

ASK THE EXPERT

THE MOMMY MAKEOVER - by Dr. Scott Engel



SARASOTA PLASTIC SURGERY CENTER

ABOUT

Board-certified cosmetic and plastic surgeons performing body, face and breast enhancements, as well as non-surgical procedures.

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What exactly is a "Mommy Makeover"?

Although pregnancy, childbirth and breastfeeding are beautiful experiences, they unfortunately cause changes to a woman's body, stretching the breasts and abdomen. A Mommy Makeover is a combination of surgical procedures that restore the body following childbirth. Most often it combines a tummy tuck (abdominoplasty) and a breast lift (mastopexy) with or without an augmentation. Stretched abdominal muscles are tightened and excess skin is removed to restore or even improve your waistline. Additionally, the breasts can be reshaped, lifted and enlarged to achieve a fuller and more youthful appearance.

How long do I have to wait after childbirth to have the procedure?

It's best to let your body recover from the stress of childbirth and breast feeding. I recommend waiting at least three to six months.

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Can I have children after this procedure?

Absolutely. Although it's best to wait until after you're finished having children; if you have children after these procedures, you may need some refinements.

How long will I be recovering?

Patients should limit themselves to light activity after surgery, but can return to full activity and exercise two to three weeks after surgery.

What are the newest advancements?

At Sarasota Plastic Surgery Center, we have Vectra 3D imaging, which allows patients to make more informed decisions by viewing a simulated image of themselves with various size implants. In addition, new techniques such as fat grafting and new cohesive "gummy bear" implants offer more options.

Is it safe?

This is a safe and effective procedure as long as it is performed by a surgeon board certified by the American Board of Plastic Surgery (ABPS) in an accredited facility. Always check your surgeon's credentials.

Dr. Engel is certified by the American Board of Plastic Surgery. He is a fellow of the American College of Surgeons (F.A.C.S.), a member of the American Society of Plastic Surgeons, the Southeastern Society of Plastic and Reconstructive Surgeons, the American Society of Aesthetic Plastic Surgery, the Florida Society of Plastic Surgeons and the Sarasota County Medical Society.