

MOMMY MAKEOVER

Mommy makeover is a term that refers to women who have seen some changes to the body through pregnancy that have left them either with a little chubby belly, or droopy breasts, or either of the above.

The idea of the mommy makeover is to combine procedures to restore the woman back to her pre-pregnancy appearance. During pregnancy, a few things happen to the body. One, of course, is that the muscles, called the rectus abdominis, stretch in the belly and, often, after pregnancy, they do not return to the midline which leaves a weakening of the muscles or separation, rather, called diastasis. And, despite all the exercises in the world, these muscles will not meet again at the midline and you are left with, basically, a pudge.

Some of the skin will not contract also after pregnancy (leaving loss or wrinkly skin on the belly). For these two reasons, sometimes removing skin and actually tightening the muscles, which is an abdominoplasty, can restore a woman to her pre-pregnancy days appearance-wise.

The breasts also change with pregnancy and, of course, they become engorged with milk for lactation and, depending on genetics (blame mom or dad), sometimes they don't return to a perky state and the areola will stay wide, the tissues become lax, and there may even be a postpregnancy deflation of the breast. We can do a breast augmentation to either restore the volume or the perkiness of the breast that existed before pregnancy. Sometimes a breast lift, or mastopexy is required to truly rejuvenate the breasts.

In addition to this, often we will combine some liposuction to the flanks because most women will gain weight with pregnancy and, sometimes, we will even save that fat and put it into the face to restore their face into a more youthful shape by fat grafting. So, those are the elements of a mommy makeover. (Sometimes the extra fat is injected into the buttock for a Brazilian butt lift).

TAKE HOME POINT: Mommy makeover usually refers to a breast lift (mastopexy) often with augmentation and an abdominoplasty.