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What is a Mommy Makeover?

BY DR. TAMY FAIERMAN

ASK THE EXPERT



Moms all over South Florida are having Mommy Makeovers and women here in Weston are no exception. Experiencing a pregnancy is a powerful and beautiful event. It can be a rewarding experience and nothing is as touching as holding your newborn baby for the first time.

However, your body does not simply snap back to normal after giving birth; the weight gain, stretching, and laxity in the abdominal muscles all contribute to changes in the breasts, abdomen, and thigh, that stay with your body long after giving birth. During pregnancy women tend to gain

anywhere from 20-35 pounds and sometimes even more. Stretched abdominal muscles, breasts that have begun to sag and lose volume, and excess fat surrounding the hips, thighs, and buttocks are the most common "problem areas" that can develop after giving birth. Along with a healthy diet and a regular exercise regimen, the cosmetic surgeon typically performs a series of procedures, collectively known as a Mommy Makeover, with the goal being to help women regain their pre-pregnancy body and self-confidence.

We deeply believe that patient education is an important factor involved with plastic surgery; therefore, it is our priority to provide the necessary information regarding the Mommy Makeover.

A Mommy Makeover is a series of surgical body contouring procedures to reverse the dramatic effects of pregnancy and childbirth on a woman's body. These are performed in one operation, commonly including: abdominoplasty (tummy tuck), breast augmentation, and/or breast lift surgery, labiaplasty, and liposuction.

Performing multiple procedures at the same time does reduce overall recovery time, although it is suggested that patients allow two weeks for the initial recovery, although often up to six weeks of healing are needed before returning to your regular life schedule. Returning to an active lifestyle too soon can result in unwanted complications and diminished results. Patients will notice bruising and tenderness in the operated areas during the initial recovery process, this is normal and will improve within the first few weeks. In addition, it is important that the cosmetic surgeon provide the necessary emotional support and understanding in order for the patient to have a positive experience and outcome.

A surgeon's goal is to produce natural-looking results that will help return your body to a shape that closely resembles your pre-pregnancy physique, or better.

Dr. Tamy Faierman is board-certified plastic surgeon specializing in cosmetic plastic surgery. Her office is located at 17130 Royal Palm Blvd, Suite 1, in the Windmill Professional Campus. Office hours are Monday-Friday from 9am-4pm. For more information, call 954-322-2742 or visit www.reshapeyourimage.com.

