to heal and milk production to fully dry up prior to breast surgery. For elective surgery to be safely performed, candidates should be otherwise healthy without major medical comorbidities.

What are the next steps?

If you are contemplating a mommy makeover, it is best to schedule an in-person consultation with a board-certified plastic surgeon. At the consult, the doctor will listen to your concerns, review your medical history, and conduct an examination of the areas of concern. Together, you will come up with a plan that best fits your needs. Recovery time is dependent on which combination of procedures you choose, but plan on taking some time from work and having someone help you care for your family while you are recovering.

Most importantly, new mothers should give themselves some grace in the postpartum period and time to get back to a healthy weight and lifestyle while balancing the demands of a young family. Lean into this amazing season of your life. True beauty comes from within, and when you are happy and confident, that will radiate to the outside world.

