

MOMMY MAKEOVER

You are the perfect candidate of Mommy Makeover Surgery in Tijuana Mexico. You have devoted big part of your life to the beautiful miracle of bringing children into the world, breast-feeding them and doing the zillion other things mothers all over the world do to nurture healthy and well developed babies.

You may even have done this more than once. In the process, because you have observed times of rest, diligently eaten right, thinking of your baby first, you have gained some pregnancy related weight. Fortunately, all that is done; your baby, child or children are well launched and on their way through to a happy productive life.

So it's Mommy time now, and you deserve everything you want to and need to do for yourself. Of course there are challenges: Pregnancy induced fat that just won't drop off at the treadmill, a saggy tummy still showing stretch marks from baby, and once firm breasts that have lost some elasticity consequent upon breastfeeding.

Whatever it is, you now need to take care of Mommy. That's where we come in.

What is the Mommy Makeover Surgery?

The objective of the Mommy Makeover surgery is the total rehabilitation of your body after the effects of pregnancy. Of course your story may not necessarily be pregnancy related, but may be due to natural aging, illness, weight reduction procedures or regimens, or any of so many things that can take undue toll on the body. In that case, this same procedure can adequately address your needs for firm, toned, beautiful body.

Unique for Each Patient

Since each patient has a unique body type, personal desires and goals. Mommy makeover surgery is desires and goals. Mommy makeover surgery is designed to look at each individual case with fresh eyes, and thus design the subsequent treatment approach to suit the peculiarities of the patient and the case.

Mommy Makeover Guidelines

How does the Mommy Makeover Surgery Work?

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Mommy Makeover surgery will usually be not just one surgery, but a professional and well thought suite of various single procedures, each one targeted at rehabilitating a particular section of the body. Together, these surgeries work together to completely reverse the negative effects to your physical appearance that the rigors of pregnancy have brought about.

As a rule, but not always so, the procedures could include:

- Breast Augmentation:** This may include implantation, where breast implants are utilized to bring about desired size and shape, as well as other advance breast enhancement techniques necessary.
- Breast Lift:** Breast lift will tighten loose or flabby breast tissue and skin, resulting in an elastic, firm wholly natural tool.
- Tummy Tuck:** Also called Abdominoplasty, this procedure gets rid of stubborn abdominal fatty tissue.
- Liposuction (VASER):** Uses world standard sound vibration techniques to non-invasively get rid of latty deposits. This is done by first shaking loose the fat before drawing it out. Patients have reported that the VASER method is much less painful than traditional liposuction methods, as well as allowing for shorter recovery times and longer-lasting results.
- Brazilian Buttlift:** This popular technique provides lift to the buttocks area in a truly remarkable, ultimately satisfying manner.
- Pores and skin rejuvenation:** Stretch marks are stubborn, often defying the best lotions and creams. This procedure counts on skin resurfacing via laser or through chemically induced skin shedding to get rid of stretch marks, and effect a subsequent smooth glow.

Whatever the procedure diagnosed, it is targeted at giving you the most beautiful body in the shortest possible time. It is understood that moms tend to be always pressed for time, even for something as important as this.

The mommy makeover surgeries are this deliberately designed to ve over before you know it, and with the shortest recovery period pre-planned into them. Practically, this does not need to take up more than a month or two at the most of your precious time.

Pre-Op Details

In order to achieve the new look you are going for, the process is simple and straight forward:

1. Contact and initial Consultation:

(I) The patient contacts the surgical clinic and is asked general questions.

(II) This will lead to being given an initial appointment for a proper consultation and examination. Patients are advised to be very candid with the doctor at this time, especially in regards to medical history including known allergies, past surgical procedures (whether cosmetic or otherwise), and any known reaction to drugs or anesthesia. If all goes well, a date for surgery is set.

2. Patient Pre-Op Routine:

(I) Patients are advised to abstain from activities such as smoking or even excessive drinking. Tobacco products are normally bad for you but more so during surgery. Such products may affect patients' blood pressure and cause complications under general anesthesia.

(II) Also endeavor to be as healthy as you can.

(III) You may also have to desist from the usage of certain drugs on Doctor's specific orders.

3. Day of Surgery Routine

(I) Desist from taking food or fluids up to eight hours before the surgery. This is a precaution against vomiting during surgery, resulting in choking with the effect that the patient under anesthesia is unable to breathe properly.

(II) Proper hygiene is never out of fashion, so make sure you take a shower before you go to the clinic.

(III) Also ensure you wear comfortable loose attire to help the taking off clothes and putting them back on process.

During the Procedures: Surgery

Patients are usually under general anesthesia during the procedures, although in some minor liposuction procedures, the surgeon may choose to proceed under local anesthetics, while the patients is more or less awake.

Most surgeries will be carried out under stringent standard medical conditions, using advanced medical technology, equipment and experienced medical personnel. Choosing the right clinic is the job half done in this regard, as that assures the patient of world class care all the way.

Healing and Recovery: Post-Op

Just because the surgeries have been successfully completed does not signify that the journey is over. The very important healing and recovery process comes next. The patient should make sure that she has:

- Provided a stress free environment to spend the recuperative period in.

Although it has been stated that short recovery periods are normal, it is good that you plan to have at least two weeks off from work in order to get over the immediate soreness attendant on most of the procedures.

- A further 4-6 weeks is necessary before you undertake heavy lifting or other strenuous activity. You can arrange with your doctor some minor exercise routines during this period.
- It may be more comfortable for you to arrange for someone else to be around you during these first weeks of recovery, so you can avoid hard work and chores as much as possible.
- You will be required to wear a body harness or other support garments as advised by your doctor in the immediate aftermath of your surgery, especially when the procedures have included full body liposuction, breast augmentation, Brazilian Buttlift, or a full body lift.

Finally

Mommy makeover surgery can go a long way to speed up the natural recovery process of the body post child birth. In actual fact, for some, the body may never fully return to pre-pregnancy buoyancy and form without extra help. Physical exercise is of course very beneficial and helps the recovering mom to gain back muscle tone and bodily shape. However, there are certain areas especially around the stomach region that habitually prove immune to exercise.

The benefits of mommy makeover surgery are quickly seen, long lasting and fairly comfortable to undergo. This procedure can quickly return you to or even improve in your pre-pregnancy state, giving the new mom confidence and renewed positive self-esteem.

It is important, having decided to undergo surgery, to choose a professional, competent and thoroughly qualified specialist to handle these procedures for you. Dr. Soberanes and the entire team at Da Vinci Plastic Surgery clinic have a demonstrated capacity for these type of advanced procedures with over 6000 surgeries, out of which 2000 plus are mommy make over procedures.

You of course deserve the best, as does your family. As everyone knows, a happy mom and wife results in a happy home and family.