



**Reshape
and Restore
With a Mommy
Makeover**



Getting the Ultimate Body Makeover

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Tummy Tuck + Breast Surgery + Fat Removal = Mommy Makeover

Motherhood brings about endless joys, but the effects of pregnancy on the body can sometimes be drastic. If your body didn't "bounce back" and return to its pre-pregnancy shape, a Mommy Makeover, which combines surgical procedures like breast surgery and a tummy tuck, may be the solution you're looking for. This specific combination of treatments is the best way for getting the body looking its best after having children. The surgery addresses the problems that come from being pregnant: loose skin on the stomach, a lack of fullness in the breasts, sagging in the breasts, stretch marks, and stubborn areas of fat. The results are dramatic—a Mommy Makeover restores a sense of self-confidence that many women feel disappeared along with their pre-pregnancy physiques.

Most Common Concerns

- 01 Breasts that have changed shape or are sagging
- 02 Breasts with no upper pole volume
- 03 Pockets of fat that are difficult to lose
- 04 Skin on the stomach that is loose

A Tummy Tuck

During pregnancy, the abdominal wall becomes stretched out to make room for your growing baby. The skin becomes overextended to bear the extra weight, which can lead to loose skin on the middle and lower abdomen. While most of these changes are attributed to pregnancy, extreme weight loss can also produce similar changes to the body. A tummy tuck is the only way to permanently tighten that skin and restore firmness to the area.

What You Can Expect

During surgery, an incision is made at the pubic bone (the scar will be fully concealed when wearing underwear) through which your plastic surgeon will tighten the abdominal muscles that have separated. Small amounts of fat can be removed with liposuction. Once the muscles are tightened, excess skin is removed. You'll see an immediate difference in your stomach, especially if there was a lot of looseness, and over the next few months, the results will continue to improve. It will typically take one year to see the final result.

Procedure Time

Two to five hours

Recovery Two to six weeks; no strenuous activity for three to 12 weeks

How Long It Lasts

Permanently

The Three Types of Tummy Tucks

Traditional or Full

Best for Those with loose skin and stretched-out muscles

Extended

Best for Those with extremely loose skin who have also lost a significant amount of weight

Modified or Mini-Tummy Tuck

Best for Those who have minimal looseness with some stretching of the muscles



Did you know?

The Daddy-Do-Over is the male counterpart to the Mommy Makeover, and The Aesthetic Society predicts the treatment will continue to rise.

Insider Info

When to Do It

You need to wait at least six to 12 months after delivering your baby before you should consider surgery. You should also be fully done breast-feeding so that your plastic surgeon can get an idea for your true breast size and position. Furthermore, many surgeons advise against undergoing a tummy tuck until you are done having children.

Getting Rid of Stretch Marks

Stretch marks form during pregnancy because of the weight gained, which forces the skin to stretch out quickly. As skin is stretched, it creates a pulling effect on the dermis of the skin, in turn causing collagen to thin out and become damaged. The best way to correct stretch marks is with surgery. Lasers can help minimize their appearance, but results vary.

Lift + Revolumize the Breasts

Breast Augmentation

Hormonal changes during pregnancy may result in changes in the breasts, specifically tissue deflation. Breast augmentation with a saline or silicone implant corrects the fullness that is lost in the upper part of the breasts. Breast implants allow for an increase in size so that the volume of the breasts is evenly distributed throughout. Your doctor will discuss the implant, placement and incision options available and help you choose the best one for your body. Silicone implants typically offer the most natural look because they mimic how the breasts naturally look and feel.

What You Can Expect

An incision will be made in the armpit, under the fold of the breast or around your nipple, and the implant will be placed. You will be able to see a difference in the size and shape of your breasts immediately. You may experience some pain during the first week, which is said to be tolerable. Don't be shocked if your breasts seem to be a little larger than what you hoped for directly after surgery—there will be swelling to the area and it takes a few months for the implants to settle in and drop into their final position.

Procedure Time One to two hours

Recovery 10 to 14 days

How Long It Lasts Indefinitely

Breast Lift

The breasts grow during pregnancy to make room for the expanding milk ducts. Eventually those glands shrink, which causes a loss of volume and fullness. To lift them back up to a more youthful position, a surgical breast lift, which gets rid of sagging skin, needs to be performed. Oftentimes, an implant is placed into the breast during a breast lift to restore fullness to the breasts. Some of the newer breast lift techniques allow for more limited incisions and less scarring.

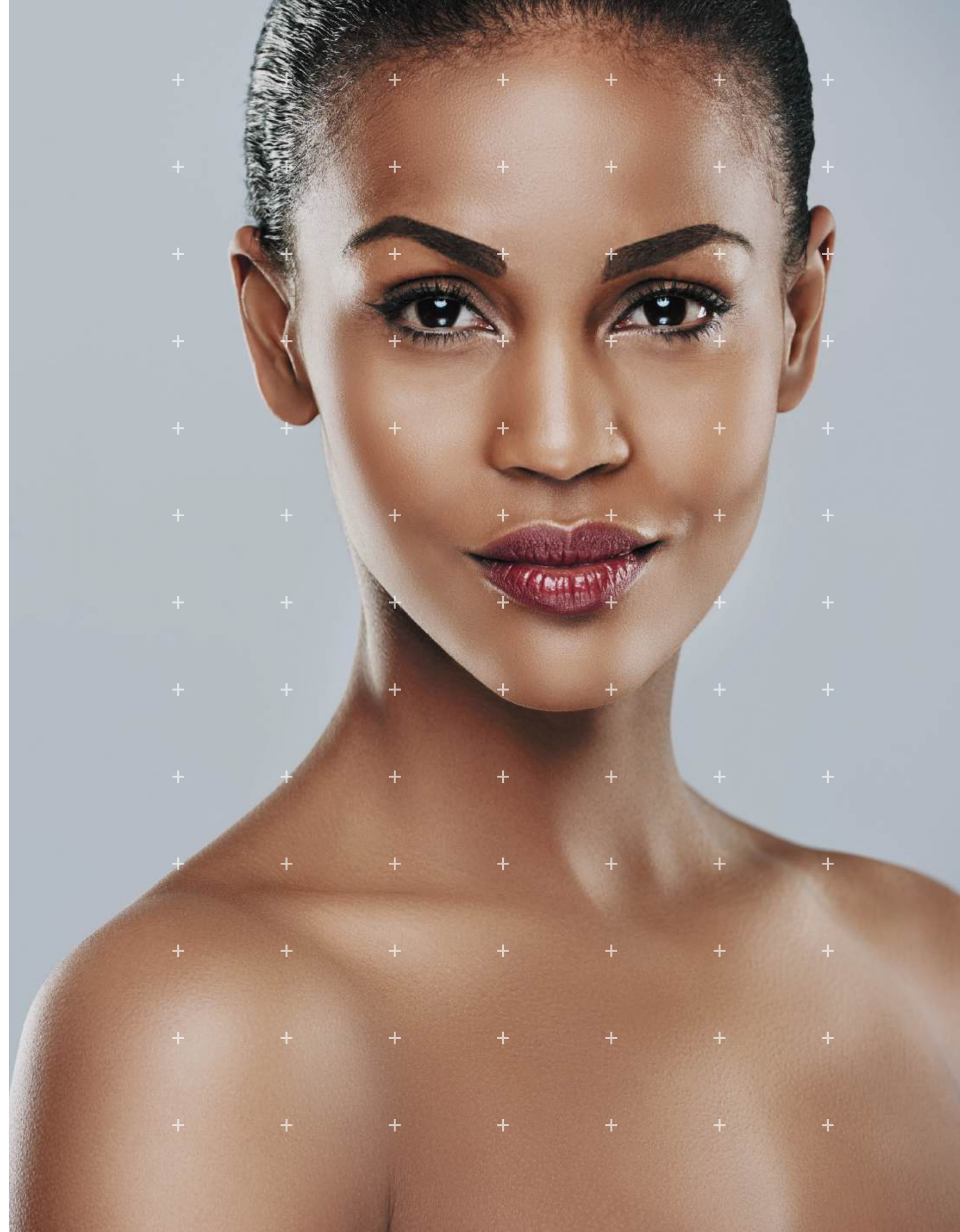
What You Can Expect

Unlike an augmentation, a breast lift requires longer incisions because the excess skin is excised and the tissue is remodeled to assume a higher position. You will be sore for a few days following surgery and swollen for about two weeks.

Procedure Time Two to five hours

Recovery 10 to 14 days

How Long It Lasts Permanently



Fight the Fat

Liposuction

With weight gain during pregnancy comes fat that may stick around long after you've delivered your baby. To treat areas of fat that don't respond to diet and exercise, liposuction is the go-to treatment. While it won't change the texture of the skin or repair damaged muscles, it will permanently get rid of fat pockets, especially in the stomach, hips, waist, thighs, and butt. Liposuction is a sculpting and contouring procedure that can help define and shape the body. When combined with breast surgery and a tummy tuck, the result is a totally transformed body that's better balanced, as well as tighter and more toned.

What You Can Expect

Liposuction is a key component of a Mommy Makeover. Using small incisions that will barely be visible once you are healed, your plastic surgeon will insert a special tool called a cannula to suction out the fat. You may not be able to notice a dramatic change right away, especially because you'll be instructed to wear a compression garment for at least a few weeks so that your body conforms to your new contours.

Procedure Time Varies depending on the area treated

Recovery Three to 21 days

How Long It Lasts Permanently



Insider Info

Smooth Out Dimples

Fat and cellulite tend to go hand in hand. While pregnancy doesn't directly cause cellulite, one complaint among many women after pregnancy is that their cellulite just won't go away. Liposuction won't fix your cellulite, and in fact, it can make it worse. To reduce the look of lumps and bumps, talk to your plastic surgeon about procedures that focus strictly on reducing cellulite by disrupting the fibrous bands that cause the dimpling to occur, or a noninvasive anti-cellulite treatment.

Spot-Treat Fat

If excess fat on the stomach is an issue, liposuction can be done (either alone or in conjunction with a tummy tuck) to spot-treat the area. Liposuction is a great way to get rid of stubborn, unresponsive fat that just won't budge with the help of diet and regular exercise. Performing liposuction on the stomach, when just fat is the problem, leaves the area thinner. Combining liposuction with a tummy tuck is the ultimate way to tighten skin, flatten the stomach and get rid of any looseness.



The ABC's of a Mommy Makeover

Because a Mommy Makeover comprises several surgical procedures—think liposuction, breast surgery and a tummy tuck—it's important to have a good understanding of the details that accompany the procedure.

Fill prescriptions before surgery

Speak to your doctor about the medications you will need following surgery, and see if there are any you can get in advance so you won't have to worry about it immediately after your procedures.

No blood-thinning medications

Avoid taking aspirin, anti-inflammatory drugs and herbal supplements, as they can increase bleeding.

If you have a c-section or hysterectomy scar, no additional scar is needed

Both a C-section and hysterectomy incision are made on the lower part of the stomach, which your plastic surgeon can remove during the full tummy tuck portion of your Mommy Makeover. Any extra skin that hangs over the existing scar can be removed and tightened, resulting in just one scar and a much smoother contour.

Exercising will be off limits

You must wait until your surgeon has given you the go-ahead before heading back to the gym. Expect to not work out for at least six to 12 weeks, until you are fully healed and your doctor tells you it's safe.

Your weight needs to be stable

Because a Mommy Makeover usually entails a tummy tuck and liposuction, it's important that you are at an ideal weight for your height and body type. If not, you may not be happy with your results.

Walking helps speed recovery

Most surgeons will recommend taking brief walks following liposuction or tummy tuck surgery to help prevent blood clots from forming.

You should establish healthy habits beforehand

Establishing healthy habits before surgery will help prepare your body for recovery and also help you maintain your results afterward. Furthermore, intense workouts may be off limits for a part of your recovery time, so adhering to a healthy diet will be essential.

You don't have to be a mommy to have a Mommy Makeover

Some women experience the same body concerns as mothers, even if they have never been pregnant. The combination of procedures is available to anyone looking for the transformative results that a Mommy Makeover provides.

Your belly button may look different afterward

During a tummy tuck, excess skin is removed, which necessitates a new hole be made and the skin redraped. Every surgeon has their own technique when it comes to this part of the surgery. Because of the skin excision and re-draping, your belly button may appear narrower and thinner after surgery.

Skin discoloration may occur

Some skin discoloration may appear in areas where liposuction is performed. This is a result of hemosiderin, a pigment produced when red blood cells break down. The darkness usually goes away on its own after a few months.

Procedures may not all be performed at the same time

Depending on which procedures will be included, your surgeon may space them out rather than performing them all at once. This may be done to give your body time to heal before additional treatments are done.

A tummy tuck will correct diastasis recti

Following pregnancy, many women experience diastasis recti, which occurs when the stomach muscles separate and leave behind a belly bulge that gives the appearance of pregnancy itself. Diet and exercise will not address this separation, but a tummy tuck will correct the muscle separation and restore a slimmer contour to the stomach area.

A tummy tuck may offer more than a flat stomach

Obviously a tummy tuck provides the cosmetic benefit of a flatter, smoother midsection. This alone can improve your outward appearance, as well as your self-esteem, but there may be even more benefits. Some research has suggested that a tummy tuck may also help relieve urinary incontinence and back pain following pregnancy and child birth.

Visible stretch marks may need further treatment

If stretch marks aren't fading, skin-resurfacing treatments can help reduce them. A series of fractional laser treatments in the areas where the skin is thin cause the stretch marks to contract, making them less apparent. While they don't erase the stretch marks, they can stimulate collagen production, which helps make the stretch marks appear thinner and less visible. The results all vary based on your age, skin quality and the size of the stretch marks. Keep in mind that you may need to repeat the laser treatment to maintain the collagen content in your skin.



**HAVE A
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DR. SIMON?
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ABOUT

Drawing on nearly 20 years of experience and more than 10,000 operations to his credit during that time, double board-certified Dr. Sean Simon applies his philosophy of treating the whole patient to every aspect of care.

From working closely with patients to determine the ideal treatment option to making sure they are at ease and comfortable after surgery, Dr. Simon is able to address their specific needs to ensure the optimal aesthetic results. Whether he is performing a body-contouring procedure with advanced, laser liposculpture techniques or a complicated breast enhancement or reconstruction, Dr. Simon utilizes his extensive experience, talent and skill to deliver consistently outstanding results.



This 29-year-old patient achieved a sculpted silhouette with Smartlipo power-assisted liposculpture.



This patient's transformation, shown from a side view, resulted in a flatter stomach and a sculpted look.

“Combining
experience and
innovation in
plastic surgery.”



This patient, 31, had a natural-looking enhancement with liposculpture and fat grafting to the buttocks.



Dr. Simon performed a breast lift and reduction to give this 25-year-old patient lighter, perkier breasts.

SPECIALTIES

- Abdominoplasty
- Aesthetic Injectables
- Blepharoplasty
- Body Contouring
- Bodylift
- Breast Augmentation
- Breast Lift / Reconstruction
- Buttocks Augmentation
- Buttocks Lift
- Fat Transfer
- Fractional CO₂ Skin Resurfacing
- Lip Augmentation
- Liposuction
- “Miami Laser Necklift”
- SculpSure®
- Smartlipo®

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University of Miami
- Board Certification**
American Board of Plastic Surgery
American Board of Surgery

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