



Restoring Your Sense of You

By Dr. Brandon Richland, MD

Many women experience a loss of identity as their focus shifts from their personal life, marriage, relationships, career, or passions to caring for their growing family. While this is a natural and understandable occurrence in mothers, it can sometimes prevent life from being as fulfilling as it should be. A “mommy makeover” can help you regain your sense of self to enhance your life as a mother and beyond. This is one of the most confidence-transforming procedures that I perform, and I strive to deliver the best that Southern California has to offer.

Rather than a single procedure, a mommy makeover comprises a carefully curated selection of several procedures to restore your pre-baby body. Each mommy makeover is a customized and unique combination of procedures that include:

- Hidden Scar Tummy Tuck™ (abdominoplasty)
- Breast lift (mastopexy)
- Breast augmentation
- Liposuction
- Renuvion minimally invasive skin tightening
- Facial rejuvenation, fat grafting, and skin tightening

There is no shortage of factors that can impact your body's appearance, especially for mothers: age, pregnancy, breastfeeding and weight fluctuations, to name a few. Even with the strictest workout regimen

and balanced diet, there are certain changes that a healthy lifestyle alone cannot remedy. Although these changes occur both gradually and over time as part of the aging process, they are often accelerated by pregnancy and breastfeeding and no amount of diet and exercise can fix them.

A mommy makeover can empower you to embrace the joys of motherhood, while also embracing a reflection that *resembles your physique prior to pregnancy*. Just as no two women share the same motherhood journey, no two mommy makeover



procedures are the same. I spend the time listening to my patients' and concerns to **ensure that their mommy makeover procedure is uniquely tailored to their body type, individual needs, and desired outcome.** The recovery is a combination of what one would expect from breast surgery and tummy surgery, and full recovery takes about eight weeks.

Motherhood requires so much, from your body to your time, to your energy... it can be easy to lose your sense of self. A mommy makeover doesn't just restore your body; it restores you. Empower yourself, not just as a mother, but as an individual so you can live a life as multi-dimensional and faceted as you are. Schedule your consultation now to begin the process of designing your customized mommy makeover and take the first step toward your most fulfilling life.

To find out how board-certified plastic surgeon Dr. Brandon Richland can make you look like your best self, call 714-241-0646. Located at 9900 Talbert Ave., Ste. 101, Fountain Valley.

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