

MOMMY MAKEOVER



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Is a "Mommy Makeover" right for you?

Motherhood is a profoundly rewarding experience. Childbearing, however, can hinder the appearance of a woman's body. A Mommy Makeover utilizes cosmetic surgical procedures to correct the visible effects of childbirth, breastfeeding, and childrearing. This includes women who have, after pregnancy developed weak and stretched abdominal muscles, and developed a change in breast shape and or size.

This procedure is specifically tailored for women who want to look and feel their best after childbirth. Many women feel that a breast lift (mastopexy), breast augmentation, and/or a tummy tuck after childbirth enhances their appearance. Numerous women choose to combine their breast surgery with a tummy tuck (abdominoplasty). Since a Mommy Makeover is personally designed for each individual patient, your surgeon can determine the best course of action.

What is a Breast Enhancement?

Breast Enhancement is a surgical procedure intended for optimum breast improvement. A Breast Augmentation and /or Breast Lift (Mastopexy) are what many moms inquire about. Numerous mothers have experienced a change in breast size and shape. You and your surgeon will decide the most plausible surgery. Currently, Dr. Cambeiro is one of the only plastic surgeons in Las Vegas that performs the "no breast scar"

endoscopic breast augmentation. This procedure is done with an endoscope, which is a tiny, lighted camera that is about the size of a pencil placed in the crease of the armpit called the axillary incision. Dr. Cambeiro also performs the more traditional breast augmentation with the incision around the areola or inframammary (lower portion of the breast).

Can I have a Breast Augmentation and a Breast Lift at the same time?

Many moms are candidates for both a breast augmentation and a breast lift. Depending on your anatomy, it may be a staged or simultaneous procedure. A Breast Lift (Mastopexy) is designed to renew a youthful appearance of the breasts by repositioning sagging breast tissue and elevating the nipple to a more optimum location. Incision sites will be determined by you and your surgeon.

Will my Mommy Makeover be able to include a Tummy Tuck also?

In good health, many moms can include a Tummy Tuck with their Breast Enhancements.

Abdominoplasty (tummy tuck) is a surgical procedure that will provide a firmer abdominal wall and will narrow the waistline, as well as, remove excess skin from the stomach region due to pregnancies and weight loss. Dr. Cambeiro will make an incision from hipbone to hipbone, just above the pubic area. A second incision is

made to free the umbilicus (belly button) from surrounding tissue. Next, he will separate the skin from the abdominal wall to reveal the vertical muscles in your abdomen. These muscles are tightened by pulling them close together and stitching them into their new position creating a flat, tight tummy.

What is the recovery for a Tummy Tuck & Breast Augmentation?

The initial surgical phase will take about 2 weeks of recovery. One should plan on taking 10 to 14 days off of work. Depending on your customized procedures, recovery will vary. Typically, with a breast enhancement paired with a tummy tuck, recovery starts by being admitted into an extended-care facility during the first 24 hours and assigned to a caretaker who will assist you in getting up to the bathroom, taking medications, and eating and drinking. Mild swelling and some discomfort is normal after these procedures. This is controlled with pain medications and or a numbing infusion pump inserted directly onto your abdominal wound. Walking is encouraged to help reduce the risk of post-operative side effects. You will wear a breast stabilizer and abdominal binder for approximately 4 weeks. Clothing easily conceals any of these garments.

A Mommy Makeover isn't just about counteracting nature; it is also about enhancing your overall appearance with confidence being the definitive purpose.