

# MOMMY DEAREST

Sleepless nights, stretch marks and sagging skin—motherhood leaves its mark, but it need not be permanent.

By Phebe Wahl

**M**otherhood is transformative in every sense—and while welcoming a new bundle of joy will make your heart burst, the physical aspects of pregnancy can leave a woman changed. From subtle surgeries to less invasive treatments, there are an abundance of ways to reclaim your body in due time.

“The term ‘mommy makeover’ typically refers to surgery of the breast and body,” offers Dr. Daniel Maman of the elite 740 Park Plastic Surgery ([plasticsurgeonsnyc.com](http://plasticsurgeonsnyc.com)). “Commonly, cosmetic breast surgery—whether it is a lift or reduction or augmentation or lift with augmentation—is done during the same surgery as a tummy tuck procedure. This tummy tuck importantly includes repair of a rectus diastasis, which is separation of the rectus or six-pack muscles that occurs from pregnancy.” As for other enhancements, “minimally invasive adjuncts such as liposculpting, short-scar abdominoplasty, mini abdominoplasty, Ultherapy, short-scar breast lifts and short-scar augmentation are often utilized,” he says.

“I usually give three to six months postpartum to let hormones and body weight settle,” says Dr. Paul Frank of

PFRANKMD medspa ([pfrankmd.com](http://pfrankmd.com)). “If the patient easily gets back to their normal weight, I perform Emsculpt for muscle tightening and to bring stretched/split muscle together.” He also uses Exilis Ultra skin tightening. “If there is fat that does not go away, I perform tumescent (aka laser) liposuction to resculpt the body and tighten the skin from inside, then, a month later, start Emsculpt muscle treatments. For stretch marks, I use Fraxel laser and RF microneedling. For cellulite, I use biostimulatory fillers like Radiesse and skin-tightening devices like Ulthera and Exilis.”

A new mother herself, Lauren Abramowitz of Park Avenue Skin Solutions ([parkaveskin.com](http://parkaveskin.com)) suggests a surgery-free protocol for new moms timed to when hormones have rebalanced. “If you are not nursing, you can do Botox right after, but if you are nursing, I recommend pumping and dumping for 48 hours,” she says. “For lasers to treat melasma, wait until after your hormones have balanced out, as you can get hyperstimulated.”

And for those tired eyes and sagging skin from sleepless nights? Ultherapy will tighten the skin offering a nonsurgical face-lift. “Most clients are fine to have one treatment performed and for the results to last two to five years depending on lifestyle. Some clients may want to have two-plus treatments depending on the integrity of the skin and loss of elasticity,” says Camille Meyers of Tribeca MedSpa ([tribecamedspa.com](http://tribecamedspa.com)).

