

# *What Exactly Is Mommy Makeover Surgery?*

It is a familiar term to describe the cosmetic surgical procedure that is used to reverse the changes in women after childbirth and aging on the face, breasts, and overall body to restore the pre-pregnancy appearance. Depending on the individual surgeon and recommended procedure, the [mommy makeover surgery](#) can be performed in one single operation or sometimes for safety reasons, possibly divide into multiple surgical sessions



## What is normally included in Mommy Makeover?

Mentioned below are the options that females choose to have in a **mommy makeover**. Since the mommy makeover was designed to what each woman needs, the recovery time will differ on the basis of what procedures were performed.

Surgical procedure: multiple surgical procedures can be performed during a single operation, allowing a person to improve multiple parts of the body in a single operation like [tummy tuck Houston](#), breast lift, etc. The options include

- Breast lift
- Tummy tuck

- Breast Augmentation
- Liposuction
- Feminine Rejuvenation
- **Labiaplasty**

Non-Surgical procedures: Non-surgical procedures usually provide less dramatic results than surgical ones but still manage to provide significant results for the right patients.

- Cellulite reduction
- Botox and fillers
- Skin tightening treatment
- Skin resurfacing treatment
- Non-surgical fat reduction



## What are the precautions for Mommy Makeover Surgery?

A successful mommy makeover surgery depends on the skills and experience of your surgeon however there are some things that you can do before and after mommy makeover to achieve desirable results. Here are some precautionary tips for mommy makeover before and after-

- Stop smoking: smoking increases the risk of surgery and slow down the healing process
- Prepare your recovery space
- Stay active and eat well
- Fill your prescriptions
- Take someone's help for childcare and chores

Precautions to take after the mommy makeover surgery-

- Wear your compression garment
- Don't fret about how you look initially
- Take your medicines as prescribed
- Take the time you need to recover
- Don't hesitate to ask questions

## For how long does the Mommy Makeover last?

For any patient, the results of the mommy makeover surgery are revealed in stages as incisions heal and the abdomen and the breasts settle into the new place. The results of the mommy makeover are long-lasting and sometimes even permanent. There are some factors to consider to make those smooth beautiful results last longer.

- Maintaining a healthy lifestyle
- Maintaining healthy weight
- Maintaining a healthy relationship with your plastic surgeon
- Stop consuming alcohol and smoking
- Maintaining an ideal weight

## What is Liposculpture?

**Liposculpture** is a surgical procedure that helps to give you more muscle tone and shapeliness. Instead of just removing fat, it also shifts it around it for the desired shape. Liposculpture performs best if you have good skin elasticity. which is generally valid for those who are younger, dont smoke, have darker skin tone, and dont have much sun damage. If the patient maintains a healthy lifestyle and exercises then the procedure can give you permanent results.

## Conclusion

Hereby we can conclude that the above information is valuable in terms of Mommy makeover surgery, liposculpture, and more. For further information contact [Premiersurgicalarts.com](http://Premiersurgicalarts.com).

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