

MOMMY MAKEOVER - PART I: BREAST SURGERY

Your Weekly Newsletter by
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The following content includes language and medical grade photographs for educational purposes only.



Welcome to part one of our three-part series on the so-called “mommy makeover.” While I’m not fond of the term, it’s widely recognized and frequently requested by patients, so we’ll use it here. A “mommy makeover” is not a single procedure but a personalized combination of surgeries to help restore a woman’s body after pregnancy and breastfeeding.

Common Elements

- Breast Surgery – augmentation, lift, or reduction
- Abdominal Surgery – tummy tuck or mini-tummy tuck
- Liposuction – to sculpt flanks, hips, thighs, or back
- Optional Add-Ons – such as buttock enhancement or labiaplasty

In this issue, we’ll focus on breast surgery, the cornerstone of most mommy makeover plans.

How the Breasts Change

Breasts, like all areas of the body, change with age, pregnancy, weight fluctuations, and hormonal shifts. With time, breasts often lose firmness, become heavier or more fatty, and the skin envelope stretches—leading to sagging (ptosis). The goal of cosmetic breast surgery is to restore natural shape, firmness, projection, and proportion. Depending on a woman’s needs, breasts can be made larger, smaller, or simply reshaped while maintaining a natural look.

Surgical Options

1. Breast Augmentation

-Scars: Through a small incision in the breast crease, an implant (silicone or saline) is placed beneath the pectoralis muscle. [I strongly discourage placement above the muscle (“subglandular”), as it looks unnatural, complicates

mammograms, and carries higher risk of scar tissue formation (capsular contracture)].

- Surgery Time: ~1 hour
- Recovery: Pain medication for 2–3 days; light activity after 1 week; full chest workouts after 4 weeks
- Risks: Rare, but may include scarring, asymmetry, or nipple sensation changes.



38-year-old female: volume loss after breast feeding; 400cc silicone gel implant, subpectoral, nipple reduction



42-year-old female: 325cc silicone gel implant

2. Breast Lift (Mastopexy)

This procedure elevates the nipple and breast tissue to a higher, more youthful position without significantly changing size.

- Scars: Typically an “anchor” pattern-around the nipple, vertically down, and along the crease. [A “donut” lift is a terrible operation—it produces poor, often irreversible results].
- Surgery Time: ~2 hours
- Recovery: Drains for ~5 days; light activity after 1 week; core/lower body workouts by 3 weeks; upper body by 6 weeks
- Risks: Rare, but may include scarring, asymmetry, or nipple sensation changes.



48-year-old female: Anchor Scar Mastopexy

3. Breast Reduction

Similar to a breast lift, but with removal of excess breast tissue to reduce size and weight while lifting the nipple to a more youthful position.

- Surgery Time: ~2.5 hours
- Recovery: Comparable to a lift
- Benefits: Relieves heaviness, improves mobility, and is often life-changing. Many patients wish they had done it sooner.



44-year-old female: Breast Reduction with liposuction around breasts - 10 lbs. removed in total

4. Breast Lift with Implants (Augmentation-Mastopexy)

This combines a lift with the placement of smaller implants, ideal for women who want improved cleavage or volume that a lift alone cannot provide.

- Scars: Same as mastopexy (anchor pattern)
- Surgery Time: ~2.5 hours
- Recovery: Comparable to a lift
- Risks: Similar to breast lift/reduction



42-year-old female: Anchor Scar Mastopexy with 275cc silicone gel implant



35-year-old female: Anchor Scar Mastopexy with 325cc silicone gel implant

Key Points:

- Implants do not lift nipples; only surgical lifting (mastopexy) can achieve a “nipple lift”.
- Silicone implants remain safe and provide the most natural result.
- Breast implants are safe. They do not cause autoimmune disease.
- Breast implants do not cause cancer.
- When placed under the muscle, breast implants do not interfere with mammograms.
- Silicone implants do not need to be “changed out” every 10 years. If you are not having any issues, don’t replace implants
- *Breast Implant Illness Syndrome* is an entity where women have vague symptoms such as fatigue, memory fog, joint pain, skin irritations, and more. There is a very slight chance that implants can be the cause of these symptoms, and if these symptoms exist, and nothing else has worked to alleviate the problems, removing implants may help.
- Textured implants, which I have never used and are not available anymore, have been linked to a very rare form of lymphoma called *Anaplastic Large Cell Lymphoma*. Smooth implants which are exclusively used today, do not cause cancer.
- Mammogram Requirement:
 - Women over 40 years need a documented clear mammogram within 12 months before surgery.
 - Women with strong family history need a clear mammogram prior to surgery, regardless of age.



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Stay Tuned!

Before we continue with Mommy Makeover Part II, we are going to delve into the microbiome of the digestive system.....Be on the lookout for next week's newsletter: "The Gut Microbiome: Friends and Foes."

[Schedule Appointment](#)



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