



DR MATTEO
VIGO

PLASTIC SURGERY

EVERYTHING YOU
NEED TO KNOW
ABOUT A MOMMY
MAKEOVER

In today's culture, we're bombarded with images of celebrities who look inexplicably trim just a few months after giving birth. This has led to a heightened demand for the series of procedures called a "mommy makeover." At the same time, however, the media has spread a number of misconceptions about postpartum plastic surgery.

The mommy makeover is one of today's most popular combination plastic surgery techniques, designed specifically to address common issues faced by women who have been through pregnancy and breastfeeding. The surgical technique has found its way into mainstream media with it becoming the procedure of choice among Hollywood elite.

"Mommy makeover" is a catch-all phrase that refers to a specialized combination of body contouring procedures, performed together to improve the physical changes that linger long after pregnancy. One reason for its popularity is that the mommy makeover has no set components; each procedure is custom-tailored to fit the individual patient's unique needs. However, the surgical approach generally starts with a breast and abdomen contouring procedure, then adding additional elements as needed.

As the breasts and abdomen are the primary areas of change with motherhood, a mommy makeover will often center around a breast and abdomen procedure. During pregnancy and breast-feeding, the breasts will also enlarge, increasing as much as a full cup size or more. However, returning back to 'normal' can mean a significant loss in breast volume and noticeable sagging. Throughout a pregnancy, the abdominal muscles, skin and tissues stretch to safely accommodate the growing baby. Unfortunately, after childbirth, these layers may not bounce back to their taut, pre-baby shape.



Your mommy makeover may include:

- Breast Augmentation
- Breast Lift
- Breast Reduction
- Tummy Tuck
- Circumferential Abdominoplasty
- Liposuction

Breast implants can restore fullness and lost volume, while a breast lift helps to lift sagging skin for improving shape. Today's breast augmentation is safer and more effective than ever before. For those with disproportionately large, uncomfortable breasts, a breast reduction surgery can create a smaller, more ideal appearance.

To further improve the figure, commonly added techniques can include the abdominoplasty (also known as a tummy tuck, a circumferential abdominoplasty and liposuction. However, women do not have to stop here; a mommy makeover can also include a thigh lift, arm lift or a





Brazilian butt lift. Depending on the recommended set of procedures, a mommy makeover can be performed during one single operation, or for safety reasons, may be spread out over multiple surgical sessions.

10 THINGS YOU NEED TO KNOW ABOUT THE MOMMY MAKEOVER

1. The mommy makeover will be performed as an inpatient surgery – This allows you to recover in a appropriate facility where specialized nurses will assist you overnight.
2. Your recovery can take from one to two weeks – Although this will depend on the specific procedures included in your mommy makeover, plan on your recovery taking up to two weeks, during which time you will be sore, bruised and swollen.
3. You will need help around the house – You will be tired and tender for several days after your mommy makeover, making routine chores impossible; enlist assistance around the house from a family member or friend.
4. No driving until certain pain medications have been stopped – Your surgeon will prescribe the necessary pain medications for a comfortable recovery, however, do not get behind the wheel while taking narcotics.
5. Swelling can last for six months or longer – While some benefits of a mommy makeover are immediate, the full results cannot be assessed until all swelling has subsided; this will take from six months to a year.
6. No heavy lifting, including babies – Vigorous exercise and heavy lifting should be avoided for at least six weeks after your mommy makeover; this includes carrying babies and children over 10 pounds.
7. A mommy makeover is for non-smokers – Smoking decreases

circulation, delaying wound healing and substantially increasing the chance for serious complications to occur; stop smoking for at least four weeks before and four weeks after your mommy makeover. Better yet, use this as a reason to stop smoking altogether.

8. You will still need gym time – To ensure the results from your mommy makeover are long-lasting, stick with a healthy lifestyle, including a balanced diet and routine exercise schedule.

9. Only choose an experienced plastic surgeon – The mommy makeover is a combination of invasive techniques, so choose the best and most experienced plastic surgeon available; never risk your health and safety to cut corners or save money.

10. Get ready for a serious boost in self-confidence – Your mommy makeover will be life-changing, restoring confidence and pride in your appearance.

The mommy makeover is ideal for bringing a post-baby body back to its pre-pregnancy shape. The best way to learn about the mommy makeover procedure is to begin with at-home research. When you are ready to take the next step, please contact me to schedule an in-person consultation.

Contrary to popular belief, a mommy makeover cannot snap patients back to their pre-baby selves mere weeks or months after giving birth. Attempting to do the aforementioned simply would not be safe. You must keep in mind that both pregnancy and childbirth put immense stress on your body, so having surgery soon afterward would be dangerous. Any reputable plastic surgeon will require you to wait at least six months after giving birth before having invasive plastic surgery. This will give your abdominal tissue a chance to heal fully before you have a tummy tuck.





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A BRIEF NOTE FROM DR. MATTEO VIGO



I decided to become a doctor at early age but I was not aware of the world of Plastic Surgery. Once I have discovered it I fell in love with the whole concept behind and how this field of Medicine can be helpful for many people.

I passionately believe that, in order to improve the physical aspect of a patient, the plastic surgeon needs to combine the principles of art and science, adopting a global approach to understanding the individual desires.

Plastic Surgery is a truly fascinating, dynamic, constantly evolving field of medicine and I believe that the role of a Cosmetic Surgeon is unique and highly privileged.

My main goal is to understand the needs of a patient and try to transform their desires into reality. The role of a plastic surgeon is not only merely surgical but also supportive in the decision process of the best treatment to help patients finding themselves and their wellbeing.

All these steps are taken into consideration once a person walks in my office and the service I am offering them is always at the top.

I am combining experience, quality and professionalism to evaluate each single case and offer the best solution for my patients.

“Because you deserve the best” is my motto and I want always to put the patient at the centre of what I am doing.

You have to feel pampered, understood, listened, loved once in my office and the feedback of this feelings from my patient is my best satisfaction.

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AESTHETIC MEDICINE DUBAI

Click here to learn more about
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To book a Mommy Makeover consultation with
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Locations

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Umm Al Sheif
Dubai

ESTELAZA CLINIC

Silicon Oasis, Nibras Oasis 2
Dubai