



Hey Mom...

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Have you ever thought your thighs and hips are heavier than they used to be, that your stomach looks stretched out and flabby, and your breasts don't look youthful anymore? Wouldn't you like to feel confident about your appearance again? Body recontouring combines the most dramatic cosmetic procedures to create a body makeover for women that not only gives a more youthful, attractive contour, but also achieves a look that diet and exercise alone cannot achieve.



Before Liposuction and Tummy Tuck

The effects of pregnancy, childbirth and breastfeeding can cause significant changes to one's body from its pre-motherhood appearance and cannot always be reversed with diet and exercise.

Having a positive self-image certainly benefits you, but it also can improve your interactions with loved ones. You may be a mommy, but don't forget how important it is to take care of yourself in order to be the best you can be for your family.

Have you ever thought you'd love to have plastic surgery? When choosing a surgeon it is important to look for a plastic surgeon certified by the American Board of Plastic Surgery, a skilled surgeon who understands the importance of personalization that goes into each body makeover combining years of training and experience with highly developed artistic skills to refine and shape areas of the body that have typically caused frustration. Most body

contouring procedures will focus on the breasts, stomach, or tummy. Combining procedures can offer dramatic body enhancement to address the changes to your body after having children.

Liposuction is one of the most popular body contouring procedures. Many types of liposuction are available, but they all basically try to reduce the volume of fat between the skin and muscles, most commonly in the abdomen, waist, thighs (saddle bags) and buttocks.

A tummy tuck eliminates the excess skin that often remains after childbirth and tightens the abdominal muscles that have been stretched from pregnancy. A tummy tuck is often combined with liposuction to gain the maximum benefits of body contouring when one has excess fat in the upper and lower abdomen and flank area. Commonly women find



After Liposuction and Tummy Tuck

after these procedures they are buying pants 1-2 sizes smaller!

Would you like to have breasts that look youthful again? Breast augmentation, breast lift or, perhaps, a breast reduction may help accomplish the pre-pregnancy look. Breast augmentation surgery can enlarge breasts to provide a more proportional body or to reshape and enlarge and lift the breasts because they have lost shape and volume due to pregnancy and breastfeeding.

It is important that a woman have a good understanding about her personal goals and desired expectations, so that together, with her plastic surgeon, a decision can be made about the most appropriate

{ AS A MOTHER }

you have
packed lunches,
healed boo-boos,
and scared away
the monsters
under the bed.

WHAT HAVE YOU DONE
FOR YOURSELF?



The roles you've played as a mother are countless. Each day is full of love, laughter, and the joy of watching your children grow. The care you provide as a mother is constant and endless, emotional and also physical. The effects of pregnancy, childbirth and breastfeeding can cause significant changes to your body from its pre-motherhood appearance and cannot always be reversed with diet and exercise.

Dr. Joyesh Raj offers an educational approach to body contouring procedures, helping you find what best fits the appearance you're trying to achieve. Being comfortable in your own skin and the confidence that comes with it is a gift you can give to yourself. *It's time to feel beautiful again.*

To schedule a consultation, please call 440.808.8030
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Joyesh Raj, M.D.

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Certified by the American Board of Plastic Surgery



choice be it silicone or saline implants and the size that will help the patient meet the desired goal.

At Raj Plastic Surgery, Dr. Joyesh Raj believes that surgery critical to both body function and appearance make quality communication with patients

and referring physicians crucial. Dr. Raj takes pride in being able to get to the heart of his patients' needs and goals. His approach is consultative while never pushing a patient toward an unnecessary procedure. All treatment options and aspects of surgery are thoroughly

explained so that the patient may choose the right procedure, with reasonable expectations.

Come visit Raj Plastic Surgery to have your questions answered. Mention Cleveland Women's Journal to receive a free consultation.