

PLASTIC SURGERY

MOMMY MAKEOVER

After two children, Emily, age 33, went from a petite 110lbs to 190lbs. She lost 80 pounds through diet and walking daily, but loose skin and sagging breasts remained. Emily underwent a breast augmentation, tummy tuck and liposuction of the love handles, marketed today as a “mommy makeover.” This popular trend is aimed at mothers to get back their pre-pregnancy body. It usually involves the plastic surgery trifecta: a breast lift with or without breast implants, a tummy tuck and liposuction. “During pregnancy the breasts are stretched resulting in significant sagging. Breasts tissue often atrophies, leaving the breasts deflated. The abdominal skin and muscles are stretched, leaving stretch marks and permanent skin excess. Fat deposits in the stomach, love handles and hips can remain even after weight from pregnancy has been lost,” explains Dr. Timothy Connall, a board certified Plastic Surgeon and medical director of Connall Cosmetic Surgery and the Meridian Center for Surgical Excellence.

BREAST AUGMENTATION

Options to rejuvenate post-pregnancy breasts include breast lift, breast augmentation, or a combination. Procedure surgical time ranges from 1-1/2 hours to approximately 3 hours. “In many cases, patients feel very well three to five days after surgery,” says Dr. Connall. Breast procedures can range in price from \$4900 to \$9000 depending on the time, procedure complexity, and materials (such as implants) required.

SPOT REMOVE FAT

Liposuction can be effective in spot removal of fat from the abdomen, thighs, and love handles. This surgical procedure involves small cannulas or tubes which are passed through the fat layer and an attached suction device is used to remove the fat. Very small incisions, measuring about 3/8 of an inch, prevent excessive scarring. Procedure time varies. Abdomen, hips and thighs liposuction may take up to 3 hours. Most patients return to basic home and work activities in about five days. Liposuction fees range from \$4000 to \$8000 depending on the number of areas treated and the time required. Dr. Connall advises patients to thoroughly research fat removal methods being marketing as “alternatives” to liposuction before making your final decision. “Standard liposuction has over a 30 year record of safety and effectiveness in removing unwanted fat deposits,” explains Dr. Connall. Liposuction doesn’t tighten loose skin. Liposuction with a tummy tuck will remove excess fat and skin for a flatter abdomen.

WHAT TO EXPECT

Emily planned ahead and waited until her kids were older because plastic surgery is a time and financial commitment that requires family support. Recovery time varies by individual. It’s imperative to give your body ample time to heal. Emily researched local doctors online before she chose Dr. Connall. “His staff was pleasant and very informative on the phone.” Dr. Connall recommends selecting an experienced plastic surgeon certified by the American Board of Plastic Surgery who performs the procedure in a licensed surgical facility, with design, equipment, and staffing similar to hospitals. Emily said, “I was content with myself before the surgery. Breast implants won’t fix your marriage.” After a year, “I still love my results.”

Connall Cosmetic Surgery and the Meridian Center for Surgical Excellence
(503) 783-0544, www.drconnall.com



“I was content with myself before the surgery... After a year, “I still love my results.”