

Central Ohio
Plastic Surgery



Mommy Makeover:

Not Just for Moms

- 1 Breast Augmentation
Breast Lift
Breast Reduction
- 2 Tummy Tuck
- 3 Liposuction

Whether from diet and exercise, pregnancy, perimenopause, or any of life's other milestones, one thing is true: **Everybody's body changes.**

Sometimes the changes are subtle. Sometimes they're not. And sometimes our bodies change so much it can feel like it's been on a topsy-turvy rollercoaster ride.

No matter what amazing journey your body's been on, it's never too late to restore your body's contour—if you want to.

Spoiler Alert: This isn't about looking a certain way—it's about feeling like yourself again.

What is a mommy makeover?

First popularized in the early 2000s, Mommy Makeovers became a thing when reality TV shows like *The Swan* and *Extreme Makeover* were at the height of their popularity.

Forget everything reality TV taught you about Mommy Makeovers. This body transformation has nothing to do with looking like a supermodel or fitting into some cookie-cutter definition of beautiful.

It is, however, an option for anyone looking to address multiple areas of concern in a single surgery.

What's Included in a Mommy Makeover?

Although not a one-size-fits-all surgical procedure, a Mommy Makeover is a customized combination of cosmetic surgery procedures designed to restore the body's contour and may include:

- [Breast procedures](#) (augmentation, lift, or reduction)
- [Tummy tuck](#) (abdominoplasty)
- [Liposuction & body reshaping](#)
- [CoolSculpting & body contouring](#)
- [Facial procedures](#)



"The days of oversized breasts, overdone lips, and exaggerated appearances is trending toward a more natural, contoured look," says Dr. Lichten. "At the end of the day, patients should discuss their goals and aspirations with their physician. Remember, it's a *personal* transformation so the best makeover is the one that makes you feel more like you."

Beyond the Stereotype

Moms aren't the only ones who might benefit from these procedures.

"I've seen a resurgence in the number of patients who want or need plastic surgery body contouring," Dr. Lichten explains. "In addition to patients who've had multiple pregnancies, I'm seeing more patients who've undergone gastric bypass surgery or lost a significant amount of weight on [Ozempic, Wegovy, or other GLP-1](#) weight loss medicines who have experienced the side effects: loose, hanging skin."

Mommy Makeovers (and Daddy Do-overs) are gaining in popularity among these groups, too:



4 Important Considerations

Before considering any cosmetic procedure, Dr. Lichten recommends that patients:

1. Consult a board-certified plastic surgeon.
2. Learn about the potential risks of surgery and the recovery process.
3. Set realistic expectations.

- **Fitness enthusiasts** who still have stubborn fat deposits despite healthy eating and training.

- **Aging adults** whose skin has lost elasticity.

- **Men** looking to shed their dad bods, including [gynecomastia correction](#).

4. Prioritize their health and well-being.

P.S. Mother's Day is coming up next month, so give them the hint about what you really want: a consultation with Dr. Lichten.

[Get Your Questions Answered: Book a Consultation >>](#)



[See Before-and-Afters of Dr. Lichten's Patients >>](#)

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