



<https://sites.google.com/view/cosmeticsurgerymansfield/mommy-makeover>

Mommy Makeover

Providing Mommy Makeover procedures to clients near
Arlington, Dallas & Fort Worth Texas

What is a Mommy Makeover procedure?

As a direct result of pregnancy, breast feeding, and childbirth, you may choose to undergo a surgical Mommy Makeover to simultaneously restore and rejuvenate your breasts and abdomen at the same time. This combination breast and body surgery typically consists of a **tummy tuck** along with breast enhancement surgery—either a **breast lift**, **breast augmentation**, or **breast reduction surgery**. Following pregnancy, women may develop mild to moderate muscle laxity and weakness of the rectus muscles (called a “pooch”), along with the development of stretch marks and excess skin. In addition, your breasts may undergo size changes due to lactation-induced breast enlargement, which is then followed by atrophy and breast deflation. Luckily, modern advances in cosmetic plastic surgery allow moms to undergo a mommy makeover surgery to correct and rejuvenate both the abdomen and breasts at the same time.

What surgery procedures are performed during a Mommy Makeover ?

The extent of the mommy makeover is directly related to the amount of excess skin, subcutaneous fat, laxity of the abdominal muscles and the amount of breast atrophy and post-pregnancy breast deflation. So, in circumstances where there is minimal abdominal muscle weakness and minimal skin excess, a **mini tummy tuck** may be all that you need. However, for mothers requiring more extensive abdominal and body procedures, then a full abdominoplasty with or without liposuction of the abdomen and flanks would be recommended. In addition, there are also circumstances when liposuction harvested fat can be grafted to your buttocks for a **Brazilian Butt Lift** procedure during the mommy makeover experience. Breast procedures for cosmetic breast restoration or breast enhancement would be accomplished with either breast



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augmentation, breast reduction, breast lift or a combination breast augmentation with mastopexy.

What is the recovery time following a Mommy Makeover?

Your recovery time following a mommy makeover will vary based upon the complexity of procedures performed on your body and breasts. Dr. Thornton will provide you with a better timeline during your consultation, but patients generally require 10-14 days to return to minimal activity. You can expect a full recovery by 4-6 months.

Do you lose weight after a Mommy Makeover?

It is important to realize that a mommy makeover procedure is not a weight loss operation but it is fair to say that you may lose a one or two pounds following a mommy makeover procedure, especially if you undergo liposuction.

How many dress sizes do you lose with a Mommy Makeover?

Most if not all patients will drop one or two dress sizes, as your tummy and mid section will be flatter and more firm.

What is a “Mini” Mommy Makeover?

Using the term “mini” in the context of a mommy makeover is relatively new but it is important to understand that not every woman needs extensive surgery that may result in large scars or prolonged downtime. With the addition of less invasive and minimally invasive cosmetic surgery procedures like mini tummy tuck, mini breast lift, or liposuction, body and breast contouring can be accomplished with less scarring and quicker recovery. Mini tummy tuck and other less invasive procedures are typically used for women who need only small changes to their body and breast following pregnancy.

What are the costs of Mommy Makeover?



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Dr. Thornton will complete a thorough medical history and perform a careful examination of your breasts and abdomen to formulate a personal mommy makeover surgical plan that is individually suited for your body. The typical mommy makeover costs are between \$12,000-\$18,000. Professional surgeon fees, operating room fees (surgery center fees) and anesthesia fees for general anesthesia will be itemized individually on your quote.

Is a Mommy Makeover worth it?

The answer is an astounding, yes! Restoring your breasts and body to the way they looked before pregnancy will make you happy and improve your self confidence as never before. Most women who come to our office complain that despite working out and eating healthy, are unable to strengthen their abdominal muscles and tighten loose skin on their abdomen. There are some breast and body conditions following pregnancy that will not improve on their own despite exercise and toning. Undergoing a mommy makeover session that is specifically tailored to your needs can be a very rewarding experience.

What are Dr. Thornton's surgical qualifications?

Dr. Michael L. Thornton is a double-board certified cosmetic surgeon and **Diplomate of the American Board of Cosmetic Surgery** who completed an advanced fellowship in Cosmetic Surgery, accredited and recognized by the **American Academy of Cosmetic Surgery**, where he gained concentrated knowledge in all major areas of aesthetic and cosmetic plastic surgery. Dr. Thornton attends yearly national cosmetic surgery meetings and advanced courses to provide the latest techniques in aesthetic cosmetic surgery. He will personally see you during every post-operative visit following your surgery and actively engage in your healing process to provide the highest physician-level care. Although well qualified, Dr. Thornton chooses not to use a patient coordinator, nurse practitioner (NP), or physician assistant (PA) to perform your consultation or post operative examinations.

Where will Dr. Thornton perform my Mommy Makeover procedures?

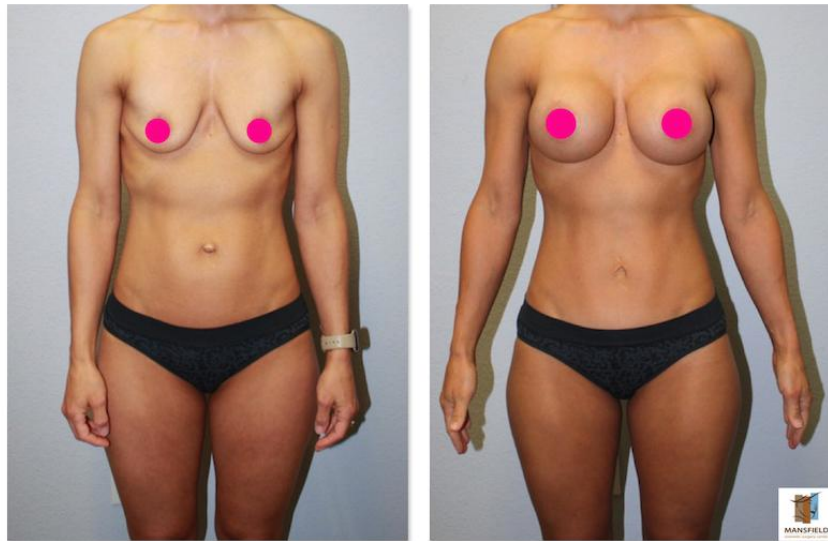


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Dr. Michael Thornton performs mommy makeover procedures to clients living near Mansfield, Arlington, Fort Worth, Dallas, Texas and the surrounding Dallas Fort Worth Metroplex. All mommy makeover surgical techniques are performed under general anesthesia at **BaylorScott & White Surgicare at Mansfield**, a AAAHC certified out-patient surgery center, located in Mansfield, Texas. Mommy makeover surgery takes an average of 5-6 hours to complete and may vary from one patient to the next.

Mommy Makeover Before and After

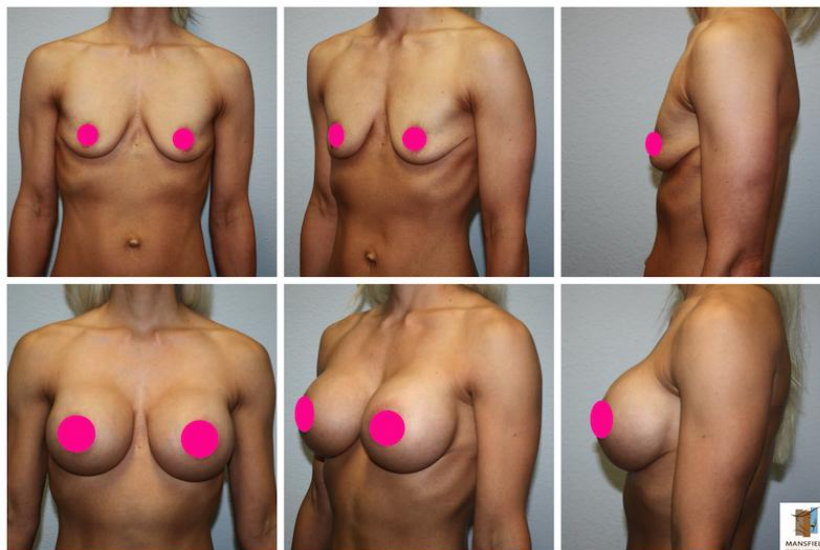
Dr. Michael Thornton at Mansfield Cosmetic Surgery Center has extensive body and breast photo galleries with **before and after photos of mommy makeover surgery** including tummy tuck abdominoplasty, liposuction, breast augmentation, breast lift, breast lift with augmentation, breast reduction, and Brazilian butt lift – BBL procedures. Visit our online gallery of Dr. Michael Thornton's combination procedures of **mommy makeover before and after photos**.



Before and After Mommy Makeover following silicone breast augmentation with umbilical float mini abdominoplasty and repair of muscle separation. Real before and after photos from a happy patient of Dr. Michael L. Thornton!



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Company Description:

Mansfield Cosmetic Surgery Center, under the directorship of Dr. Michael L. Thornton, provides various procedures in Facial Plastic Surgery, Breast Cosmetic Surgery, Body & Buttock Contouring, SculpSure® Non-Invasive Fat Reduction, Male Cosmetic Surgery and Non-Surgical Aesthetics from our Medical Spa.

Mansfield Cosmetic Surgery Center

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Website: <https://sites.google.com/view/cosmeticsurgerymansfield/mommy-makeover>

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