

TREND ALERT: MOMMY MAKEOVERS

Can You Really Restore Your Pre-Baby Bod?

BY RITA TEMPLETON

Motherhood is amazing. What it does to your body, well, that's slightly less so – unless you count being astonished at how low your breasts are hanging, or how *that much* extra skin is still cluttering up your midsection. It's the lament of moms everywhere: where did my pre-baby body go ... and how can I get it back?

During pregnancy, the average woman gains twenty-five pounds or more. And even after the baby weight is lost, the body still bears the (saggy, flabby, floppy) evidence. When diet and exercise just aren't enough, plastic surgery can provide what the gym can't. A recent report from the American Society of Plastic Surgeons revealed a dramatic uptick in the number of tummy tucks, breast lifts, and breast augmentations – up to 85% more than a decade ago. When combined into one session, sometimes including liposuction, these popular surgeries are commonly known as a “Mommy Makeover.” But can they really restore what pregnancy wrecks?

To find out more, I sought the expertise of one of the nation's foremost plastic surgeons, Scottsdale's own Sean Lille, M.D.: a board-certified cosmetic plastic surgery veteran who has authored over seventy articles in professional publications, attained a number of coveted “Top Doc” accolades, and serves as a consultant for ABC and CBS news. Dr. Lille's largest percentage of patients consists of mothers seeking help with the aftereffects of childbearing. Judging by the before-and-after photos, I'd say he has perfected his Mommy Makeover techniques. I was impressed.

The goal of a Mommy Makeover, Dr. Lille told me, is to address some of the common physical changes that occur following pregnancy while achieving a natural result. For the breasts, that means correction of the deflated look from the loss of tissue and elasticity; for the abdomen, it's taking care of excess skin, stretch marks, and a bulging abdominal wall. “A Mommy Makeover can be customized in any way the patient prefers,” Dr. Lille explains.

No matter which procedures a Mommy Makeover entails, Dr. Lille stresses the importance of finding a plastic surgeon who adheres to rigorous standards of safety, utilizes the latest technology, and listens to concerns and goals. “The responsibility of improving a patient's self-image is a privilege,” he says.

I don't blame my little darlings for wreaking havoc on my body – especially now that I know that a Mommy Makeover is a viable solution. Who to blame for the crayon markings on the wall, however, is a different story.

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Abdominoplasty and liposuction performed by Dr. Lille.

