



THE “MOMMY MAKEOVER” WITH LESS PAIN, FASTER RECOVERY

By Becky Wiese

Every mother knows her body is not quite the same after she's had a child. It doesn't matter if she's had one or seven, the physical changes due to pregnancy, childbirth, and nursing (if she chooses to breastfeed) and ongoing demands of caring for and raising children in terms of sleepless nights, rushed meals, and relentless schedules, all that in addition to the demands of her own responsibilities, can put caring for her own physical well-being pretty far down the list of priorities.

But children grow up. Time becomes more manageable, and that goal of losing the baby weight (never mind that baby might be 8 or 12

or even 22!) is finally achievable. So the weight is finally gone, and Mom has had the time to get back into shape and is feeling great. Except for the extra skin, the belly that won't quite go away, and the saggy chest that are constant reminders of what was, not what is.

“That situation, women who have gained weight, kept it for a period of time, then worked really hard to lose it, happens very frequently,” says Dr. Chad Tattini. “That's what the Mommy Makeover is all about—to improve what's been stretched out.”

Patients who choose the Mommy Makeover, which focuses on the breasts and belly, are typically past their childbearing years. The number of these surgeries skyrocketed during the pandemic and there has continued to be an increased demand, with no signs of slowing down.

Depending on each individual's needs, the makeover could include a breast lift, implants and lift, or just implants. Alternatively, some women may request a breast reduction. The abdominal portion includes abdominal contouring (abdominoplasty), frequently referred to as a "tummy tuck."

An ancillary procedure that is becoming more common with tummy tuck surgery is 360 liposuction. Dr. Tattini explains that, "Many years ago we used to think doing liposuction all the way around the torso at the same time as a tummy tuck was dangerous. Now we know this is not the case. So it is very common for us to begin the surgery with the patient lying face down and doing liposuction on their flanks from behind. Then we turn them over and do liposuction on the flanks from the front. Then we finish with the tummy tuck. So consequently, the result is no longer two-dimensional but actually a three-dimensional improvement."

In spite of all the work women go through to get back into shape, "nothing will remove the excess skin or lift the breasts except surgery," says Dr. Tattini. The Mommy Makeover makes it possible, and it can all be done in one day at the outpatient surgical suite at Dr. Tattini's office.

These surgeries aren't just for women. Dr. Tattini notes that plastic surgery for men is also becoming more common, and for similar reasons. "We see men who have experienced massive weight loss—50 to 100 pounds or more—who come in to have their excess skin removed surgically." The "Daddy Do-over" can include both belly and breast work. Men who experience gynecomastia, male enlargement of the breasts due to hormonal changes, medications, and some health conditions, can have the size of their breasts reduced as well as have excess skin and tissue from their belly removed.

One of the biggest benefits offered by Dr. Tattini is the way pain management and recovery are handled. In order to decrease the nausea and pain caused by the surgery, he takes a proactive approach with a two-part strategy. First, patients get pain medication the night before surgery—a pre-emptive analgesia that helps patients experience less pain post-operatively. Then, the day of surgery, they receive a "cocktail" of pain medication, nausea medication, and a nerve block.

"We use only IV anesthesia because the gas is what makes people nauseous," Dr. Tattini explains. During the surgery, he injects the muscle with an analgesia that lasts up to three days post-op, which gets the patients through the hardest stretch of pain and helps decrease swelling.

Overall, patients are finding that they can undergo a 4 to 6-hour surgery with minimal pain and nausea and have a relatively comfortable recovery due to the anesthesia protocol Dr. Tattini uses. Additionally, Dr. Tattini offers "drainless" tummy tucks, and without a drain hanging out or needing to be removed, the patient experiences even less pain. "Our post-op surveys indicate that a whopping 95 percent of patients felt that their recovery was easier than what they had expected or had been told by others."

The focus on patient comfort at the practice of Dr. Chad Tattini, MD, Plastic Surgery is paramount. "We offer confidentiality, privacy, and faster, less painful surgeries that make the entire process very smooth." When recovery is this easy, it's plain to see why more and more people are choosing to undergo a Mommy Makeover or a Daddy Do-over. They can look and feel better in less time, with less discomfort.

For more information about any surgical or non-surgical procedure, set up a consultation appointment with Dr. Tattini's office at www.chadtattinimd.com or 309.664.1007. Dr. Tattini is on the cutting edge of many cosmetic and reconstructive surgeries. His office is located at 902 N. Hershey Rd. in Bloomington and includes a state-of-the-art, on-site operating room.

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