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[Mommy Makeover – Getting The Details Right](#)

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<http://www.barrylyckamd.com/2013/12/mommy-makeover-getting-details-right/Dr Barry Lycka>

As women have babies, their body changes, stretches, droops and starts to look different but in this day and age women *do* have choices to effectively deal with the situation. Commonly known as a Mommy Makeover, plastic surgery after pregnancy is the specialty of our guest today, Dr Brian Glatt of Morristown, New Jersey. Dr Glatt performs several hundred of these a year, and has done many thousands in the eight years he has been specializing in mommy makeover surgery.

Dr Barry Lycka cosmetic dermatologist from Edmonton, Alberta is talking today with **Dr Brian Glatt**, a board certified plastic surgeon from Morristown, New Jersey.

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Mommy Makeover – Plastic Surgery After Pregnancy

Q: How did you get interested in this, Dr Glatt?

Dr Glatt had lots of women going to see him for help dealing with the changes they experienced after pregnancy. He found himself doing lots of body work in isolated cases such as tummy tucks, various breast work (lifts, implants, reductions) and discovered that women actually wanted to get it all done at the same time.

It was a patient driven decision where they wanted one anesthesia, one recovery period and potentially lower cost because it is one surgery rather than several; all very attractive concepts for patients. Therefore Dr Glatt moved to doing the Mommy Makeover procedures to make it more convenient for his patients.

Q: Is it true that eight years ago we didn't like to do multiple procedures at the same time?

That is true and it was definitely true that it wasn't common to combine these procedures together. In general, even today we still prefer to limit the number of procedures being done on a person at one time – in his practice, Dr Glatt prefers to limit to around 6 or 7 hours of surgery.

Q: What exactly is a Mommy Makeover? Many women are confused about this.

People will call and say 'I want a Mommy Makeover'. The next question is 'What are you looking at? What are you unhappy about?' It is a general term that encompasses a series of different plastic & cosmetic surgery procedures all of which address the changes that frequently happen as a result of pregnancy and childbirth.

- Abdomen – tummy tuck and liposuction to deal with excess skin, lax skin or stubborn fat
- Breasts – implants, reduction, lift

These are typical areas – breast get bigger, smaller, floppier, deflate – abdomen and the muscles are stretched. Sometimes people can get them back and look great but many can't. The changes are caused by factors such as the size of the baby, genetic factors and how the muscles were before pregnancy. Dr Glatt always tells patients to not feel guilty. For most normal women this is not something that is going to go away by doing extra sit-ups and exercise – you could do a 1000 sit-ups a day these changes will not go away because skin and muscles have been stretched beyond what the body can recoil.

There are always people, like Heidi Klum for example, who have had 5 kids and who look the way they do – they are NOT the norm however, it is not the common case that women can bounce back – this is damage to soft tissue that the body can't repair. These people in the press, the supermodels – they looked great to begin with and so inevitably will continue to look great, even into old age.

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What To Expect From Your First Consultation

Dr Glatt tends to spend around an hour and a half on a first consultation. They meet him and the nurse, review their goals, what concerns them, talk about medical history and have an examination. At this point Dr Glatt explains exactly what will

happen in the surgery, the recovery, risks, issues, and expected results. He takes a very personalized approach and does this all himself.

Other doctors might take a different team-based approach but the important thing is that the patient understands all aspects of the procedure from that first consultation. We need to minimize side effects, risks and complications –after all, this is *elective* surgery.

Reducing Potential Risk Factors



Doctors typically prefer to choose their patients wisely to reduce any risk factors. Patients must be in good shape, and absolutely not a smoker (this is very dangerous in surgery). Dr Glatt doesn't say yes to everyone and often says NO to smokers – they will have problems and no one wants that.

If people want surgery bad enough they will make that extra life changing decision and also stop smoking so they can have the mommy makeover. Smoking affects the micro-circulation in the skin and soft tissues and since these procedures involve a large amount of tension, pulling & tightening then the blood supply can become compromised and if this happens in a smoker, they will not heal properly and will get wound complications because of it – it compromises their health and their results. There are so many ways to stop smoking these days with great results that people don't need to keep on smoking.

Recovery Period

There is a significant recovery from this surgery and the woman will need support and help to care for the children – particularly no lifting. This help and support must be identified and organized beforehand. The muscles must heal and they need time to do so. If people are well prepared then they will recover well afterward.

The mommy makeover needs several weeks recovery including no lifting for at least 6 weeks, around 2 weeks off work (depending upon what they do for a living)

and plenty of upfront conversations beforehand to prepare. There will be no sugar coating about this – they need to hear the basic truths!

It is better to wait until everything is in place for success rather than go ahead just because the patient is excited and ignore the practicalities of recovery. In fact, both doctors agree that the recovery is almost more important than the actual surgery and it is the key to getting the best results.

Mommy Makeover: In Summary

It is a collection of procedures done at the same time to restore a woman's body after pregnancy and childbirth, typically on the breast and abdomen. These are the main two areas that change when a woman becomes a mother and often requires surgery.

As a specialist, Dr Glatt has done thousands of mommy makeover procedures and the attention to detail is a very important aspect of his work. The surgery lasts between 6 to 8 hours, the patients need to be in reasonable health with proper preparation and have adequate care and support organized. It can be a very beneficial surgery, not only in physical changes achieved but in other aspects of a woman's life such as self confidence and how a woman feels about herself.

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