

Mommy Makeover

A mommy makeover is a collection of body contouring treatments that are customizable and designed to **restore your figure after pregnancy**. If you notice stretched, droopy skin, or fatty deposits that make it difficult to fit back into your old clothing, a mommy makeover can help you **achieve a smoother figure**. The procedure is tailored to your specific needs and the changes you experience in your body after pregnancy.

[Dr. Nathan Roesner](#) at [Aura Advanced Skin Care and Plastic Surgery](#) is well-known for his ability to provide **life-changing results** to women who have recently experienced pregnancy. Pregnancy is hard enough without a postpartum body that does not feel like you. Prioritize your well-being and [contact our office](#) or call **(303) 440-7546** to learn more about how our **customizable procedures** can transform your body.

Before & After Photos

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About Mommy Makeovers

A **mommy makeover is customizable**, and we can create a procedure for your needs based on your body type and proportions. After pregnancy, it is common to experience skin sagging, pockets of excess fat, and changes to your breasts that can leave your body feeling out of balance. A mommy makeover addresses a woman's post-pregnancy body in a **single surgery that typically combines several procedures**. Many patients choose to combine breast and abdominal procedures for a safe and effective way to address multiple areas of the body in one appointment. [u](#)

Full Tummy Tuck

A [tummy tuck](#) is a procedure that removes excess, droopy skin from your abdomen for a slimmer, more athletic look. If weight fluctuations or pregnancy stretches your skin, it does not always bounce back on its own. We can remove it to help you alleviate uncomfortable chafing and **feel more confident about your appearance**. During the procedure, Dr. Roesner can make a hip-to-hip incision along the panty line that you can easily hide with clothing or a swimsuit. He

will reposition your skin to remove excess tissue and tighten the underlying muscles if they have separated (diastasis recti). If you have stretch marks in the lower abdomen, he can remove them with the excess skin during the procedure. After a tummy tuck, you can **enjoy tighter, smoother skin and improved contour** with a discrete incision that provides a natural-looking result.

Breast Reduction

A [breast reduction](#) is a procedure that removes tissue from your breasts to reduce their size.

Larger breasts can droop uncomfortably and cause back, shoulder, and neck pain. Some women also find that large breasts make it difficult for them to exercise or wear certain types of clothing. During a breast reduction, Dr. Roesner will make discrete incisions along the **natural curves of your breasts** or the areolas to remove excess breast tissue. He will strategically sculpt the breast tissue to suit your body and desired look. Afterward, you can enjoy **smaller breasts** that can improve your quality of life and alleviate back pain regardless of your body mass index (BMI). ⁽²⁾

Breast Lift

A [breast lift](#) is a procedure that **repositions your breasts and lifts them** to a higher position by removing excess skin and arranging breast tissue. If you have droopy breasts that lie flat against your chest and make it difficult to wear certain clothes or affect your self-esteem, a breast lift can correct it for the look you desire without affecting breast volume. During the procedure, Dr. Roesner will choose from several different types of incisions to **lift the position of your breasts** for a natural result:

- **Crescent:** Dr. Roesner can lift the breast tissue with an incision along a portion of the areola for a very small lift.
- **Donut:** He can make an incision around the circumference of the areola for a small tightening of the skin.
- **Lollipop:** He can also make an incision around the areola and down to the inframammary crease for a modest lift.
- **Inverted T (Wise pattern):** This incision is around the areola, down to the crease and along the inframammary crease of the breast for the strongest lift.

Breast Augmentation

[Breast augmentation](#) is a procedure that increases the size of your breasts with implants or a fat transfer for a **fuller, rounder look**. If you **lost breast volume after pregnancy** and find that your breasts no longer suit your proportions, we can adjust their size with several different types of implants or a fat transfer to **help you achieve your desired look**:

- **Silicone**: A silicone implant has a silicone shell that is durable and is filled with a soft silicone gel that moves with your body and provides natural-looking volume.
- **Saline**: A saline implant is filled with salt water and we inflate it after inserting it into the breast to help you increase your breast volume. However, for patients with a lower body mass index (BMI), implants may not be ideal because there is a higher risk of rippling.
- **Fat Transfer**: During a fat transfer, we can perform liposuction to remove fat from one area of your body and inject it into the breasts to increase their size. However, patients considering a fat transfer will need to have enough excess fat to harness for the procedure. With a fat transfer, patients can increase the volume of their breasts by about one cup size.

The type of incision Dr. Roesner uses to place the implant will depend on the type of implant you have and its size.

Circumferential Liposuction

[Liposuction](#) **removes excess fat** with gentle suction and tumescent fluid to slim and contour the trunk. With circumferential liposuction, we can remove fat from all sides of your body to **eliminate rolls of fat on the abdomen, sides, and back** that affect your contour. During the procedure, we will use a thin cannula to insert tumescent fluid— a solution that contains epinephrine and lidocaine to reduce bleeding. We make small incisions along **natural folds of your skin** and use gentle suction to remove the fat cells while preserving the surrounding skin and tissue for an **improved appearance**.

Mommy Makeover Benefits

With a mommy makeover, we can:

- **Restore breast volume**: Breast augmentation can replenish the volume lost during pregnancy, making the breasts fuller and more youthful.

- **Improve breast shape:** A breast lift repositions the breasts for a more aesthetically pleasing look, boosting confidence in swimwear and other clothing.
- **Smooth the abdominal area:** A tummy tuck reduces excess skin, creating a flatter and firmer abdomen.
- **Eliminate stretch marks:** Along with excess skin removal, Dr. Roesner can also minimize or eliminate stretch marks on the lower abdomen during a tummy tuck.
- **Target pockets of excess fat:** Liposuction targets and removes stubborn fat deposits that do not respond to diet and exercise.
- **Enhance your body proportions:** Combining these procedures leads to improved body symmetry and proportion.
- **Increase your self-esteem:** Many women report feeling more confident, empowered, and attractive after their transformations.
- **Provide long-lasting results:** With consistent exercise and a healthy diet, you can enjoy long-lasting and transformational results.

Mommy Makeover Candidates

Suitable candidates for a mommy makeover are women who:

- Have completed their families and are not planning any future pregnancies
- Are in good overall health and can maintain a stable weight
- Have experienced physical changes due to childbirth, such as sagging breasts or an altered body shape
- Have realistic expectations about the outcomes of surgery

Personal Consultation

During your [consultation](#), Dr. Roesner will ask about your medical history and current medications. Please come prepared to discuss your **aesthetic goals**. He will perform a physical exam as well to determine the best treatment for your needs. It is important to be transparent about any medications you are taking, and your lifestyle. If you have photos that depict your body goals, please bring them to your appointment so we can discuss them with you and

understand your needs. We can recommend a treatment plan and customized procedure based on the look you would like to achieve.

Preparation

To prepare for a mommy makeover, it is important to:

- Stop any medications or supplements that thin your blood
- Quit smoking for at least four to six weeks before surgery to improve circulation and recovery
- Ensure all prescriptions for pain management and antibiotics are filled before surgery day
- Arrange for transportation to and from the facility as general anesthesia will be utilized
- Allow for adequate time off work and personal obligations to facilitate a full recovery

Recovery & Results

Your recovery from a mommy makeover will depend on the types of procedures you had. You will need to avoid strenuous activity for several weeks and take time to rest after your procedure. You can take medication as prescribed to alleviate discomfort. After a few weeks, you can enjoy the best version of your body. To maintain your results, you will need to take good care of your body, exercise regularly, and eat healthy meals.

Cost of a Mommy Makeover in Boulder

The cost of a mommy makeover will depend on the specific procedures you need to meet your aesthetic goals. Since a mommy makeover is customizable, we can perform the procedures you need to achieve your dream body. We can also discuss [financing](#) to make your treatments more accessible. There is no need to wait to accomplish your body goals and feel better in your body. [Contact our office](#) or call **(303) 440-7546** to learn more about how we can help you **strategically sculpt your body**.

FAQ

What should I expect during a mommy makeover recovery period?

After surgery, you may experience some swelling, bruising, or discomfort. Most patients can return to daily activities after approximately two weeks but should avoid high-impact exercise for several weeks.

How long do mommy makeover results last?

Results from a mommy makeover can last many years, especially if you maintain a stable weight, eat healthy meals, and exercise regularly.

Can I have a mommy makeover if I plan to become pregnant again?

You will need to wait to have a mommy makeover if you plan to become pregnant again because future pregnancies and age-related changes can affect your results.

Can I combine other procedures with my mommy makeover?

Yes. Often, women choose to combine other procedures such as labiaplasty or facial cosmetic surgery at the same time.

Will there be much scarring?

We place incisions strategically to minimize visibility. We can provide scar care instructions to further reduce their appearance.

Am I too old for a mommy makeover?

Age is not necessarily a limiting factor for undergoing a mommy makeover. As long as you are healthy, you can consider these procedures regardless of your age.

References

1. Khavanin N, Jordan SW, Vieira BL, et al. Combining Abdominal and Cosmetic Breast Surgery Does Not Increase Short-term Complication Rates: A Comparison of Each Individual Procedure and Pretreatment Risk Stratification Tool. *Aesthetic Surgery Journal*. 2015;35(8):999-1006. doi:<https://doi.org/10.1093/asj/sjv087>
2. Crittenden T, Watson DI, Ratcliffe J, Griffin PA, Dean NR. Does breast reduction surgery improve health-related quality of life? A prospective cohort study in Australian women. *BMJ Open*. 2020;10(2):e031804. doi:<https://doi.org/10.1136/bmjopen-2019-031804>