

## **The Ultimate Mommy Makeover: Women Pursuing Plastic Surgery After Pregnancy**

### *Local Women Share Stories*

FREDERICKSBURG, VA, September 28, 2006—For today’s women, sagging bodies no longer are an inevitable aftereffect of childbearing. More mothers are turning to plastic surgery to regain their figures when diet and exercise alone won’t do the trick—and talking openly about their procedures, according to Plastic Surgery Services of Fredericksburg.

“Most of our tummy tuck patients and breast surgery patients are mothers who want to restore their youthful shape,” says Lesi Beamon Mackey, practice administrator for Drs. L. Thomas Albert, Howard Heppe and Harold Bautista at Plastic Surgery Services of Fredericksburg. “And, with the increasing awareness of plastic surgery, we find more are discussing their surgeries publicly.”

The following are just a few of their stories.

**Alicia Lidster of Spotsylvania**, age 47, gave birth to her youngest child nine years ago. Despite compliments from her husband, she felt unattractive because her midsection and breasts were sagging from multiple pregnancies. She consulted with her doctor at Plastic Surgery Services of Fredericksburg and opted for a tummy tuck and breast lift in May 2005. “Before the surgery, I was very self-conscious....Now, I feel better and look better,” says Alicia, a stay-at-home mother who also has four grown children. She feels so much more confident that she donned a bathing suit last year to swim with her youngest daughter for the first time ever.

**Chantelle Mullen of Spotsylvania**, age 34, worked hard to lose the weight she gained after three pregnancies. But she could not tighten her sagging skin. “I decided on plastic surgery for the problems I knew I couldn’t fix with diet and exercise,” Chantelle says. Her doctor at Plastic Surgery Services of Fredericksburg performed a breast lift and tummy tuck in August 2005. “I am more confident and comfortable in my clothing. I move better and don’t lose my breath as quickly with the kids. I am 100 percent better physically and mentally than I was before,” says Chantelle, a mother of three who works full time as a lab assistant.

**Tammy Loughman of Orange**, age 35, discovered that motherhood diminished her small breasts, and, although she lost the pregnancy weight, the weight fluctuations from bearing two children over 9 pounds each left her stomach skin sagging and wrinkled. For years, this condition made her very self-conscious. Recent life-changing events prompted Tammy to contact Plastic Surgery Services of Fredericksburg, where her doctor performed a mini tummy tuck and breast augmentation in February. “I saw the surgery as a new beginning—an investment in and reward to myself for all I’ve been through and an affirmation for moving on with my life,” says Tammy, a mother of two who works as an administrative assistant.

**Tina Baker of Spotsylvania**, age 36, has had two Cesarean sections, two ectopic pregnancy surgeries and a gallbladder operation, not to mention a stretched abdomen and sagging breasts from her pregnancies. Bothered by the changes in her body, Tina recently consulted with Plastic

Surgery Services of Fredericksburg, where her doctor performed a mini tummy tuck, liposuction, breast augmentation and lift on Aug. 17. “I’m really glad I had these procedures done. They’ve been a big boost for how I feel about myself,” says Tina, a mother of two who works as an assistant branch manager and office clerk. Tina is just starting to enjoy her slimmer shape as her body recovers from the recent surgery.

Nationwide, plastic surgeons performed 76 percent more breast lifts and 115 percent more tummy tucks in 2005 than in 2000, according to the American Society of Plastic Surgeons. Though childbearing is not the catalyst for all these procedures—indeed, tummy tucks are performed for men as well—motherhood probably fueled many of them.

### **About Plastic Surgery Services of Fredericksburg**

Since 1983, Plastic Surgery Services of Fredericksburg has been the premier provider of cosmetic plastic surgery in the Fredericksburg, Virginia, area, south of Washington, D.C. Drs. L. Thomas Albert, Howard Hepe and Harold Bautista are board certified and dedicated to achieving superior, natural-looking results through their team approach to patient care. They employ state-of-the-art equipment and proven techniques in their accredited medical facility located at 3312 Fall Hill Avenue. For more information, please call (540) 371-7730 or visit [www.plasticsurgeryservices.com](http://www.plasticsurgeryservices.com).

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