

The Buzz on Mommy Makeovers



One of the newest buzz words in today's plastic surgery practice is the Mommy Makeover. Childbirth is a very rewarding experience, but the aftermath can often be overwhelming for the new Mom. Pregnancy takes its toll on your body, particularly in the breast and abdominal areas, and a Mommy Makeover may help you look and feel your best.

As a Mom myself, I know how demanding your schedule can be. You devote most of your time to your children, husband, job, home, ETC. ETC. ETC.!!!!!! I've heard all of the many reasons to postpone surgery for yourself because of guilt, BUT what I've heard more is "I wish I had my surgery sooner. I feel absolutely wonderful about myself now and it makes it easier to accomplish all of the many daily tasks that I need to perform."

Generally, a Mommy Makeover may include:

Breast Augmentation, Breast Lift, Tummy Tuck, Liposuction, Buttock Lift, Breast Reduction.

Mommy Makeovers can be a single procedure or a mixture of any of the above surgeries. It is your personal prescription for your physical and emotional needs. In this procedure, I perform a unique combination of plastic surgery procedures counteracting the physical effects of childbirth to best enhance your body.

These are some of the important questions to ask yourself before deciding on a Mommy Makeover.

1. Are you finished having children?
2. Are you at a stable weight?
3. Are you finished breast feeding?
4. What body parts have changed since childbirth?

I recommend that before coming in for your consultation, try to achieve your desired weight, practice good nutrition, quit smoking and limit alcohol consumption. And most importantly, have a plan for the caretaking of your children for at least 2 weeks after your surgery.

The next step is to schedule an appointment to discuss your options with a Board Certified Plastic Surgeon, such as myself. It will help you to determine whether or not your expectations are reasonable, and facilitate in making a customized plan for your individual Mommy Makeover. I recommend that you wait 6 months or longer after having your baby before considering a Mommy Makeover. This gives your body time to normalize after childbirth. I will also tell you to stop smoking and limit alcohol consumption to 2-3 drinks per week, as these can slow down the healing process. In the specialty of Plastic Surgery, we are specifically trained in each of the surgeries mentioned above, and in their management. Safety and an individualized approach to your specific needs by the aesthetic eye of a Board Certified Plastic Surgeon is a very important factor in your surgery decision. You want an expert in these types of surgeries taking care of you from your first visit to your last post op visit and a doctor who will see you for regular follow up visits, long after your surgery is performed.

Some women may need Breast Augmentation to correct severe deflation of the breasts. Others may need a Breast Lift in combination with an Augmentation and still others may need a Breast Reduction in combination with a Lift. With regard to the abdominal area, some women may require a full Tummy Tuck, which removes excess fat and skin along with the tightening of the muscle, while others may only need a mini Tummy Tuck. Some women may find liposuction of the back, hips and thighs beneficial in smoothing out their body contours.

Recovery depends on what your Mommy Makeover entailed. You will see me about 5 days after your surgery. This surgery has helped so many Moms to feel good about their new role as Mom, while bringing back the body they had before they became a Mom. Truly, the best of both worlds!! Visit our website, [beleza-](http://beleza-plasticsurgery.com)

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*Dr. Anna Wooten,
Board Certified Plastic Surgeon*

This **Industry Insight** was written by Anna Wooten, MD. Dr. Wooten, the founder of Beleza Plastic Surgery, is Board Certified by the American Board of Plastic Surgery and is a member of the American Society of Plastic Surgeons. She completed her General and Plastic Surgery Residency and Fellowship at one of the leading Plastic Surgery Training Programs in the Country, the University of Pittsburgh Medical Center. Her unique and extensive education and training brings a special perspective to the discipline and art of Aesthetic Plastic and Reconstructive Surgery.