


Getting Your Body Back:

The Mommy Makeover Guide



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introduction

The hard part is over.

You've given birth to a beautiful baby. You can finally have a few drinks at a get-together. It's all smooth sailing from here.

But the pregnancy and birth can take a toll on your body. All things being equal, returning to your pre-pregnancy diet and exercise regimen often reverses the majority of these body changes for most women.

Some people, especially when faced with the new challenge of raising a child, have trouble returning to their previous size. If you're interested in getting your old shape back, but are unsure what to do, there is another solution.

Enter the Mommy Makeover. Contrary to popular belief, the Mommy Makeover doesn't have to involve extensive surgery. In all instances we can, we recommend non-surgical and minimally invasive procedures. However, for some, surgery offers the quickest and most effective way to get results.

Most importantly, we want you to look and feel your best.



Let's get started.



WHAT IS A **mommy makeover?**

The pregnancy and breastfeeding period can have a number of effects on the female body, including overall weight gain from the pregnancy, abdominal tissue sagging and stretch marks from the strain put on the abdominal region, and breast sagging from the weight gain and breastfeeding.

The Mommy Makeover seeks to remedy these changes through strategic procedures, and could include:

- Breast lift
- Breast augmentation or reduction
- Tummy tuck
- Liposuction
- Facelift

A Mommy Makeover is personalized for your unique needs and is a set of procedures that could be as few as one.

IS A mommy makeover for me?

Many moms who desire an improvement in their shape are unsure if they're ready for the Mommy Makeover because of the surgical component of the procedures.

Non-surgical ways of attaining results are obviously preferable. For example, you might be able to lose some of the pregnancy weight by returning to your pre-pregnancy diet and exercise regimen.

However, other aspects, such as loose skin, are harder to remedy by yourself. If you find yourself improving, but struggling to get back to your pre-pregnancy shape, a Mommy Makeover can help.

The ideal candidate for a Mommy Makeover is done breastfeeding and isn't planning on another pregnancy within the next 2 years.

Another pregnancy will change your body again and may require further work to get you back to Mommy Makeover shape.





breast procedures

Pregnancy and breastfeeding can significantly change the appearance of your breasts. Many women experience one or more of these concerns:

- Stretch marks
- Sagging
- “Deflating”, or, loss of superior pole fullness

Stretch marks, while not treated surgically, may be improved with prescription (prescribed by your dermatologist) or over-the-counter creams & gels. Keep in mind that using topical remedies tend to work best in the early stages while the skin is still healing. Many women find that with time, the stretch marks do fade and may improve in appearance.

A breast lift (*called a mastopexy*) can help you take care of sagging. The procedure reshapes the breasts through the removal of tissue and results in a younger and more “perky” appearance. Some women will have enough breast volume to get the look they would like without implants, but typically, a breast augmentation will be recommended as well to achieve your ideal appearance. Breast augmentation can remedy the deflation that follows pregnancy, or address a long-term desire for more fullness.

Other moms will experience an increase in volume after childbearing. For them, breast reduction can improve breast appearance while also resolving other issues such as neck and back pain.

body contouring procedures

During the pregnancy, your stomach has to stretch significantly to accommodate the growing baby. Once the baby arrives, many mothers are left with:

- Stretch marks
- Loose skin
- Lower abdominal bulging

As your post-birth weight begins to normalize, you'll see some of these issues go away on their own. But, depending on genetics and other factors, these issues could linger and become permanent.

A tummy tuck procedure removes the excess tissue and fat in the abdominal area, and repairs the abdominal muscles, which can be weakened by pregnancy. The end result is a significantly flatter stomach area.

Liposuction, whether alone or in combination with a tummy tuck, could also address some of your needs. Liposuction is a procedure that removes subcutaneous fat from the stomach and other areas (*as needed*), but **does not involve skin removal**.

The ideal candidate has tried plastic surgery alternatives such as diet and exercise, but hasn't achieved the results she was looking for.

She is committed to working to keep her figure post-Mommy Makeover with proper diet and exercise.



body contouring procedures

What is the difference between a tummy tuck and liposuction?

New moms often ask us,

“What’s the difference between a tummy tuck and liposuction, and which one is right for me?”

The main difference is that:

- Liposuction removes subcutaneous fat from stomach and/or other areas such as love handles, or hips and thighs.
- The tummy tuck is mainly concerned with removing the extra skin and fat in the stomach region after pregnancy.

Generally speaking, liposuction is less invasive and has a shorter recovery time than a tummy tuck. However, because the tummy tuck procedure deals with post-pregnancy excess skin (liposuction doesn’t), it is often necessary for giving moms their pre-pregnancy shape back.

Modern surgical equipment and procedures have made both procedures as minimally invasive as they can be, making recovery times significantly shorter than ever before.



face procedures

Many women are surprised to find that pregnancy and breastfeeding can also take a toll on their face. During both, many valuable nutrients are transferred from your body to your baby to help them grow and stay healthy. New mothers often suffer from chronic fatigue, which also doesn't help.

If you're still not 100% happy with the appearance of your face, a face lift procedure can help tighten up facial skin in other areas. Another popular procedure is eyelid surgery, which specifically improves sagging under the eyes.

Some new moms will notice that their face:

- Looks permanently tired
- Lacks "glow" and radiance
- Has permanent dark circles under eyes from malnutrition and fatigue

A healthy diet, plenty of water, and adequate rest can go a long way toward restoring your face to its previous glory. But if you need some help, there are now a variety of non-surgical face-enhancing procedures:

- Microdermabrasion
- Chemical Peels
- Botox

are these procedures common?

All of the procedures outlined above are common and have been done for years. There is a multitude of medical research behind their safety, and thousands of women have had them successfully done.

Some relevant figures:

- The rate of breast lifts has nearly doubled in the past decade
- Tummy tucks are up 70% in the same timespan



WILL ANYONE NOTICE?

what are the benefits?

The benefits of the Mommy Makeover are many.



The majority of new moms plan to regain their pre-pregnancy shape, but for a variety of genetic and environmental factors, not all succeed.

The results of the Mommy Makeover can vary from subtle to drastic, based on your unique situation and needs. Most women undertaking the procedure admit that the compliments start pouring in almost instantly.

It will be up to you and your doctor to decide what kind of results you're looking for, and how drastic of a change they present from your starting point.



are my goals realistic?

Plastic surgery can achieve amazing things in a short period of time. However, you should make sure your expectations are realistic. Choose a board-certified plastic surgeon who will be honest with you about what can be achieved through each specific procedure.

While considering the Mommy Makeover, keep in mind that maintaining your new look will best be achieved through a healthy diet and exercise.

how much does it cost?

The price of the Mommy Makeover varies by procedure, complexity, and other unique considerations.

The right doctor will work with you to help identify the best options. Many people find that financing is available, allowing you to spread out your payments over several months.

Combining multiple procedures at the same time will lower the overall cost when compared to having the procedures performed individually. That's the case because the operating room and surgeon's time are used more efficiently.

These savings are a big part of the reason the Mommy Makeover, a group of procedures done at the same time, has increased in popularity so dramatically.



preparing for your mommy makeover



After the Mommy Makeover, you will wear compression garments to assist in the healing process.

You should be in good general health before considering any surgical procedures. Usually, a doctor will like to see signs of a healthy lifestyle that indicate you'll be willing to work to maintain the results you achieve from your Mommy Makeover.

Your doctor will thoroughly explain how to prepare for surgery. These instructions will include how to manage current and needed medications & supplements, cessation of smoking, and details about the day of your surgery. For your safety, you will need a trusted family member or friend to drive you home after the surgery.

Extra Help at Home

You should avoid any strenuous activity, and any lifting of objects that could put strain on the key areas involved in the procedure. Plan on taking it easy and getting some extra help around the house and with your children while your body recovers.

You will also be checking in with your doctor periodically to make sure that all the healing is progressing.



WHAT IS

the recovery time?

The recovery time from the Mommy Makeover depends largely on which procedures you choose, and your individual body's response to the procedure.

Follow your doctors post-surgery recommendations to shorten recovery time as much as possible.

Generally speaking:

- Liposuction has a fairly short recovery time of around 2 weeks
- Breast lift & breast augmentation have a complete recovery time of about 6 weeks during which time heavy lifting should be avoided. Many women find that they are ready to return to routine activities relatively quickly after breast surgery.
- Tummy tucks have a complete recovery time of about 6 weeks as well. You should avoid heavy lifting and bending as your body recovers.

Keep your surgeon updated on how you are feeling while you recover. You will be advised when you can return to your regular exercise and activities.

what are the risks?

While it is exciting to consider all the cosmetic benefits, all surgical procedures have risks. Your individual risk factors will be discussed with you during a comprehensive consultation with your surgeon. Be sure you ask about any concerns and provide your doctor with your complete medical history.

Some of the risks involved with any surgical procedure are:

- Adverse reaction to anesthesia
- Hematoma or seroma (an accumulation of blood or fluid under the skin that may require removal)
- Infection and bleeding
- Changes in skin sensation
- Scarring
- Allergic reactions
- Damage to underlying structures
- Unsatisfactory results that may necessitate additional procedures
- Blood clots in the legs or lungs

Precisely following your doctor's instructions before and after the procedure will help minimize your risks and have you enjoying your new look as quickly as possible.



CHOOSING YOUR MOMMY MAKEOVER SPECIALIST

how do i get started?

To select a specialist, your number one resource should be the American Society of Plastic Surgeons. You can rest assured that a board-certified plastic surgeon is qualified to perform your surgery. Look for a doctor in your area and ask friends who have undergone similar procedures to refer you to their doctor.

From there, visit the doctor's website and see if the information he/she provide is to your satisfaction and answers most of your questions.

Set up an in-person consultation and evaluate the doctor first hand:

- He/she should make time to answer all your questions and concerns, treating you as an individual with unique needs. Together you can decide on a plan to reach your goals and desires.
- He/she should give you an honest evaluation of which procedures might be best for you, and present you with other non-surgical options when indicated.
- He/She should have performed the surgery you are considering numerous times before and have before and after photos for you to review.

The right doctor will put you at ease by being professional, discussing their record of success, being your trusted advisor, and most importantly, focusing on your individual needs to ensure you're satisfied with your Mommy Makeover.



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about Dr. Ghaderi

The Plastic Surgeon Doctors Recommend

Dr. Bahram Ghaderi is a skilled plastic surgeon who is certified by the American Board of Plastic Surgery, completes continuing medical education and patient safety requirements each year and adheres to a strict code of ethics.

Located in St. Charles, near Chicago, Dr. Ghaderi's professional passion lies in helping people transform their dream look into a beautiful reality. By using the most advanced techniques and technology available, he can rejuvenate your appearance to help you get your post-baby body back.

Visit his online gallery to see his work and hear what his patients have to say.



