



DR MATTEO  
**VIGO**

PLASTIC SURGERY



**DECIDING TO GET A  
MOMMY MAKEOVER**



After the long months of pregnancy and breastfeeding, you may be dreaming of restoring your body to the shape it had before you decided to have children. Luckily, modern cosmetic surgical techniques have made it possible for us to improve common problem areas and help women become more confident in their appearance after motherhood.

Becoming a mother is usually regarded as one of life's most treasured moments, but there is another side to the story that many women find challenging to deal with: the way their body changes as a result of giving birth.

During pregnancy and after the birth, a mother's body will naturally be put under a lot of strain, and even the most fit and healthy woman can experience unwanted changes to their appearance. The glow of motherhood and the pleasure of raising a child can be tinged with a hint of sadness, as a woman may find she is less confident with her appearance.

Some of the changes a woman may experience are because of hormonal changes, which can lead to increased appetite and weight gain. Once the baby is born, a woman may find that her body holds onto the excess fat gained while pregnant as well as the excess skin caused by the stretching of the abdominal wall. This can leave the stomach feeling soft and without muscle definition. While some loose skin will regain its elasticity, many women struggle to get back their pre-pregnancy shape, especially when their new baby takes priority over weight loss.

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.

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 an 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.

The risks associated with any cosmetic surgery are slightly increased if your body has recently gone through something as stressful as childbirth. It is impossible to determine all the risks involved in cosmetic surgery, but today, when correctly planned and undertaken by qualified professionals, the chance of complications is extremely low.

Combining multiple surgeries into one procedure can make recovery time longer when compared to a single surgery. This recovery time is still much shorter than recovering from each individual surgery separately. In the weeks following the completion of your procedures, during your recovery process, your doctor will want to see you for follow ups. This will ensure that you are healing properly. Most of the surgeries involved in a mommy makeover require extensive rest to properly heal. The more invasive the surgery is the more time is required for healing. The amount of time it will take to recover will vary from patient to patient and what procedures were included in their makeover. Your doctor will let you know when it is safe to return to your normal activities. The level of pain and discomfort felt after the procedures will also depend on the patient's pain tolerance and what procedures were performed.





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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.

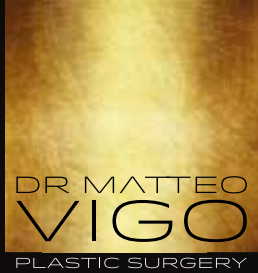
All these steps are taken into consideration once a person walks in my office and the service I am offering them is always at the top.

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.

Dr Matteo Vigo



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