

MOMMY MAKEOVER PART II: TUMMY TUCK

*Your Weekly Newsletter by
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Welcome to part two of our three-part series on the so-called “mommy makeover.” As we noted earlier, I prefer the description “surgeries after pregnancy,” but since “mommy makeover” is widely recognized and requested by patients, we’ll continue to use it here.

A tummy tuck (abdominoplasty) is one of the most common procedures in a mommy makeover, often combined with breast surgery and liposuction. Its goal is to restore a flatter, tighter, and more youthful abdominal contour after the changes of pregnancy.

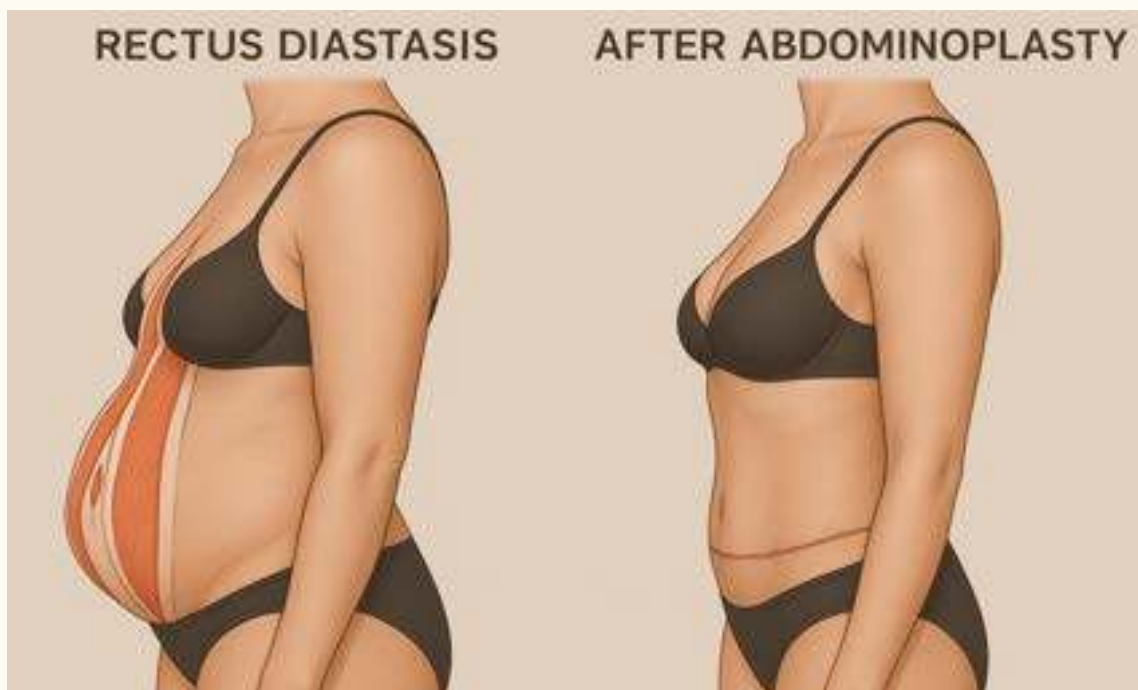
What Happens to the Abdominal Wall During Pregnancy

During pregnancy, the abdominal muscles (rectus muscles) and connective tissue stretch apart to accommodate the growing baby. This separation—called diastasis recti—can leave the abdomen bulging or weak, even after weight loss or exercise. The skin and underlying tissues may also become loose and sagging, especially if stretched by multiple pregnancies.

How a Tummy Tuck Fixes It

A tummy tuck restores the abdominal wall by:

- Repairing muscle separation: The rectus muscles are brought back together with sutures, creating a tighter, firmer abdominal wall.
- Removing excess skin and fat: Loose, stretched skin is excised, often along with residual fat deposits.
- Reshaping the belly button: The navel is repositioned for a natural, youthful appearance.



The Tummy Tuck Scar

- Lower abdominal scar: Runs low across the “bikini line” from hip to hip (placement is planned so it can usually be hidden beneath underwear or swimwear).
- Belly button scar: A small, circular scar where the skin is tightened around the repositioned navel.

Surgery Details

- Duration: 1½ to 3½ hours, depending on whether additional procedures (like breast surgery or liposuction) are performed at the same time.
- Risks: While uncommon, risks include bleeding, infection, numbness, and scars that may need revision.

Recovery Timeline

Weeks 1–2

- Limit activity; driving is usually difficult.
- Pain medicine needed intermittently.
- Focus on rest and gentle walking.

Weeks 2–4

- Most patients are off pain medicine.
- Typically safe to drive and resume light daily activities.
- Avoid lifting more than 20 pounds or straining the core.

Weeks 4–6

- Mobility and activity improve.
- Swelling and unevenness are still common due to healing tissues.
- Walking and stretching are encouraged, but no core exercises yet.

6 Weeks and Beyond

- Most patients feel very good and can start reintroducing core-strengthening exercises gradually.
- Energy and strength steadily return.

The "How Things Look" Timeline

- Around Week 4: Patients begin to notice exciting changes in the mirror.
- By Month 4: Confidence is high—patients often feel ecstatic and enjoy updating their wardrobe with slimmer, more fitted clothing.



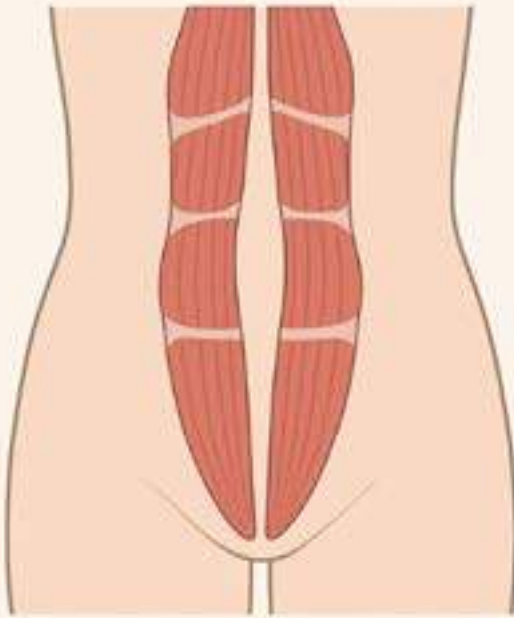
34 year-old female: BEFORE & AFTER abdominoplasty with repair of rectus diastasis and liposuction of the hips and waistline

Rectus Diastasis (Diastasis Recti)

Rectus diastasis, also called diastasis recti, happens when the abdominal muscles in the middle of your belly separate. This can happen after pregnancy, weight changes, or with age. It is not dangerous, but it can cause uncomfortable symptoms and changes in how your stomach looks and feels.

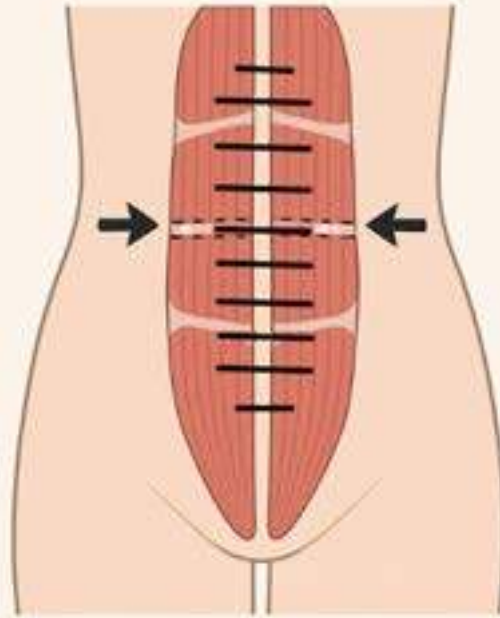
Rectus Diastasis and Repair

BEFORE

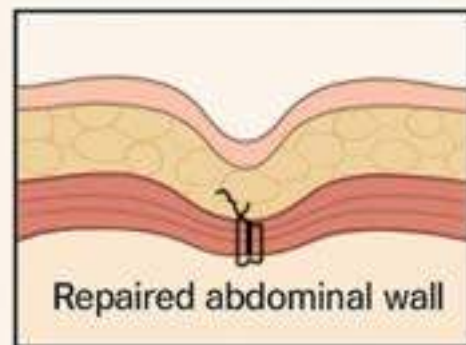


Diastasis gap

AFTER



repaired midline



Repaired abdominal wall

Common Symptoms

- A bulge or 'pooch' in the middle of the belly, especially when sitting up or coughing.
- A visible gap or ridge that runs down the center of the abdomen.
- The stomach looks rounder or sticks out, even in slim people.
- Feeling of looseness or weakness in the core muscles.
- Back pain or poor posture due to weak core support.





30 year-old female: BEFORE & AFTER abdominoplasty with repair of rectus diastasis, umbilical hernia repair, and liposuction of the hips and waistline

Other Possible Effects

- Bloating or digestive discomfort.
- Hip or pelvic discomfort from less core stability.
- Urine leakage or pelvic floor weakness in some cases.

Important Notes

Rectus diastasis is not the same as a hernia. With rectus diastasis, the muscle wall is stretched but not torn. In many people, exercises and lifestyle changes can improve symptoms. In more severe cases, surgery such as an abdominoplasty may be an option.



35 year-old female: BEFORE & AFTER abdominoplasty with repair of rectus diastasis.

What Does a new Belly Button look like?



SPECIAL OFFER

--Through End of 2025--

Mention this newsletter and receive 10% OFF surgeon's fees when you book a Tummy Tuck or Mommy Makeover consult!

Stay Tuned!

Stay tuned for next week's newsletter, "Retinoids Demystified: How Retin-A Works Against Aging"

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