



Sanjay Grover, M.D.

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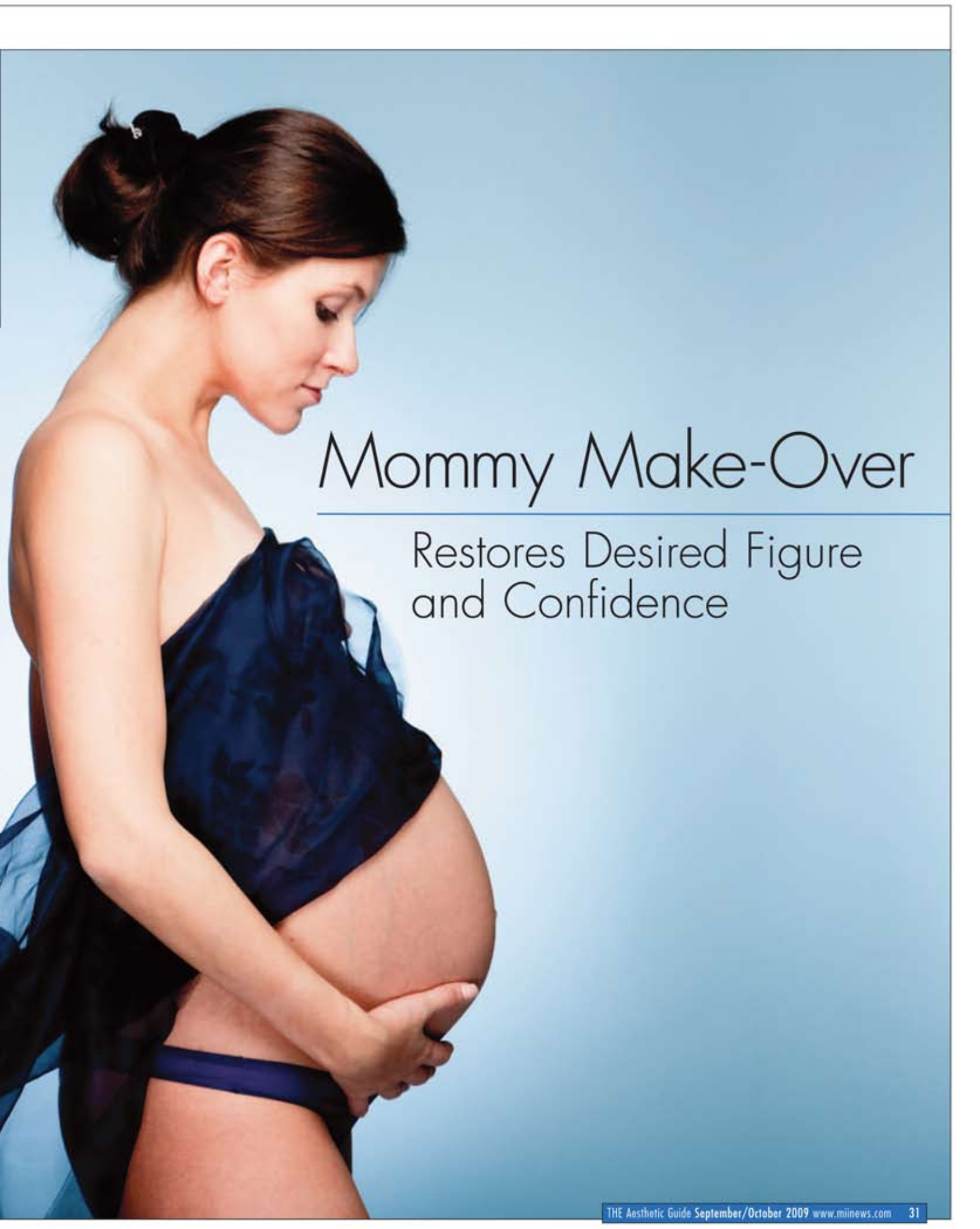
A new procedure, known as the Mommy Makeover, is quickly gaining popularity among women longing to restore their bodies back to its pre-pregnancy shape. The most common patient is between 25 and 45 years of age, who has already had one or more children. Body contouring, breast surgery and tummy tucks – alone or in combination – are key components of this new post-pregnancy enhancement.

“These women basically want to recapture what their bodies looked like prior to their first pregnancy,” explained Miles Graivier, M.D., a plastic surgeon at North Atlanta Plastic Surgery and Day Spa in Atlanta, Ga. “Usually patients come in after having several children. They often have stretched abdominal wall muscles and lax skin that hasn’t bounced back as much as they’d like. Even with a lot of sit-ups, these patients are unable to regain a nice flat abdomen.”

A popular combination is a tummy tuck (abdominoplasty or mini abdominoplasty) along with breast surgery (breast augmentation alone, breast augmentation with a lift or breast lift alone). “After a tummy tuck, the patient’s abdominal core gets dramatically stronger,” Dr. Graivier noted.

Abdominal surgery alone takes slightly over two hours, whereas a breast augmentation to correct deflation from nursing or pregnancy takes about one hour, or two hours when combined with a lift to correct drooping. “We first address the





Mommy Make-Over

Restores Desired Figure
and Confidence

fullness issue with the placement of an implant," Dr. Graivier explained.

Liposuction and labiaplasty can also be part of the mix, according to Sanjay Grover, M.D., a plastic surgeon in private practice in Newport Beach, Calif. "The appearance of the patient's genitalia has been affected by pregnancy and they are more self-conscious about it, especially when it comes to hygiene and grooming."

"Before performing multiple procedures I consider the patient's health and overall weight and body mass index," Dr. Grover noted. "If I have an overweight patient presenting a high risk of complication, I will split up the procedures."

Mommy Makeovers are "incredibly popular at my practice," Dr. Grover conveyed. "In general, we're seeing a whole new wave of mothers desiring to maintain their physical appearance. They have dedicated themselves and their time completely to their children, now it's about them wanting to feel better. Despite being active and exercising, there are certain things these patients cannot achieve on their own."

Patient fees for a Mommy Makeover range from \$5,000 to \$20,000 at Dr. Grover's practice.

