



What is the skinny on Mommy Makeovers?

By Kouros Azar, M.D.

In my years of practice as a surgeon, even operating sometimes late at night, I have always recognized that there is one job much harder than mine...being a mom. You devote so much of yourself and your resources to your children. You constantly expend physical and emotional energy knowing that every sacrifice is more than worthwhile to keep your family healthy and happy. But sometimes in all you do as a mom, your own well being gets lost. What if you could take great care of yourself and raise your children too? That's the philosophy behind having a mommy makeover. In my practice, I have seen this type of treatment enhance mothers' lives by reversing the unwanted effects of childbearing and age. In a community like ours where most women have advanced education, many are having children at an even later age. This can compound the effects of pregnancy, childbearing and breast feeding on the body.

Recognize that how you feel as a mom is integral to the strength of your family. It is simply not self-centered or vain to take care of yourself or to want to feel youthful, sexy, and self-confident. Having a positive self image certainly benefits you, but also can improve your interactions with loved ones. Once you have decided to devote some attention to improving yourself and getting back to your pre-pregnancy body,

the positive cycle begins. In this segment we will focus on the ravages of motherhood that can only be corrected by surgery.

During pregnancy, there are both hormonal and mechanical changes in the body that are reversible only with the surgical procedure known as the tummy tuck. The most common change we see every day is a laxity or bulge of the abdomen from the overstretching of the connective tissues of the abdomen from pregnancy. This connective tissue is between the muscles and cannot be tightened without surgery no matter how many sit-ups a woman does. Even women who have seemingly perfect bodies after having children will show the buldge from the acquired weakness of the abdomen as they age. The amazing transformation of the tummy tuck is to tighten the abdominal tissues while removing unwanted loose skin and stretch marks. The change is dramatic and is reliably able to get a woman back to the shape and contour of her waste and belly that she had before pregnancy at any age. The procedure usually also involves a limited amount of careful liposuction above the belly button and along the waste and love handle region for contouring. Most tummy tuck procedures take approximately 2 to 3 hours in surgery and require about 2 weeks away from work and travel to heal. Most patients will be back to a full and normal exercise routine within 4-6 weeks with a

new body and a new body image.

For safety and convenience, I perform the tummy tuck and liposuction procedure in a full hospital designed for outpatient surgery using a board certified M.D. for anesthesia and one night overnight stay. This allows us to provide personalized care and maximize safety and educate the patient on her post-op care the next day before she leaves the facility.

Another concern many moms have are the changes in the shape of their breasts after pregnancy and breast feeding. Treatment usually involves a breast lift or combination breast lift and augmentation with implants. There are many new advances in breast surgery including minimal scar lifts, tear-drop-shaped implants, and even breast augmentation using injection of your own fat without implants.

Most of my patients will say after looking at their before and after photos: "I wish I would have done this years ago." I have personally witnessed hundreds of women in my practice undergo the transformation of heightened self esteem and the return of a youthful quality after mommy makeover surgery. Seek the advice of a surgeon certified by the American Board of Plastic Surgery who is also a member of the American Society for Aesthetic Plastic Surgery. 



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