



Mommy Make-Over

It's no secret that a newborn can leave a mother mentally and emotionally drained on a daily basis, but they can leave the body exhausted, too. After pregnancy, it's important to eat right and exercise regularly to get your body back in shape. Unfortunately, sometimes that just isn't enough, especially when one factors in the time it takes to raise a child while balancing work, family, friends and household duties. When diet and exercise just aren't working or your hectic schedule just doesn't allow for the recommended levels, many women turn to the "Mommy Make-Over." This procedure combines a breast lift and a tummy tuck in order to achieve the body you've always dreamed you could have even if you didn't quite have it during your pre-baby years. The breast lift gives your breasts back the youthful look they had pre-breast feeding, and the tummy tuck removes the excess skin around your waist to give you a younger, more slender silhouette. It's the one investment every new mother should treat herself to.

» *Dr. Michael Kelly, of Miami Plastic Surgery, is a well-recognized name in the South Florida community. He is a board-certified plastic and reconstructive surgeon and has been named one of the "Top Doctors" in the region and nation from 1998-2008, being the only doctor nominated so many years. For a Mommy Make-Over consultation or to find out about other procedures, call 305.595.2969 or email Dr. Kelly at Mkelly@MiamiPlasticSurgery.com.*