

# You deserve a Mommy makeover in 2022: A New Year, and a new YOU!

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2021 might have been the most difficult year yet. With all of the political uneasiness, COVID, homeschooling children, and wearing masks everywhere has certainly had its challenges. Let's bring in 2022 with a new, positive outlook and make changes that make us happy in their own way.

Let's face it, becoming a mother changes a lot of things, especially your body. That's why Kansas Plastic Surgery in Wichita is happy to offer Mommy Makeovers for the wonderful mommies out there!

A mommy makeover can be a combination of services to target and correct the areas of the body most affected by pregnancy. Our Mommy Makeovers usually include our breast services, as well as one or more of our body contouring services. The Mommy Makeover's are always tailored to the patient's goals and specific needs. No two mommies are the same—that's why no Mommy Makeover is the same, either!

## What is a Mommy Makeover?

- Breast augmentation
- Liposuction
- Tummy tuck
- BodyTite
- Evolve
- Thigh lift
- Arm lift

What the customized Mommy Makeover helps to correct:

Sagging breasts, or

Loss of breast shape and volume

Fat reduction

Firming, toning, and contouring specific areas of the body (tummy, arms, thighs)

## Mommy Makeover with a breast augmentation

One of our staples here at Kansas Plastic Surgery is our Breast Augmentation procedures. Breast augmentation can increase the fullness and size of the breasts. When a breast augmentation is performed in combination with a breast lift, the procedure can improve the balance of the breasts and the hip ratio, enhancing self-image and self-confidence.

## Liposuction with a Mommy Makeover

At Kansas Plastic Surgery, we offer two forms of this popular procedure for our patients: Smart Lipo and traditional liposuction. Smart Lipo involves placing a laser just into the fat layer. The laser will work to destroy fat, tighten skin and reduce bruising.

Smart Lipo has been proven to include a reduced recovery time for patients.

Traditional liposuction involves removal of the fat through a small incision without the aid of a laser. Both of these methods effectively provide a more sculpted appearance and reduce stubborn pockets of unwanted fat.

## Mommy Makeover with a tummy tuck

A tummy tuck is a surgical procedure that removes excess fat and skin creating a smooth, firm contour. A tummy tuck may also help to restore muscles in the abdomen that have been weakened over time or after pregnancy.

Dr. Schoonover offers two options for a tummy tuck: with drain tubes, and drainless.

The first option is a full, surgical tummy tuck which incorporates draining tubes to do away with the excess fat.

The second option available is called a drainless tummy tuck, which does not incorporate the draining tubes usually put in place at the end of the tummy tuck procedure.

1. Drainage tubes are a major source of discomfort after a tummy tuck.
2. A no-drain tummy tuck can achieve the same or better results.
3. Not everyone is an ideal candidate for a drainless tummy tuck. (If you are interested in a tummy tuck, Dr. Schoonover will assess your situation and let you know which form of tummy tuck is best for you.)

## Less-invasive Mommy makeover procedures

**BodyTite** is one of the latest innovations by InMode Aesthetics that utilizes heat-based technology, which helps to remove stubborn fat while simultaneously tightening the skin without large incisions like traditional surgeries require.

**Evolve** is yet another one of InMode's newest workstations. Evolve has been cleared by the FDA, and has been proven to firm skin, tone muscle, reduce cellulite, and remodel adipose tissue using safe radiofrequency energy. (Note: Several Evolve treatment sessions may be required to reach your goals.)

Other procedures can be combined with your tailored Mommy Makeover

### **Thigh lift**

A thigh lift is performed by creating an incision in the inner thigh in order to remove loose skin and restore a smoother, tighter appearance after weight loss from weight gained during pregnancy.

### **Arm lift**

An arm lift, also called a brachioplasty, removes excess skin and fat from the arms. This procedure is most commonly chosen by mommies who have lost significant weight in their arms and have lax skin that they want tightened and contoured.

### **Mommy Makeovers are ideal for patients who:**

1. do not smoke and are healthy enough for a long procedure under general anesthesia;
2. are no longer planning to have children; and
3. desire multiple areas of improvement with **one** recovery period

\*The recovery period varies depending on the procedures performed. In most instances, patients are returning to their normal activities within 4-6 weeks. Dr. Schoonover will let you know what to expect with the procedures you choose/are cleared to have.

If you're ready to get back to your pre-baby body in 2022, schedule a risk-free consultation with Dr. Schoonover at Kansas Plastic Surgery in Wichita. He will answer all of your questions and concerns and help you to envision what your Mommy Makeover might look like on you! Click [here](#), or call us at (316) 305-9618 today.