



Mommy Makeovers! Struggling to recover physically from pregnancy?

Post-pregnancy breast augmentation gives women a welcome boost.

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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 all of life's joys, and the newness of motherhood, it's reasonable for a new mom to want to restore the body to reflect the health and happiness she feels inside.

Mommies, there's good news. Hollywood women aren't the only ones who can bounce back after pregnancy.

Procedures, including breast augmentation, in conjunction with a lift, liposuction or tummy tucks, can snap a mommy body back into shape with minimal recovery time. For most moms, these surgeries aren't an attempt to go back into time. The motivation for surgery isn't size, but form. In particular, breast augmentation can revitalize a woman's chest area, which tends to lose volume and skin elasticity after breast feeding or carrying a little one for nine months.

Even 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. A little boost goes a long way. And now that the FDA

has approved silicon implants as safe alternatives for breast augmentation, women can achieve a natural, aesthetically appealing result from an out-patient breast augmentation procedure that lasts no longer than two and a half hours.

Are You a Candidate?

For the reasons described, mothers are ideal candidates for breast augmentation – and not just new moms. Many women who advance in age decide they want to restore the volume, lift and contour of their breasts. But surely, this procedure also appeals, and is appropriate, for younger women who want to flatter their bodies with an enhanced chest.

Women's reasons for wanting a larger bust size vary. Some

are unhappy with their natural size, and feel that a "flat" chest makes them look masculine. Others have struggled to fit into contemporary clothing because they are in between sizes, never finding a fit that truly complements their appearance. They want to go up a size, or more, so they can wear what they want and feel good about it.

These goals are discussed with a reputable plastic surgeon before the procedure. Breast augmentation doesn't change a woman's whole self. However, it does alter her appearance, and this modification is responsible for positive outcomes in terms of attitude and appearance. Therefore, women must be honest with the surgeon about their goals and expectations.

Every woman has a different idea of what size is appropriate for her, and these thoughts must be expressed candidly with the surgeon. That way, a desire to "look natural" is not misinterpreted as instruction to err on the side of conservatism when sizing the implant.

While discussing expectations, the surgeon will field any questions or concerns about the procedure, and offer recommendations so a woman's end result will be in proportion with her body.

One fairly new advancement surgeons may discuss is the ability to use silicone breast implants, which deliver natural-looking outcomes. The material feels similar to the body's own breast tissue.

What To Expect

Breast augmentation surgery lasts a couple of hours, and women go home that day looking more voluminous. Because the process involves inserting a prosthesis underneath muscle tissue in the chest, women will feel sore for four to seven days following the procedure. Some women will opt to take off a couple weeks from a fulltime job to relax and have some personal time following the procedure. Pain medications are prescribed to alleviate discomfort immediately following surgery.

Recovery involves the breasts settling into place. At first, breasts will sit full and high on the chest wall. This is because of significant post-surgical swelling, which dissipates over a four to six week period. Gradually, muscles relax and the breasts move into a natural position on the chest. Swelling stops.

Some women choose to get breast augmentation in conjunction with a lift, which does the job of adding volume and restoring muscle elasticity. Additionally, mommies who want to manage other post-pregnancy body changes, including extra skin in the stomach region, may complement breast augmentation with liposuction or a tummy tuck.

The decision to enhance and restore the body post-pregnancy – or anytime – is a personal endeavor. A woman can only choose for herself whether surgical enhancement is appropriate. But with today's technology and natural-looking implants, the choice can be one others never know about – unless they are told.

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