

## What is a Mommy Makeover?

The “Mommy Makeover” is a combination of breast and abdominal cosmetic procedures with the goal of addressing post-pregnancy and breastfeeding body changes.

Common combinations include:

- Abdominoplasty + breast implants
- Abdominoplasty + breast lift/ reduction

## Who Can Have a Mommy Makeover

You do not actually need to be a “Mommy” to have a combined procedure.

Combined surgeries are often longer than the individual surgeries themselves and require patients to be in good health, have a BMI less than 30, and be non-smokers. Best results occur when the body is stable with no active hormonal events (pregnancy, breastfeeding, menopause) and weight changes.

Expectations must be realistic as there are limits to combined surgeries in a single stage. There are opposing forces when the breast is lifted up, while the abdominal skin is pulled down. These may limit the extent of the pull in either direction and a second stage may be needed to achieve your goals.

Schedule a personalized consultation with Dr. Lee and the experts at the Ottawa Institute of Plastic Surgery to discuss your Mommy Makeover goals.