

MOM - Spring Into a NEW YOU!

By Cindy Marx

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After the baby is born and life has settled into a routine, many women struggle to reclaim a piece of their pre-pregnancy identity – mainly, the body piece! Skin that stretched to accommodate a growing little one, then relaxed after birth, is now sagging and not the firm, fit frame that once flattered fashionable dresses. While celebrating the joys motherhood brings it's reasonable for a new mom to want to restore her body to reflect the happiness she feels inside.

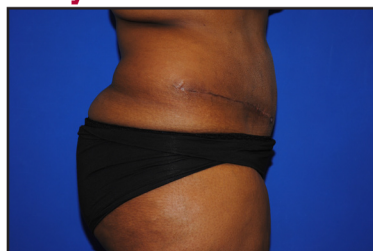
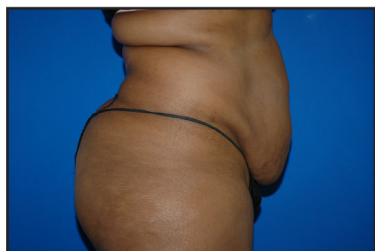
Moms we can help bring out the best in you. Procedures, including breast augmentation, breast lift, liposuction or tummy tucks, can help you regain your pre-pregnancy figure with minimal recovery time. A minor cosmetic change can make a big difference in how a woman looks, feels and projects herself to others. We all want to look our best – and when we do, we exude confidence. Reversing the physical effects of childbearing often takes more than diet and exercise. Our Mommy Makeover consultation can help you decide if cosmetic surgery is right for you. Dr. Raj can help you determine the procedures that best fit the appearance you're trying to achieve to improve your body contour and your self-confidence.

An important benefit that often accompanies a renewed appearance and renewed confidence in being a woman is renewed intimacy with your spouse. No longer does one have to undress in the dark or feel embarrassed in a bathing suit. As said best by one of our patients, "I felt attractive again for the first time after I had my children. I finally feel good about myself. My husband loves my new body, but more importantly, he can't believe how much happier I am and that makes everyone in the house happier." The benefits of liposuction, tummy tucks and breast enhancement surgeries go well beyond the physical change; the emotional transformation can be priceless.

Our body contouring procedures are faster with more simplified recovery times. **Call us for a FREE consultation** courtesy of *The Cleveland Women's Journal*.



BEFORE Tummy Tuck



5 Months AFTER Tummy Tuck

{ AS A MOTHER }

you skip through
the sprinkler,
push them higher
on the swings,
and pick them up
when they fall.

WHAT HAVE YOU DONE
FOR YOURSELF?

Being a mother is a high energy job. Everyday starts with a flurry of activity and ends with the serenity of tucking your growing children into bed. The care you provide as a mother is constant and endless, emotional and also physical. The effects of pregnancy, childbirth and breast feeding can cause significant changes to your body from its pre-motherhood appearance and cannot always be reversed with diet and exercise.

Dr. Joyesh Raj offers an educational approach to facial rejuvenation and body contouring procedures, helping you find what best fits the appearance you're trying to achieve. Being comfortable in your own skin and the confidence that comes with it is a gift you can give to yourself.

It's time to feel beautiful again. rajplasticsurgery.com



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