

A PATIENT'S GUIDE

TO MOMMY MAKEOVERS

ELITE DOUBLE BOARD-CERTIFIED ATLANTA PLASTIC SURGEON

ALAN N LARSEN, MD





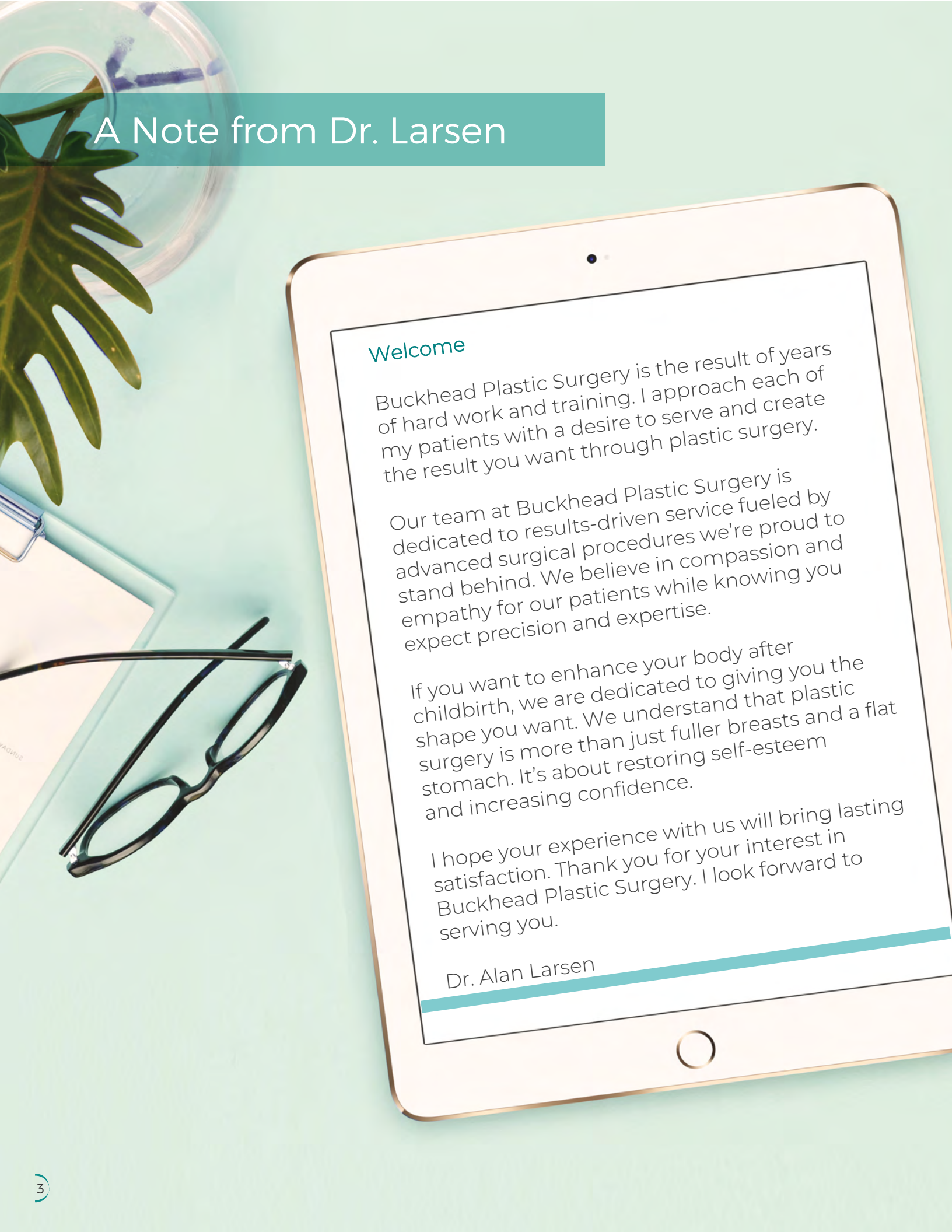
**“MY GREATEST
SATISFACTION IS HELPING MY
PATIENTS BRING OUT THEIR
INNER BEAUTY.”**

MEET **DR. ALAN N LARSEN**

Buckhead Plastic Surgery is home to Dr. Alan Larsen, a double board-certified plastic surgeon practicing in Atlanta, Georgia. After years of extensive education, training and surgical experience in prestigious programs around the country, Dr. Larsen founded Buckhead Plastic Surgery. The North Atlanta area of Buckhead is one of Atlanta's most renowned regions. Dr. Larsen promotes his passion for whole-body health at Buckhead Plastic Surgery, LUX Med Spa and SLIM STUDIO BodySculpting® and Chastain Surgery Center.

Dr. Larsen is one of the leading plastic surgeons in the Southeastern United States. Make a confident and educated decision about your plastic surgery options and work with the highly recommended and results-driven team at Buckhead Plastic Surgery led by Dr. Alan Larsen.



A photograph of a desk with a green plant, a pair of glasses, and a tablet displaying a welcome message. The tablet is white with a gold border and is tilted. The background is a light green surface.

A Note from Dr. Larsen

Welcome

Buckhead Plastic Surgery is the result of years of hard work and training. I approach each of my patients with a desire to serve and create the result you want through plastic surgery.

Our team at Buckhead Plastic Surgery is dedicated to results-driven service fueled by advanced surgical procedures we're proud to stand behind. We believe in compassion and empathy for our patients while knowing you expect precision and expertise.

If you want to enhance your body after childbirth, we are dedicated to giving you the shape you want. We understand that plastic surgery is more than just fuller breasts and a flat stomach. It's about restoring self-esteem and increasing confidence.

I hope your experience with us will bring lasting satisfaction. Thank you for your interest in Buckhead Plastic Surgery. I look forward to serving you.

Dr. Alan Larsen

THE JOYS OF MOTHERHOOD IN THE BODY YOU WANT



Pregnancy, birth and breastfeeding are all wonderful experiences. Snuggling with your newborn and watching your children grow brings joy and blessings. However, all those same beautiful experiences wreak havoc on your body.

The quickly expanding areas of your body lead to stretch marks, unwanted fat, excess skin and loss of elasticity in your stomach area. The shifting size and shape of your breasts during pregnancy and nursing can change the condition of your breasts. The pre-baby perkiness is replaced by sagging, loss of fullness, stretch marks and a shift in breast size.

The good news is that all of these major changes to your body don't have to be permanent. Surgical options are available to help you restore your body to its pre-baby look. A Mommy Makeover is cosmetic surgery that includes your choice of breast enhancement, tummy tuck or body lift, BodyTite, liposuction, and vaginal rejuvenation. Contact Buckhead Plastic Surgery to discuss your surgical plan for a customized Mommy Makeover.

IS A MOMMY MAKEOVER RIGHT FOR YOU?

Restore your body with a Mommy Makeover. The impacts of childbirth can be repaired to give you the confidence and body image you desire. The best approach to get the post-baby body you want is a Mommy Makeover, which is a surgical procedure to repair and restore targeted areas of your body most impacted by pregnancy, birth and breastfeeding.

If you are experiencing loose skin on your stomach, hard to remove fat, sagging breasts, loss of breast fullness or stretch marks, then a Mommy Makeover is a good option for you.

The best candidates for a Mommy Makeover are women between the ages of 25 and 65. For women who have given birth, it is best to be completely finished with breastfeeding before you have cosmetic surgery. Also, it is best to wait at least six months after your last birth to schedule a Mommy Makeover. This gives your body time to heal from birth. Finally, for the best and lasting results, you should continue with a healthy diet, exercise regimen, and lifestyle



Common Issues that a Mommy Makeover Remedies

- ◆ Flatness on the top portion of breasts
- ◆ Decrease breast size
- ◆ Sagging of the breasts
- ◆ Excess fat on stomach, back, hips and thighs
- ◆ Loose skin on the abdomen
- ◆ Stretch marks on the stomach or breasts
- ◆ Vaginal laxity

For Best and Lasting Results

- ◆ Wait at least 6 months since last birth
- ◆ Finished breastfeeding
- ◆ At a healthy weight

A CUSTOMIZED APPROACH

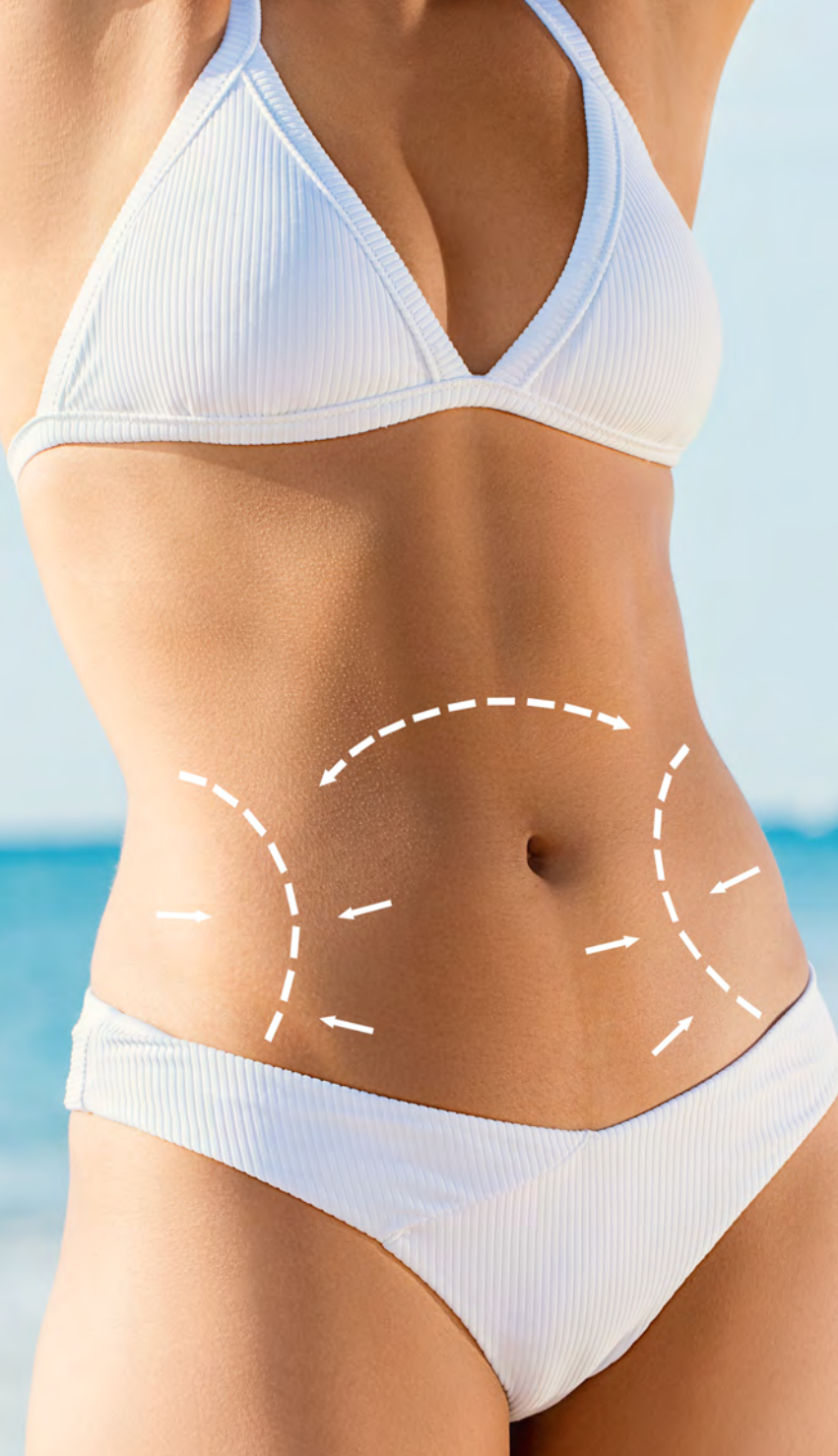
Every woman's body is different and the experiences of pregnancy, birth and breastfeeding all impact a woman's body in unique ways. At Buckhead Plastic Surgery, we offer a customized approach to cosmetic surgery, including a Mommy Makeover.

Our customized approach addresses the specific and unique needs of each patient. We educate you on the procedures and process while discussing your goals and desires for your body. Dr. Larsen's customized approach helps to give you the body you want to produce lasting results you will be happy with for years to come.

With a Mommy Makeover the procedures can be done in one surgery or scheduled in stages. The choice is a combination of your personal preference and our medical expertise to give the best experience for your total body results, including your overall health.

Common Procedures with a Mommy Makeover

- ◆ Tummy Tuck
- ◆ Body Lift
- ◆ BodyTite
- ◆ Liposuction
- ◆ Fat Transfer
- ◆ Labiaplasty (vaginal rejuvenation)
- ◆ Breast Augmentation with Implants
- ◆ Breast Lift / Breast Lift With Implants
- ◆ Breast Reduction



TUMMY TUCK

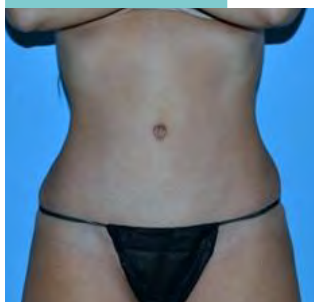
A tummy tuck addresses the damage from pregnancy to the abdominal area. With a tummy tuck, excess fat, loose skin, loose muscles, a lack of flatness and stretch marks can be repaired. If you have pockets of fat on your stomach that won't go away, even with exercise and a healthy diet, then a tummy tuck will help restore your body. In fact, a tummy tuck is the only way to permanently tighten the skin on your abdomen after birth.

During this procedure, the abdominal muscles that stretched out during pregnancy are tightened. Also, small amounts of fat can be removed with liposuction. Then, excess skin is removed to smooth and flatten the stomach area. With a tummy tuck, surgery is done under general anesthesia. The recovery time is usually two to three weeks and some activity restrictions up to eight weeks. Each surgery is customized to give the best overall results for the patient. With a tummy tuck, the results are immediate and permanent.

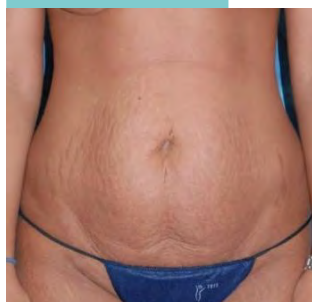
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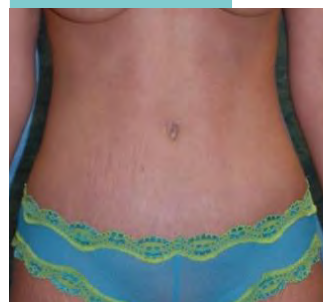
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BEFORE



AFTER



BODY LIFT

Body Lift is a complimentary procedure for women after pregnancy that want to improve their overall appearance and lifestyle and are stuck with excess, sagging skin, stretch marks and separated abdominal muscles. The goal of Body Lift surgery is to address these issues and restore your youthful contours and your confidence in your body.

Most women who elect to do a Body Lift are experiencing excess fat and saggy skin in their midsections. A Body Lift is a combination of a full tummy tuck with a buttock lift, which contours the entire waistline. A Body Lift and Tummy Tuck requires patients to stay overnight in the comfort of our luxurious recovery suite. The recovery time is usually two to three weeks and some activity restrictions up to eight weeks



BEFORE



AFTER



BEFORE



AFTER





BODY TITE

BodyTite is InMode's latest minimally-invasive body contouring procedure delivering results previously only achieved through more excisional surgical procedures. BodyTite is powered by directional RF resulting in three-dimensional tissue remodeling through the fat coagulation and volumetric heating. The coagulation of fat using RF- induced heat results in radio-frequency assisted lipolysis (RFAL).

BodyTite is a fantastic procedure to add to your mommy makeover for surgical like results without having to add in another surgery and extended recovery time.

BEFORE



AFTER



BEFORE



AFTER





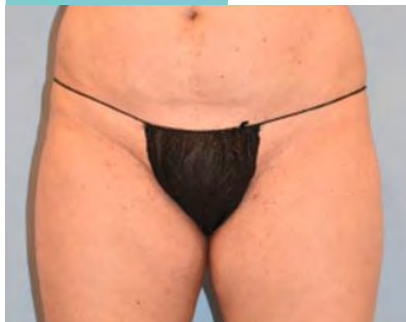
LIPOSUCTION

Liposuction is a good solution to rid the body of excess fat that accumulates during pregnancy and can be hard to get rid of even with a healthy diet and exercise regimen. The goals with liposuction are to remove excess fat, accentuate the waist and hips, increase stomach definition and thin out the thighs and arms.

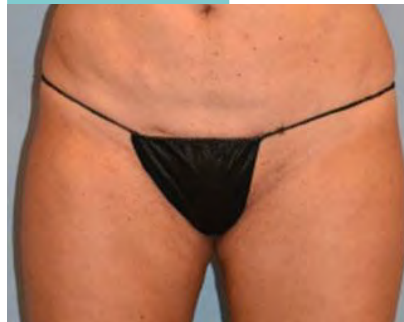
Liposuction does not tighten muscles or change skin texture. This procedure can be conducted on the stomach, mons, back, flanks, hips, thighs, knees, and neck. Often fat is transferred to enhance other areas such as the buttock in order to give you the contours you desire.

Liposuction is a common part of a Mommy Makeover. With a liposuction procedure, fat is suctioned out of the body. The procedure is conducted under local or general anesthesia and can be done as part of other cosmetic surgery procedures. The recovery time varies from a few days up to two weeks. With liposuction, the results are immediate and continue to improve over time as you maintain a health diet and exercise regimen.

BEFORE



AFTER

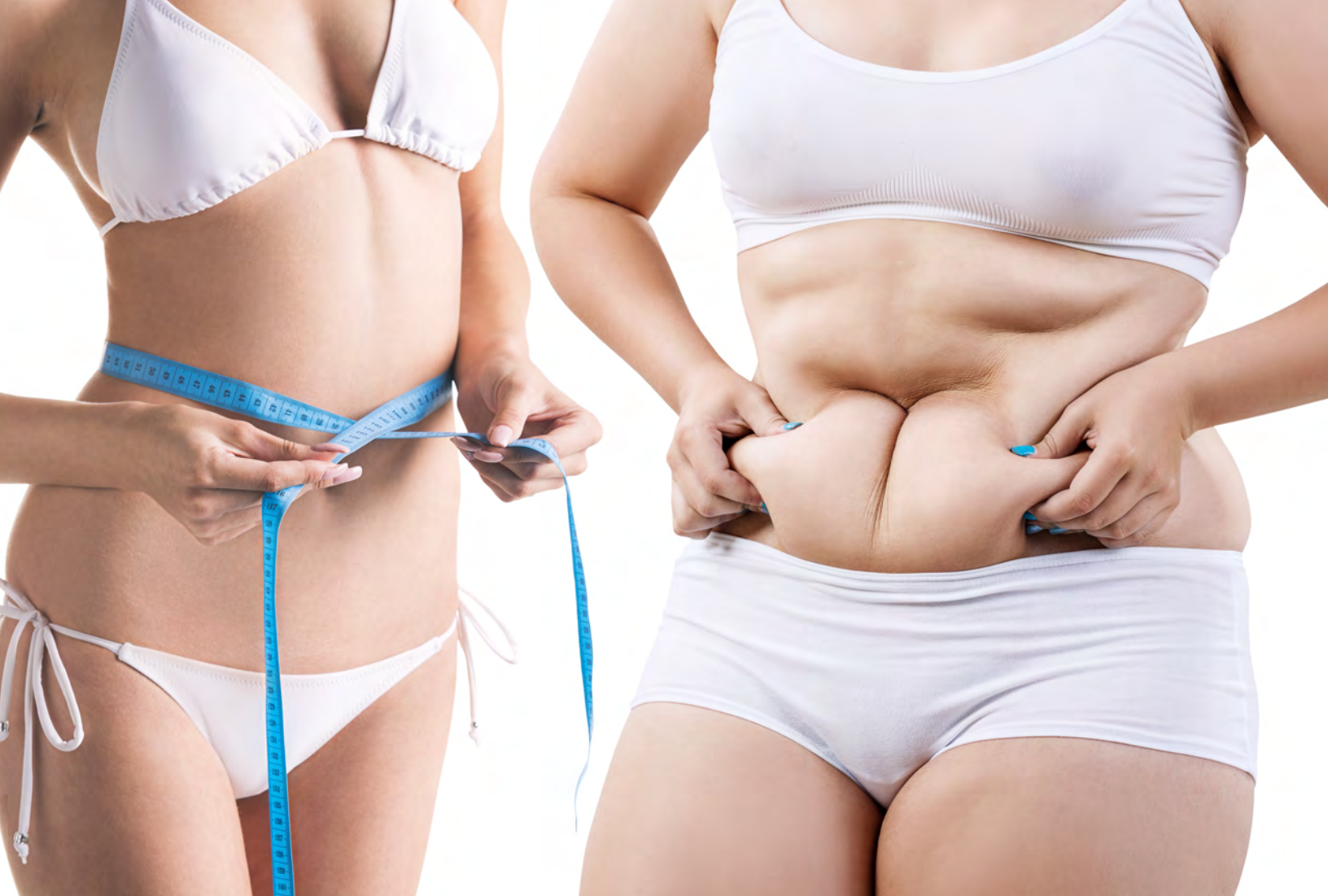


BEFORE



AFTER





FAT TRANSFER

Fat transfer uses fat from another part of your body to enhance other areas of your body. A liposuction procedure is conducted to extract the fat from a predetermined area of your body. The fat cells are processed to separate other fluids and remove impurities. The fat cells are then injected to create fullness.

Fat transfer offers the dual benefits of enhancement and fat removal. Each surgical plan is customized to fit your specific needs and circumstances. Often times, a fat transfer to the hips and buttocks is performed along with a tummy tuck or body lift to provide the fullness and curves you desire. When working with Dr. Larsen, he is able to understand what you want and make the best recommendation for your body.

The recovery time with fat transfer is usually three to five days. Recovery time is extended to three weeks for Brazilian Butt Lifts or fat transfers to the bottom. This is an outpatient surgery that can typically be performed under either local or general anesthesia. Fat transfers to the bottom are usually performed as a separate procedure after your tummy tuck or body lift to allow for the best results.



LABIAPLASTY

A labiaplasty is a vaginal rejuvenation procedure to address the changes in your labia from pregnancy and childbirth. This procedure can help restore the look and external function of your vaginal area in order to increase confidence and comfort.

This procedure is completed under local or general anesthesia. Your surgery is customized to address your own personal concerns with the external area of your vagina. Dr. Larsen will make small incisions to remove excess skin and improve the natural contours of the labia.

For best results, you should refrain from any sexual intercourse for four to six weeks in order to properly heal from surgery. Lighter activities and low-impact forms of exercise can normally be resumed within a week of your surgery. Jogging, running and other higher levels of activity should be avoided for up to three weeks.



BREAST AUGMENTATION WITH IMPLANTS

After pregnancy and breastfeeding, many women feel their breasts reduce in size. Also, some women have always wanted larger breasts but wanted to wait until after having children to have cosmetic surgery. Either way, breast augmentation with implants is a great solution to increase the size of your breasts or restore your breasts to their previous size.

Another reason to seek breast augmentation with implants is to improve symmetry. Asymmetric breasts, where one breast is smaller than the other, is common after giving birth and breastfeeding.

Breast augmentation is a personal choice and each individual's experience must be customized to meet the specific needs and goals of the patient. Selecting the type, size and shape of the implant is supported by the insight and experience of Dr. Larsen and his team. Your surgery is customized with the implant that best fits your body and your desires.

Breast augmentation surgery is an outpatient surgery and conducted under general anesthesia. Patients usually take three to five days to recover; however, each person's recovery time is unique to them. Restoring your breasts is an essential enhancement that completes your Mommy Makeover.



BREAST LIFT/ BREAST LIFT WITH IMPLANTS

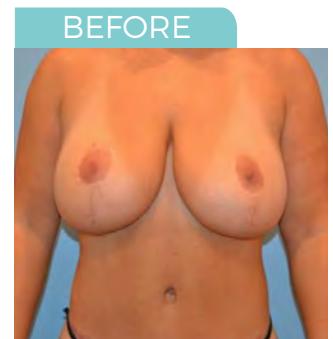
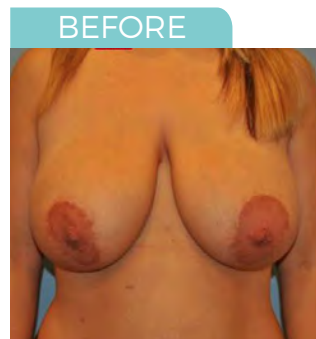
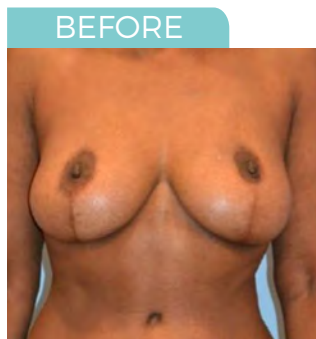
After pregnancy and breastfeeding, a woman's breasts usually sag and lose fullness. The goal of a breast lift is to elevate the nipple and areola in a higher position in relation to the breast tissue, as well as tighten loose skin.

A breast lift is a good option to regain elevated and perky breasts. Dr. Larsen will work with you to develop a surgical plan depending on your specific breasts and the amount of lift needed to achieve the results you desire.

A breast lift does not increase the amount of breast tissue. It only repositions the nipple and areola. For additional breast tissue to increase the size of the breast, consider breast implants in combination with your breast lift. This will not only lift the breasts, but also increase the size.

This procedure is a good option to include in a Mommy Makeover for women who are pleased with the size of their breasts but want to restore the perkiness of pre-baby breasts.

A breast lift surgery also uses general anesthesia and is an outpatient procedure. The recovery time is usually around five days; however, it may be up to three weeks until exercise is allowed. Most women are pleased with the youthful figure and pre-baby feel they achieve after a breast or breast lift with implants surgery.



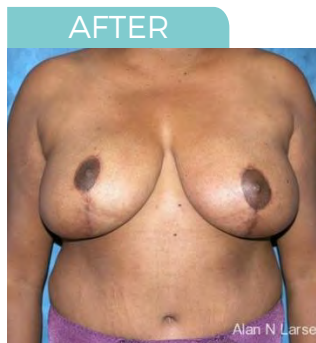


BREAST REDUCTION

Sometimes it may seem as though having larger breasts is the goal of every woman, those who already have them may feel otherwise. From genetics, aging, or pregnancy, some women's breasts become abnormally large and disproportionate to rest of the woman's body.

Women who add breast reduction to their Mommy Makeover typically are seeking smaller, perkier breasts. Dr. Larsen has helped many women achieve a more proportionate figure and improve their quality of life with breast reduction surgery.

Breast reduction is similar to breast lift with three to five days of recovery time. Women can resume full activities in three weeks. All breast procedures can be safely performed along with a tummy tuck, body lift, or liposuction.





MOMMY MAKEOVER REVIEWS



“ Dr. Larsen and his team are simply wonderful. They made me feel at home and cared for when I was there from out of town. He is an amazing doctor. I would recommend him and his staff to anyone! ”



“ From the beginning everything was explained to me. His entire staff was fantastic! They answered all of my questions before and after surgery The pain management was phenomenal, and I had zero complications. I am very happy with my result and will definitely use them again in the future should I choose to have other procedures. ”



“ I planned on seeing several doctors before making my decision on my surgery but after meeting with Christina and Dr. Larsen, knew I had to look no further. This was the right place for me. They have far exceeded my expectations with everything concerning my surgery. If I call or text with a question or concern, I am answered IMMEDIATELY, not left wondering for hours if I will get called back. I will never go anywhere else for plastic / cosmetic surgery and already have several friends that are interested because of my experience with them. I love these people! ”



“ Great outcome! Exactly as described and desired. I receive compliments all the time and my body is back in the shape it was before children and c-sections (if not a bit better!). ”



“ All of my wants were taken care of. Dr. Larsen and his staff told me what to expect after the surgery and they were willing to answer any questions I had. I would definitely go back to them for any other surgery needs I may have or want and I would definitely send others to them. ”



MAKING THE RIGHT DECISION FOR YOU

Mommy Makeovers have become increasingly popular amongst all ages. Proceeding with a mommy makeover is a personal decision and timing is essential so you have the best possible experience. Most women choose to wait until they are finished having children, but others want to enjoy more immediate results. We recommend waiting until 6 months after your last birth to proceed with a Mommy Makeover.

The customized process of a Mommy Makeover allows you to decide what specific areas you want to address. From breast augmentation to liposuction, at Buckhead Plastic Surgery, we offer the right options to give you the results you desire.

WHAT TO KNOW BEFORE YOU START

For patients that already have a lower abdomen scar from a C-section or hysterectomy, this scar can be removed as part of a tummy tuck procedure when excess skin is removed. The result means you don't have to have an additional scar on your abdomen. Excess skin can be removed and the area tightened.

It's also important to understand that after a Mommy Makeover, exercise will be restricted to allow time for your body to heal properly. Plan not to elevate your heart rate for three weeks then you may proceed with full cardio activity. You may resume core activity at eight weeks. Failing to listen to this advice can result in complications. Wait until you are medically released until you pursue exercise after surgery. We want what is best for your overall and long-term health.

A Mommy Makeover, like other cosmetic surgery, is not a solution for obesity. In order to get the best results, you need to be within 25 pounds of your ideal weight before you undergo a Mommy Makeover. While the procedures of breast augmentation, tummy tuck and liposuction are designed to contour, lift, enhance and smooth your body, they won't replace weight loss. We want you to be happy with your results. Our trained professionals are here to consult with each patient before the procedure to ensure realistic expectations are set so that you will be happy with the end result.



GET THE BODY YOU WANT

Start today on your journey to get the body you want. Resize and Reshape to invest in your self-confidence and body image after pregnancy and breastfeeding. A Mommy Makeover is designed to enhance or restore your body to its pre-baby look. At Buckhead Plastic Surgery, our highly regarded Dr. Alan Larsen delivers results with precision and expert techniques.

Contact us today to
schedule a consultation!

(404) 367-9005

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