

Make Fantasy a Reality: Get a Mommy Makeover!

By Dr. Babak Farzaneh

Have you given birth recently? Many new Mothers go through the agony of trying to get back to their pre-baby weight and body. Giving birth is an awe-inspiring and memorable time in your life filled with first time experiences that are both joyous and, sometimes, overwhelming. Always, there seems to be the age-old problems of how to get enough sleep and how to get that body back to the way it used to be. Remember those curves, the flat stomach and the perky breasts? No, they are not a fantasy and, yes, you can get them back!

Eating healthy and exercising, if you can find the time between feedings, diaper-changing, cleaning, laundry and trying to sleep, does not always bring back your pre-baby body. Wow, I'm exhausted just thinking about having to do all these things and what about that job you need to get back to? Many women do get back down to their pre-baby weight but their bodies have changed forever and may not look the same even though they weigh the same. It's very difficult to look at the scale and see the right weight but still have a tummy bulge. Science shows that no amount of exercise will help tighten the gap that forms between the abdominal muscles. These muscles, once stretched apart, can never regain their shape without the help of a doctor. Your skin has been stretched like a balloon and once deflated the skin loses its elasticity. The reality is that a mommy makeover can give you back your pre-baby body or maybe one even sexier.

Don't feel guilty about wanting to look nice again and fit better in your dress even though you are now a mother. Also, don't view yourself as fat because you still have a "stomach" even after losing the baby weight. The muscles become loose and separate to make room for the baby, not because of weight gain. It is these bulging muscles that cause you to believe that you're fat even when you're not.

Each makeover is unique. For those moms who have moderate muscle laxity (bulging and loose skin above the belly button) full tummy tuck is the solution. A tummy tuck addresses the underlying muscles that act as an internal corset above and below the belly button. These muscles are sewn together to flatten them out again and give you back your waist and the hour glass figure that you think has been lost forever. In a tummy tuck there is also the removal of the excess skin as it is pulled more tightly across the now flattened muscles. With the removal of the extra skin, stretch marks can disappear and the belly button is repositioned. We use pain pumps to help you to recover much quicker with much less discomfort. My patients usually drive in about nine days and go to

work in 2 weeks.

Some women may only need a mini tummy tuck. A mini removes extra skin below the belly button. The excess skin is removed and can be coupled with liposuction to give you a flatter stomach and a more proportional body. Some areas of the body that don't respond well to diet and exercise are the lower back, the outer thighs, the under arms and the belly. These are the areas where liposuction will do the trick as part of your mommy makeover.

What about those breasts ladies? Where did they go and what happened to them? Many moms decide to make breast augmentation a part of their makeover as well as the tummy tuck. Some women want to go back to their original size and shape and some decide it's time to go up a size. Returning to your original size and shape may only require a breast lift while those wanting to go bigger need the augmentation.

Whatever your decision may be, the end result should always be the body you want and a renewed self-confidence; so make your fantasy of a sexy body a reality and get a mommy makeover.

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