



MUMMY MAKE OVER

- **Introduction**
- **Candidate**
- **Consultation**
- **Question to Ask**
- **Risk & Safety**
- **Preparation**
- **Procedure Steps**
- **Recovery**
- **Result**
- **Before & After Photo**
- **Visual Animation**



Introduction

The goal of a **mommy makeover** is to restore the shape and appearance of a woman's body after childbearing. Many women notice changes in their bodies post-pregnancy. There are many areas of the body that can be addressed, most commonly the breasts, abdomen, waist, genitalia, and buttocks.

A mommy makeover is typically performed as a single-stage procedure. There are many techniques used to perform a mommy makeover, and many factors should be taken into consideration when choosing which techniques are best:

- Desired amount of restoration
- Placement of the incisions
- Type of implant used

Possible Procedures In A Mommy Makeover

- Breast augmentation
- Breast lift
- Buttock augmentation
- Labiaplasty
- Liposuction
- Tummy tuck
- Vaginoplasty
- Face lift

Who Is A Good Candidate For A Mommy Makeover?

Mommy makeover surgery is a highly individualized procedure. You should do it for yourself, not to fulfill someone else's desires or to try to fit any sort of ideal image.

You may be a **candidate for mommy makeover surgery** if:

- You are in good medical health
- You are at your ideal body weight
- You have a positive outlook and realistic expectations
- You are finished with childbearing

What Should I Expect During A Consultation For A Mommy Makeover?

During your **mommy makeover consultation** be prepared to discuss:

- Your surgical goals
- Medical conditions, drug allergies and medical treatments
- Current medications, vitamins, herbal supplements, alcohol, tobacco and drug use
- Previous surgeries

Your plastic surgeon will also:

- Evaluate your general health status and any pre-existing health conditions or risk factors
- Examine your breasts, abdomen, genitalia, and/or buttocks and take measurements of their size and shape, skin quality and skin thickness
- Take photographs
- Discuss your options and recommend a course of treatment
- Discuss likely outcomes of mommy makeover surgery and any risks or potential complications

What Questions Should I Ask My Plastic Surgeon About A Mommy Makeover?

Use this checklist as a guide during your **mommy makeover consultation**:

- Am I a good candidate for this procedure?
- What will be expected of me to get the best results?
- What surgical technique is recommended for me?
- What are the risks and complications associated with my procedure?
- Do you have before-and-after photos I can look at for this procedure and what results are reasonable for me?

How Should I Prepare For A Mommy Makeover?

In preparing for mommy makeover surgery, you may be asked to:

- Get lab testing or a medical evaluation
- Take certain medications or adjust your current medications
- Stop smoking
- Avoid taking aspirin, anti-inflammatory drugs and herbal supplements as they can increase bleeding

Mommy makeover surgery is typically performed in a hospital or ambulatory surgery setting, and will likely use general anesthesia. Some follow-up procedures may be performed on an outpatient basis, and local anesthesia with sedation may be used. These decisions will be based on the requirements of your specific procedure and in consideration of your preferences and your doctor's best judgment.

What Should I Expect During My Mommy Makeover Recovery?

Following your mommy makeover surgery, gauze or bandages will be applied to your incisions. An elastic bandage or support bra will minimize swelling and support the breasts. A compression garment may also be used to control swelling in the abdomen, waist and buttocks.

You will be given specific instructions that may include:

- How to care for your surgical site(s) following surgery
- Medications to apply or take orally to aid healing and reduce the risk of infection
- Specific concerns to look for at the surgical site or in your general health
- When to follow up with your plastic surgeon.

Be sure to ask your plastic surgeon specific questions about what you can expect during your individual recovery period:

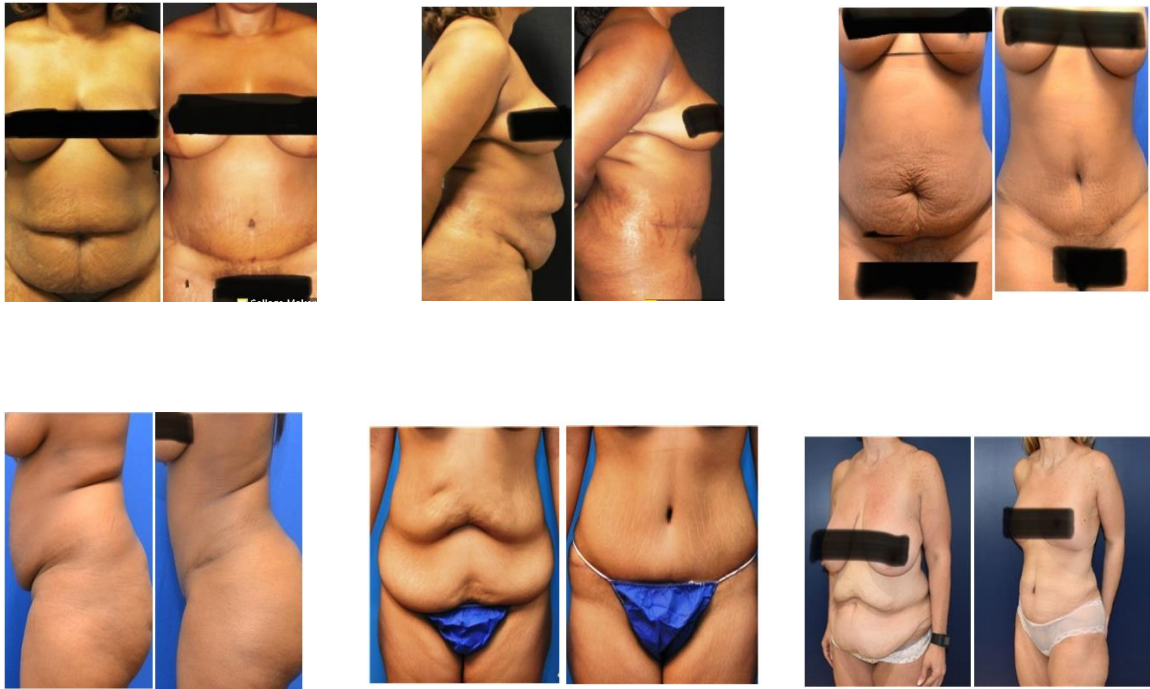
- What medication will I be given or prescribed after surgery?
- Will I have dressings/bandages after surgery? When will they be removed?
- When can I resume normal activity and exercise?
- When do I return for follow-up care?

Healing will continue for several weeks as swelling decreases and the shape of the breasts, abdomen, waist, genitalia and buttocks improves. Continue to follow your plastic surgeon's instructions and attend follow-up visits as scheduled

What Results Should I Expect After A Mummy Make Over?

- Within a week or two, you should be standing tall and confident in your new slimmer profile. Your tummy tuck will result in a flatter, firmer abdominal contour that is more proportionate with your body type and weight.

Before & After Photo



Visual Animation  [Adi care 007](#)

FOR APPOINTMENT

Adi Care
Cosmetic & Anti-Ageing Centre
E-7/32 Arera Colony Ashoka Housing
Society Near Sai Board Square Bhopal

Dr Anand Gautam
Mch (Plastic Surgery)
0755-3145063, 9406523611
7987979675

