

MOMMY MAKEOVER

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AMERICAN SOCIETY OF
PLASTIC SURGEONS •

What is a Mommy Makeover?

The physical changes brought on by pregnancy and breastfeeding can leave many women feeling self-conscious about their appearance. Common concerns include sagging breasts with decreased size and shape, loose abdominal skin with stretch marks, and a “shelf” of excess skin above a C-section scar. Despite efforts at diet and exercise these problem areas can persist. A “**mommy makeover**” procedure may offer the solution these women are looking for.

The surgery may involve:

- Improvement of the breasts by increasing volume with a breast implant, correcting shape with a breast lift, or a combined procedure involving implant placement and a breast lift
- Enhancements to the abdomen with a tummy tuck (abdominoplasty) that eliminates surplus skin and firms the abdominal muscles (corrects rectus diastasis), which may have become separated due to pregnancy
- Liposuction to contour the abdomen, hips, and/or waist

What it won't do:

A mommy makeover is not a substitute for weight loss or exercising to achieve the appropriate muscle tone.

A mommy makeover can produce long-lasting results, but it's important to keep in mind that significant weight changes or future pregnancies can impact the appearance and outcome of the surgery. Women who have finished having children and are near their ideal weight are typically the best candidates for this procedure.

It is important to understand that a mommy makeover procedure will result in scars on your body, as it involves incisions made during the surgical process. However, these scars are typically located in areas that can be easily concealed by clothing and are often considered a trade-off for the improved shape and appearance of the treated areas.



Consultation & Preparing for Surgery

The success and safety of your mommy makeover procedure depends very much on your complete candidness during your consultation. You'll be asked a number of questions about your health, desires, and lifestyle. Some patients will not be candidates for this operation or the surgeon may recommend separate operations for the breasts and abdomen to reduce risk.

During your consultation be prepared to discuss:

- Your surgical goals
- Medical conditions, drug allergies, and medical treatments
- Current medications, vitamins, herbal supplements, alcohol, tobacco/nicotine, and drug use
- Previous surgeries or operations
- Any family history of breast cancer and results of any mammograms or previous biopsies

Is it right for me?

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

A mommy makeover is a good option for you if:

- You are physically healthy and at a stable weight
- You have realistic expectations
- You are a non-smoker/vaper
- You are bothered by the appearance of your abdomen and breasts
- You do not plan on having any future pregnancies
- You do not have any medical conditions that could impair healing or increase the risk of surgery

Your surgeon will also:

- Evaluate your general health status and any pre-existing health conditions or risk factors
- Take photographs
- Discuss your options
- Recommend a course of treatment
- Discuss likely outcomes of the mommy makeover and any risks or potential complications
- Discuss the use of anesthesia during your surgery
- Examine your breasts and may take detailed measurements of their size and shape, skin quality, and placement of your nipples and areolas
- Examine your abdomen



A mommy makeover may be performed in an accredited office-based surgical facility, a licensed ambulatory surgical center, or a hospital. Prior to surgery, you may be asked to:

- Have a physical examination, including lab work
- Take certain medications or adjust your current medications
- Stop smoking or vaping*
- Avoid taking aspirin and certain anti-inflammatory drugs, as they can increase bleeding

**Smoking decreases blood flow, which can impede wound healing and increase the risk of infection.*

Be sure to arrange for someone to drive you to and from surgery and to stay with you for at least the first night following surgery.

It's very important to understand all aspects of your mommy makeover surgery, especially regarding your personal health history. It's natural to feel some anxiety, whether it's excitement for your anticipated new look or a bit of preoperative stress. Don't be shy about discussing these feelings with your plastic surgeon.

The Procedure

Step 1 - Anesthesia

Medications are administered for your comfort during the surgical procedure. The choices include intravenous sedation and general anesthesia. Your doctor will recommend the best choice for you.

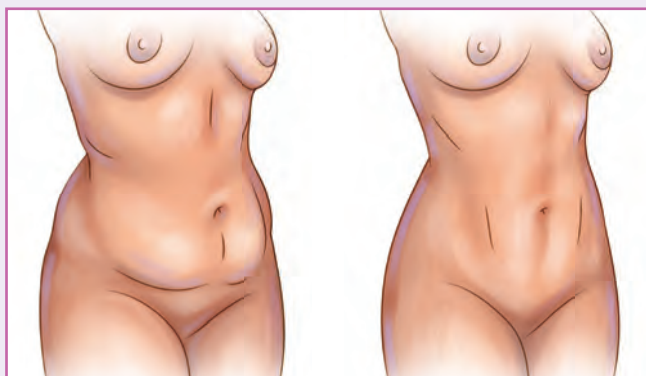
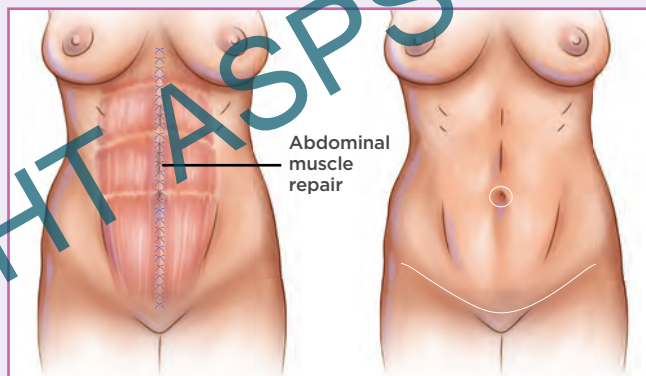
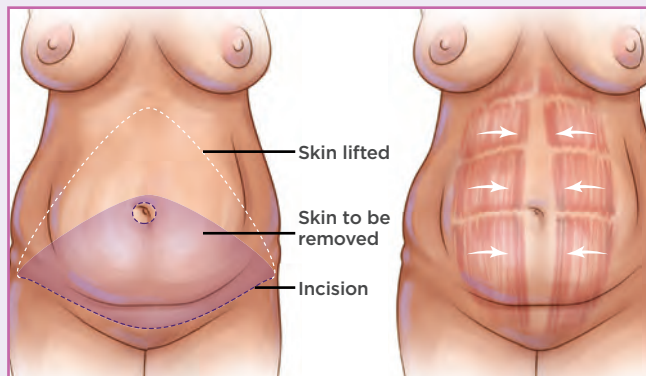
Step 2 - Tummy Tuck Incision

A tummy tuck involves the surgical removal of excess abdominal fat and skin and may include tightening of the abdominal wall where muscles have weakened or separated.

A full tummy tuck requires a horizontally-oriented incision (scar) in the area between the pubic hairline and belly button. The shape and length of the incision will be determined by the amount of excess skin. The incision may extend from hip-to-hip.

- Once the abdominal skin is lifted, the underlying weakened abdominal muscles are repaired.
- A second incision around the navel may be necessary to remove excess skin in the upper abdomen.
- The upper abdominal skin is pulled down like a window shade.
- The excess skin is trimmed and the remaining skin is sutured together.
- A new opening for the belly button is created. The belly button is popped through to the surface and sutured into position.

When a correction is isolated to the area below the navel, a limited or “mini tummy tuck” with a shorter incision at the pubic bone level may be recommended. Liposuction may be performed with either a full or mini tummy tuck where excess fat is a factor and contouring is desired.



The Procedure

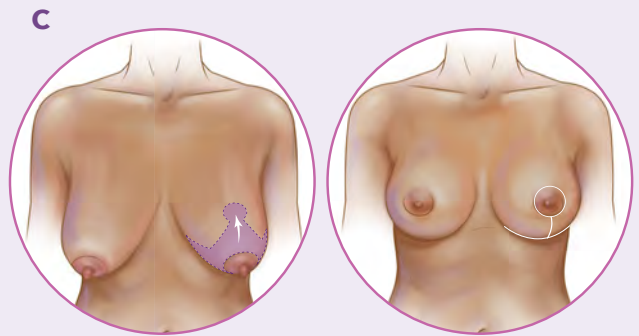
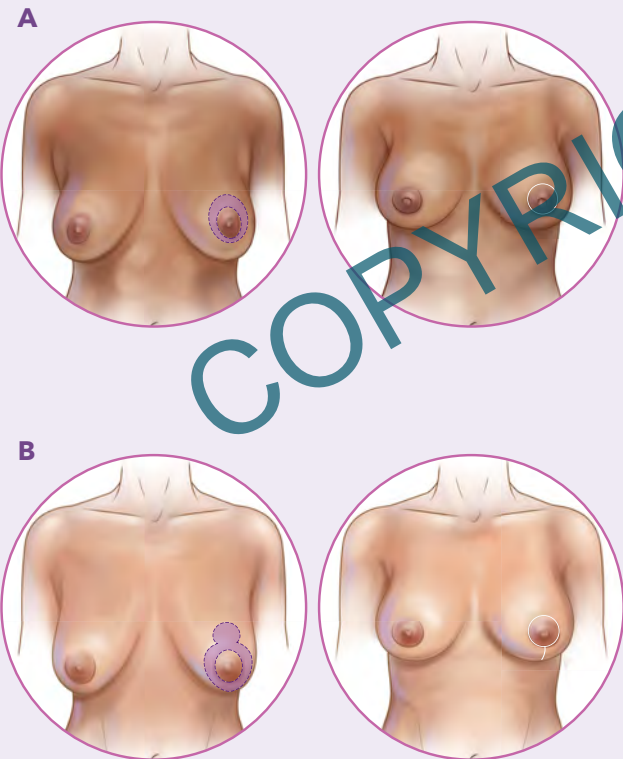
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Step 3 - The breast lift incision

During a breast lift, excess skin is surgically removed to raise the nipple and tighten the breast tissue. Incision patterns vary, depending on degree of excess skin and the amount of lifting required as well as patient and surgeon preference.

There are three common incision patterns:

- A. Around the areola
- B. Around the areola and vertically down from the areola to the breast crease
- C. Around the areola, vertically down from the breast crease and horizontally along the breast crease (inverted-T or anchor pattern)



Step 4 - Reshaping your breasts

After your doctor makes the incisions:

- The underlying breast tissue is lifted and reshaped to improve breast contour and firmness
- The nipple and areola are repositioned to a natural, more youthful height
- If necessary, enlarged areolas are reduced by excising skin at the perimeter
- Excess breast skin is removed to compensate for a loss of elasticity

Some women may want to consider placement of a breast implant in addition to the breast lift.

An implant can provide improved upper breast fullness and an increase in size. Implants can be placed at the same time or as a second operation, depending on the experience and advice of the surgeon.

If you have simply lost breast volume, but the size of the breast skin envelope and the position of the nipple is still good, your surgeon may recommend placing a breast implant without a breast lift. Available implants can be filled with silicone or saline. Implants can be placed beneath the breast tissue itself or under the pectoral muscle. Various incision sites are possible. Depending on your anatomy and personal preference, your surgeon will recommend an implant type and size.

Whether you choose saline or silicone implants, it is important for you to monitor your breast implants and follow up with your plastic surgeon for appropriate checkups. Your surgeon will review all of the potential risks of implants with you before surgery.

The Procedure

(continued)

Step 5 - Closing the incisions

Sutures are layered deep within the breast tissue and the abdomen to create and support the newly shaped breasts and abdomen. After your breasts and abdomen are reshaped and excess skin is removed, the remaining skin is tightened as the incisions are closed with sutures, skin adhesives, tapes, or clips.

Drains (soft tubes) may be placed under the skin to remove any fluid that accumulates during healing after the surgery. The drains will remain usually one to three weeks. You will be asked to empty and record the volume of drainage so that your surgeon can know when it is safe to remove the drain. You will often be asked to wear a compression garment (abdominal binder) after abdominal surgery to minimize the bruising and swelling for several weeks.

Your surgeon will try to make sure that all of your breast and abdominal scars are hidden beneath your underwear or a bathing suit. However, when you are not wearing clothing these scars will be visible. While your plastic surgeon will do everything possible to assure you get the best possible scar, scar formation depends on your own genetics and wound healing capabilities. Scars do tend to improve over time, but it may be months to years before the scars fade as much as they will.

Your plastic surgeon will recommend the incisions which best suit your anatomy.

Step 6 - See the results

The results of your mommy makeover surgery are immediately visible. Over time, post-surgical swelling will resolve and incision lines will fade. Satisfaction with your new image should continue to grow as you recover and realize the fulfillment of your goal of a more youthful body shape.

While you may be very pleased with your new improved breast shape, it is recommended to protect your investment by wearing a supportive bra when doing vigorous exercise or activity.



Risks & Safety

The decision to have a mommy makeover is extremely personal. You will have to decide if the operation will achieve your goals and if the risks and potential complications are acceptable. You will be asked to sign consent forms to ensure that you fully understand the operation and any risks and potential complications. You should feel free to ask any questions to help you understand risks.

Risks can include:

- Anesthesia risks
- Bleeding
- Infection
- Fluid accumulation (seroma)
- Poor wound healing or delayed healing
- Numbness or other changes in skin sensation, including numbness of the nipples and breast skin, which can be temporary or permanent
- Skin discoloration and/or prolonged swelling
- Unfavorable scarring
- Recurrent looseness of skin
- Scarring within the breast and/or abdominal tissue may cause firmness or lumps known as fat necrosis
- Blood clot - Deep vein thrombosis, cardiac and pulmonary complications
- Breast asymmetry (breasts are not exactly the same)
- Suboptimal aesthetic result
- Possibility of revisional/future surgery
- Persistent pain
- Breast and abdominal contour and shape irregularities
- Potential partial or total loss (death) of nipple and areola

Risks related to breast implants:

- Implant leakage or rupture
- The formation of tight scar tissue around the implant (capsular contracture)
- Malposition of the implant (implant not in the proper location)
- The development of Breast Implant-Associated Anaplastic Large Cell Lymphoma (BIA-ALCL), which is primarily associated with textured implants, or Breast Implant-Associated Squamous Cell Carcinoma (BIA-SCC), which are rare types of cancer that develop in the capsule around breast implants
- Breast implants may be associated with systemic symptoms commonly referred to as breast implant illness (BII), which can include fatigue, "brain fog," muscle or joint pain and rash

Other important considerations:

- Breast implants do not last a lifetime and future surgery will be required to replace the implants at some point in your life
- Breast implants require routine monitoring which includes regular follow up with a plastic surgeon and imaging such as breast MRI or high resolution ultrasound to evaluate the implants for rupture
- Breast implants may make it more challenging to get annual mammograms for breast cancer surveillance
- Pregnancy, weight loss, and menopause may influence the appearance of augmented breasts (breasts with implants) over the course of your lifetime

All risks will be fully discussed prior to your consent. It is important that you address all your questions directly with your plastic surgeon.

Recovery & Results

After your mommy makeover is completed, dressings or bandages will be applied to the incisions. You will need to wear an elastic bandage, support bra, and/or a compression garment to minimize swelling and support your body as it heals. If you have drainage tubes, you may be asked to monitor and record how much fluid is emptying into the reservoirs.

You will be given specific instructions that may include how to care for your body following surgery, medications to apply or take orally to aid healing and reduce the potential for infection, specific concerns to look for at the surgical site or in your general health, and 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.

- Where will I be taken after my surgery is complete?
- What medication will I be given or prescribed after surgery?
- Will I have dressings/bandages after surgery?
- When will they be removed?
- How will I bathe?
- How long will I wear the compression garment?
- When will the drains be removed?

The final results of your mommy makeover surgery may not be fully apparent for several months.

Satisfaction with your new image should continue to grow as you recover from surgery. The final results of your mommy makeover may be initially obscured by swelling and your inability to stand fully upright until internal healing is complete. Your final results will appear over the next few months as your breasts' shape and position continue to settle.

Previous abdominal surgery may limit the potential results of a mommy makeover. In women who have undergone cesarean section, the existing scars may be incorporated into the new scar. Incision lines are permanent and may take several months to a year to fade.

Over time, your body can continue to change due to weight changes, aging and gravity. You'll be able to retain your new look longer if you:

- Maintain your weight
- Keep a healthy lifestyle

Although good results are expected from your procedure, there is no guarantee. In some situations, it may not be possible to achieve optimal results with a single operation and another surgery may be necessary.

Special note:

A mommy makeover should be entertained after childbearing is completed. Changes that occur in the breasts and abdomen during pregnancy can minimize or reverse the improvement a mommy makeover provides. Likewise, significant weight loss or weight gain after a mommy makeover can negatively impact breast appearance.

It's important to have support during the initial phase of recovery after a mommy makeover surgery.

This can include assistance with childcare and you will not be able to drive for several days. Your surgeon will advise you to take it easy and avoid any vigorous physical activity during the healing process to ensure the incisions have time to properly heal.

Following your surgeon's post-operative instructions is vital for a successful outcome.

Cost

Prices for a mommy makeover can vary based on the procedures to be performed. A surgeon's cost may be based on his or her experience, the type of procedure used, and the geographic location of the office.

Cost may include:

- Anesthesia fees
- Hospital or surgical facility costs
- Medical tests and x-rays
- Post-surgery garments
- Prescriptions for medication
- Breast implant fees
- Surgeon's fee

Most health insurance plans do not cover mommy makeover surgery, as it is considered cosmetic surgery. Please ask your surgeon for a complete picture of the costs you can expect for your procedure. Many plastic surgeons offer patient financing plans.

Your satisfaction involves more than a fee:

When choosing a plastic surgeon for a mommy makeover, remember that the surgeon's experience and your comfort with them are just as important as the final cost of the surgery.

Words to know

- **Abdominoplasty:** A surgical procedure to correct the apron of excess skin hanging over your abdomen.
- **Areola:** Pigmented skin surrounding the nipple.
- **Breast augmentation:** Also known as augmentation mammoplasty, breast enlargement by surgery.
- **Breast implants:** Medical devices placed in your body to enhance an existing breast size or to reconstruct your breast. Breast implants can be filled with either salt water (saline) or silicone (elastic gel).
- **Breast lift:** Also known as mastopexy; surgery to lift the breasts.
- **Diastasis:** Condition in which abdominal muscles have separated.
- **General anesthesia:** Drugs and/or gases used during an operation to relieve pain and alter consciousness.
- **Hematoma:** Blood pooling beneath the skin.
- **Intravenous sedation:** Sedatives administered by injection into a vein to help you relax.
- **Liposuction:** Also called lipoplasty or suction lipectomy, this procedure vacuums out fat from beneath the skin's surface to reduce fullness.
- **Local anesthesia:** A drug is injected directly to the site of an incision during an operation to relieve pain.
- **Mammogram:** An x-ray image of the breast.
- **Sutures:** Stitches used by surgeons to hold skin and tissue together.
- **Tummy tuck:** A surgical procedure to correct the apron of excess skin hanging over your abdomen.

Questions to ask my plastic surgeon

- Are you certified by the American Board of Plastic Surgery?
- Are you a member of the American Society of Plastic Surgeons?
- Were you trained specifically in the field of plastic surgery?
- How many years of plastic surgery training have you had?
- Do you have hospital privileges to perform this procedure? If so, at which hospitals?
- Is the office-based surgical facility accredited by a nationally- or state-recognized accrediting agency, or is it state-licensed or Medicare-certified?
- Am I a good candidate for this procedure?
- What will be expected of me to get the best results?
- Where and how will you perform my procedure?
- What surgical technique is recommended for me?
- How long of a recovery period can I expect, and what kind of help will I need during my recovery?
- What are the risks and complications associated with my procedure?
- How are complications handled?
- What are my options if I am dissatisfied with the outcome?
- Do you have before-and-after photos I can look at for this procedure and what results are reasonable for me?

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Make the Right Choice

Plastic surgery involves many choices. The first and most important is selecting a member of the **American Society of Plastic Surgeons (ASPS)**.

ASPS member surgeons meet rigorous standards:

- Board certification by the American Board of Plastic Surgery (ABPS)® or in Canada by The Royal College of Physicians and Surgeons of Canada®
- Complete at least six years of surgical training following medical school with a minimum of three years of plastic surgery residency training
- Pass comprehensive oral and written exams
- Graduate from an accredited medical school
- Complete continuing medical education, including patient safety each year
- Perform surgery in accredited, state-licensed, or Medicare-certified surgical facilities

Do not be confused by other official-sounding boards and certifications.

The ABPS is recognized by the American Board of Medical Specialties (ABMS), which has approved medical specialty boards since 1934. There is no ABMS-recognized certifying board with “cosmetic surgery” in its name. By choosing a member of The American Society of Plastic Surgeons, you can be assured that you are choosing a qualified, highly trained plastic surgeon who is board certified by the ABPS or The Royal College of Physicians and Surgeons of Canada.



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