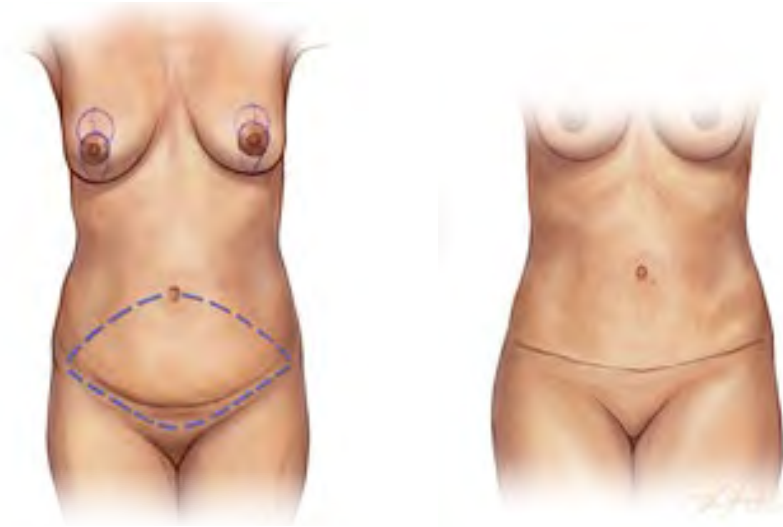




Mommy Makeover



Only a mother can truly understand the magic of having a child. But pregnancy and the early years after your children arrived may have changed your body and left you feeling less confident.

Your breasts may have shrunk, sagged or both.

Your tummy skin may be loose. Even more discouraging, despite faithfully doing thousands of crunches, your tummy muscles may not respond.

You may have a few extra pounds that just won't come off, no matter what.

A *mommy makeover* addresses both your tummy and breasts together. We treat you with the right combination of breast and abdominal procedures to help restore your shape...and your sense of self.

How do I get my body back?

This is a question many modern women ask themselves within a few months after childbirth. Many women try to plan what they will do to get “back in shape” while they are pregnant, or even before.

After pregnancy, some women are lucky, with little change to the contours of their abdomen and breasts. Unfortunately, more often there are changes no amount of diet and exercise can overcome.



There is good news, though. It is now easier and safer than ever to refresh your body. You can have breast augmentation with or without breast lift surgery, or tummy tuck surgery as separated procedures, but refinements in anaesthesia and surgery techniques have made **Mommy Makeover** surgery, which combines breast and body contouring, routine and very safe.

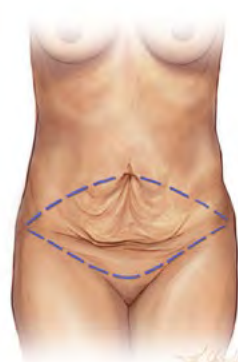
Why the changes after pregnancy?

More often than not, when body weight returns to pre-pregnancy, breasts lose much of the surrounding fat and become smaller. The upper part of the breasts look "deflated" and what is left only partly fills the lower breasts. Patients describe their breasts as "drooping" even when plastic surgeons only see loss of volume. When we see this, restoring volume is all that required. This is done either with transplanting some of your own fat taken from elsewhere by means of liposuction (fat grafting), or more typically, by adding implants filled with saline or silicone (cohesive) gel.

Breast skin may stretch during and after pregnancy, so that droop becomes significant.



Breast droop, loss of volume, or both may occur after pregnancy and breast feeding



Abdominal skin and muscle tone may be lost after pregnancy

When true breast droop has occurred, a breast lift to "take in" the looseness of the skin is needed. A range of skin reduction patterns are used, all aiming to re-shape the breasts and shift them back to a more youthful and attractive position while trying to minimize the impact of scars.

The **abdominal contour** is permanently changed by some of the natural processes that make room for a baby. Some of these are irreversible. Muscles separate to expand the abdominal space, and never come back together. Skin stretches beyond its elastic rebound ability, and stays loose. If a Caesarean was done (and over 15% of deliveries are C-section today), the resulting scar often is more tightly attached than the surrounding skin, which often falls over the adherent scar in a "pouch" that shows in most clothing.

Despite your best efforts, exercise doesn't reverse these processes. You cannot exercise skin, and the muscle separation (in the rectus abdominis muscles, the ones you use to do "crunches") also doesn't respond at all.



An **abdominoplasty** tightens the skin by removing all or most of the skin from the belly button to the pubis and “sharing” the remaining skin over the entire abdomen. But it also repairs the separated muscles and re-shapes the belly button and may also involve some fat removal.

Recovery is faster than it used to be.

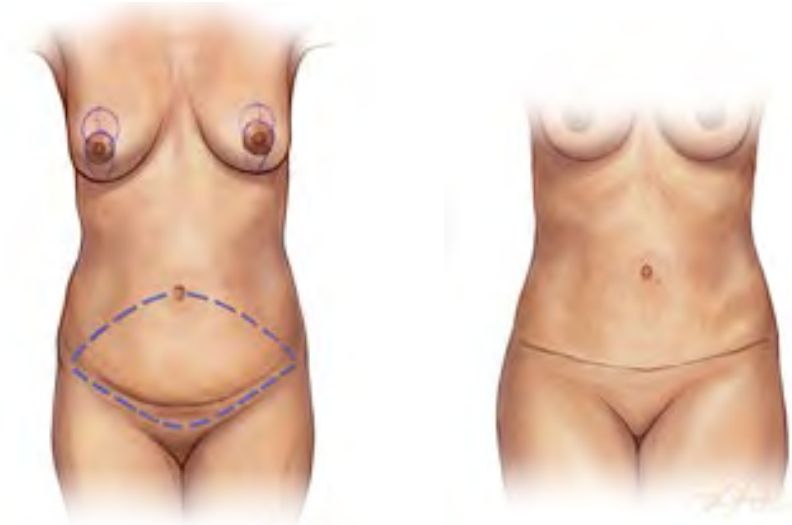
We no longer advise patients to avoid raising their arms above their heads after breast augmentation for several weeks. Early range of motion exercise is started the day of surgery and helps reduce pain dramatically. Return to light aerobic gym exercise begins by 14 days and soon upper body resistance exercises are allowed, so that by six weeks most patients are back to much of their full routine (planks, “downward dog”, pushups and chest presses must be gradually reintroduced).

Most tummy tuck and mommy makeover patients are beginning to do some core exercises by four weeks, although everyone’s recovery is individual.

As with any scars, they reach a maximum thickness in a few weeks, “plateau” for a while, then begin to fade. The fading—what we call **maturation** process—varies from person to person, but runs anywhere from six months to twenty-four months depending your skin.

Summary

A new, shapelier body, resulting in you feeling good about yourself in bathing attire and in clothing, is a great boost in confidence.



An abdominoplasty with breast enhancement can dramatically restore your shape and confidence after childbirth



Meet the Doctor

Benjamin Gelfant, MD FRCSC

Dr Gelfant is a member of the Canadian Society for Aesthetic (Cosmetic) Plastic Surgery (CSAPS), as well as the American Society of Plastic Surgeons (ASPS) and the American Society for Aesthetic Plastic Surgery (ASAPS).

More at drgelfant.com



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