

# The mommy makeover

Restoring a youthful figure

by Dr. H. Christopher Coley

**W**hat exactly is a mommy makeover? To answer this question, let's first take a look at a few changes that occur during pregnancy.

The abdominal skin and wall stretch to accommodate a child; breasts become larger as they prepare for milk production; hormonal changes might bring on differences in facial skin color, tone and texture; and weight is gained.

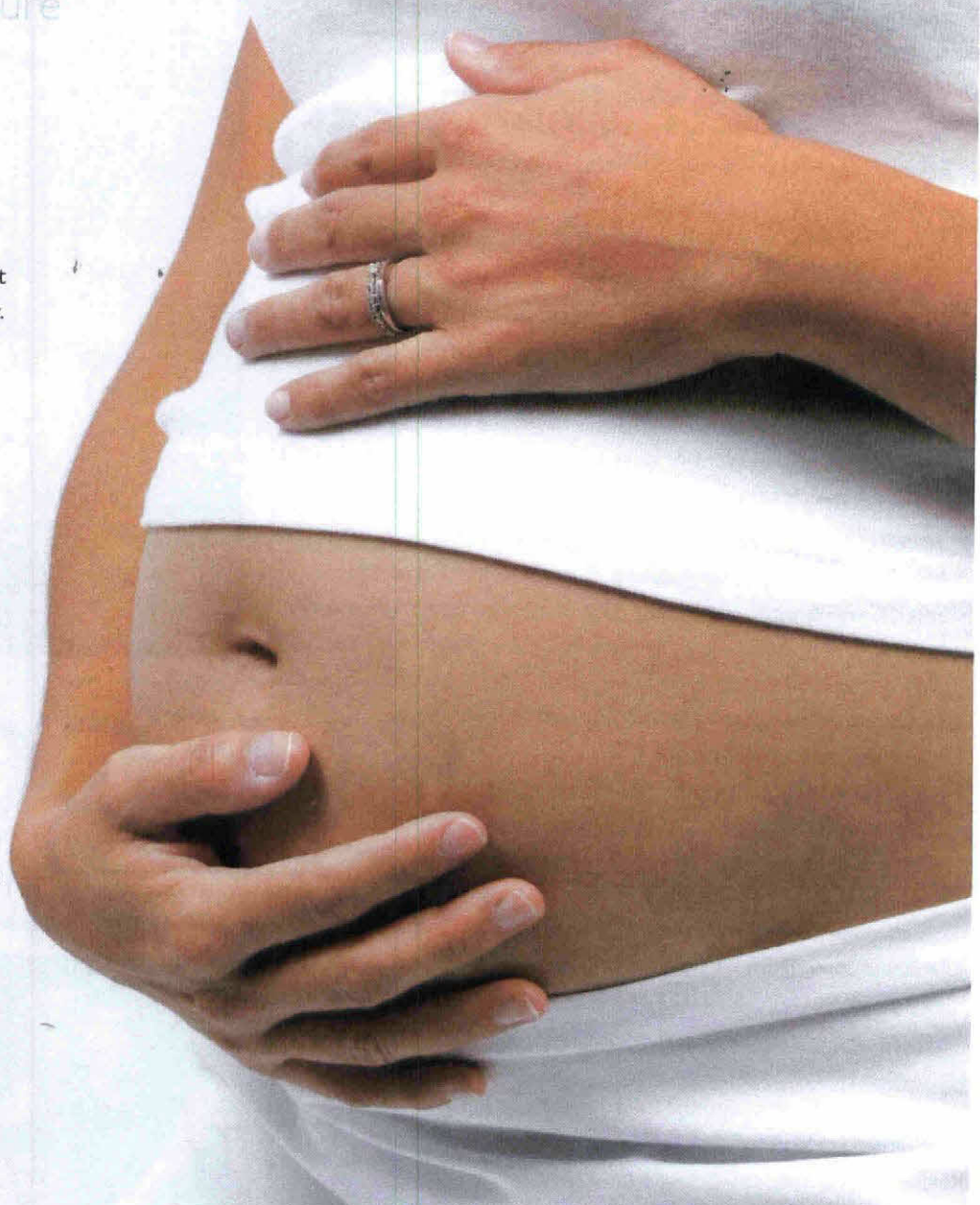
For many pregnant moms, exercise and other methods to keep these changes to a minimum are not possible. Therefore, a woman is left with not much more than mother nature to aid in restoring her body back to its original shape.

After delivery, there's a period of recovery, depending on how well the pregnancy and delivery went and what type of birth it was. Hormonal changes can affect one's desire to exercise to restore a pre-pregnancy figure, and changing priorities such as taking care of a newborn and returning to work can limit time even more. Speaking from experience, this no doubt is a life-changing event.

Here are some tips to help regain that pre-baby shape.

## Know your options

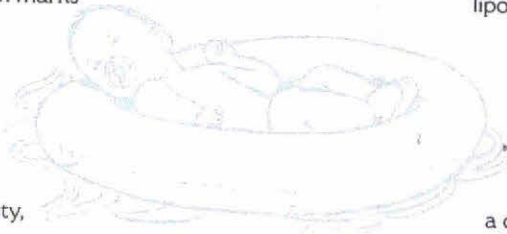
It should be noted that surgery should not be the first option, but should be considered as a viable option. Common surgical procedures include breast augmentation and breast lifts, tummy tucks, and liposuction. Nonsurgical options for facial rejuvenation include Botox and Dysport, injectable fillers, microdermabrasion, chemical peels, and a medical skin care regimen.



**For many pregnant moms, exercise and other methods to keep these changes to a minimum are not possible. Therefore, a woman is left with not much more than mother nature to aid in restoring her body back to its original shape.**

If your breasts have lost their fullness, then give them a lift. This can be accomplished with an implant alone or combined with a lifting procedure. Each individual is different and there are different options available for breast enhancement, so it's important to schedule a consultation with a board-certified cosmetic surgeon to help you make your decision.

Tummy tucks are a good option for the stubborn area around the belly button or stretch marks that no amount of sit-ups and dieting will remove. A tummy tuck, or abdominoplasty, removes excess skin and tissue and tightens the abdomen and waistline, re-creating a pleasing abdominal contour. Often, stretch marks from the belly button and below can be permanently removed with a tummy tuck. The results can be quite amazing.



Liposuction, the process of removing

excess tissue under the skin to contour an area of the body, also is a popular option. It has a quick recovery time and can be performed virtually anywhere on the body, but is commonly done in the neck to remove a double chin or in the abdomen, hip, thigh, and lower back to restore a curvaceous contour. For areas in which you'd like to add more fat — such as a depressed scar, lower eyelid areas or even the buttocks — the fat from the

liposuction procedure can be re-infused to give a lift.

Are you ready for your mommy makeover? Take the first step and schedule a consultation with a board-certified specialist today. 🌸

*Dr. H. Christopher Coley, board-certified and fellowship-trained in both cosmetic and hand surgery, is owner and chief surgeon of the Coley Cosmetic & Hand Surgery Center in Greensboro. To learn more, call (336) 617-8645 or visit [www.coleycosmetic.com](http://www.coleycosmetic.com).*

**BALANCE DAY SPA**  
Every Body Needs Balance.

Wants. Needs.

Find Balance.

Massage Therapy | Laser Service | Facials & Waxing  
Natural Nail Care | St. Tropez Spray Tanning  
Bare Escentuals Make-Up | Glotherapeutics

<b>GREENSBORO</b> 2138 Lawndale Dr. 574.2556	<b>KERNERSVILLE</b> 960-C S. Main St. 993.0303	<b>BURLINGTON</b> 2257 S. Church St. 482.3200
--	--	---

OPEN 7 DAYS A WEEK • [www.BalanceDaySpa.com](http://www.BalanceDaySpa.com)

## menshINSURANCE

life | disability | long term care | health

[www.menshinsurance.com](http://www.menshinsurance.com)

A family tradition since 1968

ARE YOU OLD ENOUGH TO START WORRYING ABOUT GETTING OLD?



Let's just say if you're 40 or older -- it's definitely time to start thinking long range. Why? Because if you create a plan when you're young, you can save money on certain types of insurance policies, protect your wealth and keep the people you love financially safe. Did you know that the average assisted living facility costs around \$5,000 a month? Are you prepared for that kind of expense? Do you have aging parents? Who is going to pay for their care as they get older? Maybe it's time to start asking some questions. And we're here to help. You can call us, e-mail, even text us from the carpool line. Having a plan for getting older will make you feel, well, years younger.

ARE YOU READY TO BE A SENIOR?

I'm prepared. I have:

- health insurance
- life insurance
- long term care insurance
- a will

Or maybe you're not as prepared as you'd like to be. If not, give us a call:

PHONE: 336-631-5503  
TOLL-FREE: 888-582-3334  
E-MAIL: [ASKDANNY@MENSHINSURANCE.COM](mailto:ASKDANNY@MENSHINSURANCE.COM)  
TEXT: 336-624-3853  
[MENSHINSURANCE.COM](http://MENSHINSURANCE.COM)