

A woman with long blonde hair, wearing a white textured bodysuit, is shown from the waist up, looking down and to the right. Her hands are on her hips. The background is a plain, light grey.

**M**  
**MORALES**  
PLASTIC SURGERY

A GUIDE TO A

MOMMY  
MAKEOVER

MOMMY MAKEOVER 101

MOMMY MAKEOVER 101

EXPERT MAKEOVER GUIDE

FROM LEADING BOARD-CERTIFIED PLASTIC SURGEON

Dr. Rolando Morales Jr.



Women love Mommy Makeovers because they offer a comprehensive, customizable, and efficient solution to address the physical changes that come with pregnancy and childbirth. These procedures not only restore their pre-pregnancy bodies but also significantly enhance their confidence and overall quality of life. By combining multiple treatments into one plan, Mommy Makeovers with Dr. Rolando Morales provide a holistic and lasting rejuvenation that helps moms of all ages feel youthful, vibrant and empowered.

## Meet Dr. Morales

At Morales Plastic Surgery in Houston, TX, Dr. Morales, a board-certified plastic surgeon, specializes in transforming your post-baby body with a Mommy Makeover. Dr. Morales has a deep understanding of the female anatomy and how rewarding the results of a Mommy Makeover can be. He prides himself on being able to aid in providing new-found confidence to mothers.

Motherhood is an incredibly rewarding journey, but it can also bring significant changes to a woman's body. Dr. Morales takes immense pride in the artistry of sculpting the female form, focusing on natural-looking results that boost confidence and self-esteem.

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Mommy Makeovers with Dr. Morales are tailored to each individual's specific needs and goals, combining multiple procedures like breast augmentation, breast lift, tummy tuck and liposuction.

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By addressing target areas in one comprehensive plan, women can achieve more harmonious and balanced results, enhancing their overall appearance and rediscovering their confidence.



# What Is A Mommy Makeover?

A Mommy Makeover is a personalized combination of cosmetic procedures designed to restore a woman's body to its pre-pregnancy appearance. This comprehensive approach often includes surgeries like breast augmentation or lift, tummy tuck (abdominoplasty), liposuction and sometimes procedures like a Brazilian butt lift. The goal is to address common post-pregnancy body changes, like sagging breasts, excess abdominal skin, and stubborn fat deposits.

Women who undergo a Mommy Makeover with Dr. Morales enjoy numerous benefits, including:

- Undergoing multiple cosmetic procedures at once, reducing overall recovery time.
- Significant improvements in body contour and appearance.
- Enhanced confidence and satisfaction with their post-pregnancy body.
- Restoration of breast shape, volume, and firmness.
- Elimination of excess skin and fat, leading to a more toned and youthful physique.

# Benefits Of A Mommy Makeover

Mommy Makeovers offer comprehensive body rejuvenation tailored to each individual's specific needs and goals. For women who are struggling with their post-pregnancy body, this can be a life-changing procedure with a long list of benefits!

## Restoring Pre-Pregnancy Appearance

### BREAST RESTORATION

Pregnancy and breastfeeding often lead to changes in breast volume and shape. Mommy Makeovers can include breast augmentation or lifts to restore fullness and a youthful contour.

### FLATTENING THE ABDOMEN

Abdominal muscles and skin can become stretched and loose after pregnancy. Procedures like tummy tucks tighten these muscles and remove excess skin, creating a flatter and firmer midsection.

### BODY CONTOURING

Liposuction and fat transfer help contour the body by removing stubborn fat deposits and redistributing fat to enhance curves naturally.

## Boosting Confidence and Self-Esteem

### ENHANCED BODY IMAGE

Many women experience a significant boost in self-confidence and body after undergoing a Mommy Makeover.

Feeling comfortable and happy with their appearance allows them to enjoy life more fully and engage in activities they might have avoided before.

### FEELING YOUTHFUL

The procedures help restore a more youthful appearance, making women feel rejuvenated and revitalized.

### PSYCHOLOGICAL BENEFITS

Improving physical appearance can have profound psychological benefits, including reduced anxiety and depression related to body image issues.

## Convenience and Efficiency

### COMBINED PROCEDURES

By combining multiple surgeries into one session, women can achieve their desired results more quickly and with a single recovery period, minimizing the time away from their daily activities and responsibilities.

## Personalized, Flexible & Lasting

### TAILORED APPROACH

Each Mommy Makeover is personalized by Dr. Morales to address the specific concerns and aesthetic goals of the individual, ensuring that the results align with their expectations.

### RANGE OF PROCEDURES

Women can choose from a variety of surgical and non-surgical options, like breast lifts, tummy tucks, liposuction, fat transfer, and skin tightening treatments, to create a customized plan that suits their needs.

### LONG-LASTING RESULTS

The results of a Mommy Makeover can be long-lasting, especially when combined with a healthy lifestyle. This durability makes the investment in the procedures highly rewarding.

### ONGOING BENEFITS

Procedures like skin tightening and fat transfer can stimulate collagen production and improve skin quality over time, offering ongoing benefits beyond the immediate results.



## Who is a Candidate for a Mommy Makeover?

Ideal candidates for a Mommy Makeover are women who:

- Are in good overall health.
- Have completed their family planning (do not plan to have more children).
- Have realistic expectations about the outcomes.
- Are at or near their ideal body weight.
- Are non-smokers or willing to quit smoking before and after surgery.
- Are seeking to address specific areas of their body affected by pregnancy and childbirth.

If you plan to have more children or have not yet reached a stable weight after pregnancy, it might be best to wait before undergoing a Mommy Makeover. Dr. Morales will discuss your individual situation and help determine the best timing for your procedures.

# Dr. Morales Mommy Makeover Techniques

A Mommy Makeover is performed under general anesthesia, typically lasting about six hours. Dr. Morales customizes each procedure to meet your specific needs. Procedures included in a Mommy Makeover typically include a combination of the following:

- Breast Augmentation (with implants)
- Breast Lift
- Tummy Tuck
- Liposuction
- Fat Transfer

Dr. Morales is skilled in performing various types of breast surgeries, from augmentation to lifts to revisions. If you got implants in 2012 prior to having children, and now you need to replace them or are not happy with your results, Dr. Morales can help. Whether you are looking for a revision with or without implants the overall goal is to restore a youthful breast contour, shape, and appearance as well as to maximize the patients long-term health and happiness. He is also extremely skilled at tummy tucks, liposuction and other Mommy Makeover procedures.

## Breast Augmentation with Implants

After pregnancy and breastfeeding, breasts may lose volume and firmness. Breast augmentation restores fullness and enhances breast shape using implants available in various sizes and shapes.

### HOW IT WORKS:

Breast augmentation involves placing implants behind the breast tissue or under the chest muscle to increase breast size and improve shape. Implants come in various sizes, shapes, and materials (saline or silicone), allowing customization to achieve the desired look.

### WHY IT HELPS:

Pregnancy and breastfeeding often cause breasts to lose volume and firmness. Breast augmentation restores fullness, enhances breast shape, and improves symmetry, helping women regain a youthful, balanced figure.

### OVERALL IMPROVEMENT:

This procedure enhances breast contours, providing a more proportionate and aesthetically pleasing appearance, boosting confidence, and fitting clothes better.

## Breast Lift

A breast lift addresses sagging and excess skin, creating firmer, perkier breasts. It can be combined with breast augmentation for added volume.

### HOW IT WORKS:

A breast lift (mastopexy) involves removing excess skin, reshaping the breast tissue, and repositioning the nipple and areola to a higher, more youthful position. It can be combined with breast augmentation for added volume.

### WHY IT HELPS:

Pregnancy, breastfeeding, and aging can lead to sagging breasts with stretched skin. A breast lift addresses these issues, resulting in firmer, perkier breasts.

### OVERALL IMPROVEMENT:

The procedure rejuvenates the breast profile, making them look youthful and elevated, enhancing overall body proportions and improving self-image.





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## Tummy Tuck

A tummy tuck tightens the abdominal muscles, removes excess skin, and eliminates fat deposits for a flatter, more toned midsection.

### HOW IT WORKS:

BA tummy tuck (abdominoplasty) involves removing excess skin and fat from the abdomen, tightening the abdominal muscles, and creating a smoother, firmer midsection. This procedure can also correct separated muscles (diastasis recti) that commonly occur after pregnancy.

### WHY IT HELPS:

Post-pregnancy, many women struggle with loose skin, stretched abdominal muscles, and stubborn fat deposits. A tummy tuck addresses these concerns, resulting in a flatter and more toned abdomen.

### OVERALL IMPROVEMENT:

This procedure significantly improves abdominal contours, enhances posture, and alleviates back pain caused by weak abdominal muscles, contributing to a more confident and comfortable body image.

## Liposuction

Liposuction removes stubborn fat pockets from areas like the abdomen, thighs, hips, and arms, contouring the body for a slimmer appearance. Dr. Morales uses VASER technology because it

allows for more precise targeting of fat deposits, minimizing damage to surrounding tissues and resulting in smoother contours and faster recovery times. Using Vaser technology requires a high level of skill because it involves advanced techniques to ensure effective fat emulsification and safe removal. Dr. Morales is one of the few surgeons in the area who offers this advanced technology.

### HOW IT WORKS:

Liposuction involves using a suction technique to remove excess fat from specific areas of the body, like the abdomen, thighs, hips, and arms. It can be performed alone or in conjunction with other procedures.

### WHY IT HELPS:

Pregnancy and weight fluctuations can lead to stubborn fat deposits that are resistant to diet and exercise. Liposuction effectively contours these areas, resulting in a slimmer, more proportionate body shape.

### OVERALL IMPROVEMENT:

By eliminating localized fat deposits, liposuction enhances body contours, improves clothing fit, and boosts self-esteem, making it easier to maintain a healthy lifestyle.





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## HOW DR. MORALES ENHANCES YOUR RESULTS

By combining surgical and non-surgical options, Dr. Morales can enhance your results based on your areas of concerns and your aesthetic goals. He has multiple treatments that he may use during the surgery to give you the stunning appearance you desire. These treatments allow him to maximize the treatment outcome and provide superior results to patients.

### Aveli Cellulite Reduction

Aveli is an innovative treatment specifically designed to reduce the appearance of cellulite. Cellulite occurs when fat deposits push through connective tissue beneath the skin, creating a dimpled or lumpy appearance, typically on the thighs and buttocks.

#### HOW IT ENHANCES A MOMMY MAKEOVER

Aveli uses a precise, minimally invasive approach to target the structural causes of cellulite. During the procedure, a small, handheld device is inserted under the skin to sever the fibrous bands (septae) that pull the skin down, causing the dimpled appearance

By releasing these bands, Aveli smooths out the skin and reduces the visible signs of cellulite.

Patients can expect noticeable improvements in the appearance of cellulite with smoother, firmer skin in the treated areas. Results are typically long-lasting, as the treatment addresses the underlying structural issues causing cellulite. Recovery time is minimal, and patients can usually return to their normal activities within a few days.

### Renuvion Skin Tightening

Renuvion is a cutting-edge treatment that combines helium plasma and radiofrequency energy to tighten and rejuvenate the skin. This treatment is particularly effective for areas with loose or sagging skin, often a concern for women undergoing mommy makeovers.

#### HOW IT ENHANCES A MOMMY MAKEOVER

Renuvion delivers controlled heat beneath the skin's surface, causing immediate contraction of collagen fibers and stimulating new collagen production. The combination of helium plasma and radiofrequency energy allows for precise and targeted treatment with minimal damage to surrounding tissues. This dual-energy approach enhances the skin's elasticity and firmness.

Patients typically see immediate skin tightening effects, with continued improvement over several months as new collagen forms. Renuvion can significantly enhance the overall results of a mommy makeover by addressing areas prone to skin laxity, like the abdomen, thighs, and arms. The treatment is minimally invasive, with a short recovery period and long-lasting results.



## Fat Transfer

Fat transfer, also known as fat grafting, is a minimally invasive procedure that enhances various areas of the body by using your own fat. The procedure involves harvesting fat from one part of your body and injecting it into another area to add volume and improve contour. Fat is typically removed from areas with excess fat, like the abdomen, thighs, or flanks, using liposuction. The harvested fat is then processed and purified to separate healthy fat cells from other fluids and debris. The purified fat is carefully injected into the target area(s) to achieve the desired enhancement.

### HOW IT ENHANCES A MOMMY MAKEOVER

Incorporating fat transfer into a Mommy Makeover provides a holistic enhancement, addressing both volume loss and body contouring needs. This combination results in a smoother, more natural, and aesthetically pleasing appearance, helping you achieve your desired body goals and enhancing overall satisfaction with your Mommy Makeover.

### NATURAL BREAST AUGMENTATION

Fat transfer can be used for breast augmentation, providing a natural alternative to implants. It enhances breast volume and shape while maintaining a soft and natural feel.

### BUTTOCK ENHANCEMENT

Also known as the Brazilian Butt Lift, fat transfer to the buttocks

adds volume and creates a more lifted and contoured appearance.

### FACIAL REJUVENATION

Fat transfer can be used to restore volume to the face, filling in hollow areas, smoothing wrinkles, and enhancing facial contours for a more youthful appearance.

### SMOOTHING CONTOURS

After procedures like a tummy tuck or liposuction, fat transfer can smooth out any irregularities and improve overall body contours.



# Patient Transformations

Witness the remarkable journeys of real mothers who chose to reclaim their confidence and enhance their post-pregnancy bodies.

From restoring pre-pregnancy contours to enhancing overall appearance, these stories are a testament to the empowering outcomes possible with our Mommy Makeover procedures. Dive into our gallery to see before-and-after photos and read about the life-changing experiences of our patients at Dr. Morales Plastic Surgery.



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[VIEW GALLERY](#)

# Choosing the Right Surgeon

If a Mommy Makeover is on your To Do List, it is important to choose a plastic surgeon that offers the safety, experience, professionalism and understanding you need to not only feel comfortable during your journey, but also for beautiful, lasting results. Selecting the right surgeon is crucial for achieving the best results from your Mommy Makeover. Here are some tips to help you choose:

## BOARD CERTIFICATION

Ensure the surgeon is board-certified by the American Board of Plastic Surgery or an equivalent certifying body.

## EXPERIENCE

Look for a surgeon with extensive experience performing Mommy Makeovers.

## PATIENT REVIEWS

Read testimonials and reviews from previous patients.

## CONSULTATION

Schedule a consultation to discuss your goals and assess your comfort level with the surgeon.

## ACCREDITED FACILITY

Ensure the surgery is performed in an accredited surgical facility with a qualified medical team.

# Why Choose Dr. Morales For Your Mommy Makeover

Dr. Rolando Morales is a board-certified plastic surgeon renowned for his exceptional expertise and dedication to patient care. With years of experience in the field of plastic surgery, Dr. Morales has honed his skills in various cosmetic and reconstructive procedures, making him one of the most sought-after surgeons in the Houston area. His meticulous attention to detail and commitment to achieving natural-looking results have earned him a stellar reputation among his peers and patients alike.

In recognition of his excellence in plastic surgery, Dr. Morales has received numerous accolades and awards. He has been honored as an award-winning surgeon and has been named one of the top surgeons in the United States by NEWSWEEK for three consecutive years. This prestigious recognition underscores his commitment to maintaining the highest standards of care and his significant contributions to the field of plastic surgery.

Dr. Morales's board certification and ongoing dedication to professional development ensure that he remains at the forefront of the latest advancements in plastic surgery. His practice is a testament to his unwavering passion for helping patients achieve their aesthetic goals while prioritizing their safety and well-being. Begin your journey with Dr. Morales today!

## 5-Star Reviews

"I had a very positive experience with Dr. Morales. I chose him for my mommy makeover surgery (breast lift w/ augmentation and tummy tuck with lipo) because I really liked the results of his previous patients but most importantly, he understands the importance of exercise and nutrition and really promotes this in his practice for the best results. He never rushed my appointments and always took the time to make sure he answered all my questions and that I understood what I needed to do. I appreciated his professionalism and his passion for what he does. I'm 2-months post op and very pleased with my results so far!"

- C.D., Google review

"Changed my life - couldn't be happier with my results - My experience was amazing. Let me first start by saying I couldn't be happier with my results. I had been contemplating a mommy makeover for years. I had two previous consultations for this procedure. It took me almost 4 years to decide on a doctor. I am so happy I chose Dr. Morales. I knew he was the surgeon for me immediately. I was so nervous. He and his staff made me feel so comfortable. On the day of surgery, I was ready with no doubt in my mind. I followed his recovery protocol to a T. After everything, all I can say is, I would do it over again with Dr. Morales every year if I had to."

- Y., RealSelf review



# Explore the World of Cosmetic Transformation on Our YouTube Channel

In our commitment to educating and inspiring our patients, Dr. Morales Plastic Surgery is excited to invite you to explore our official YouTube channel. This resource is packed with insightful content that highlights various cosmetic procedures, showcases patient stories, and provides a deeper understanding of what to expect before, during, and after your transformation.

## What You'll Discover on Our YouTube Channel:

- **Detailed Procedure Overviews:** Dr. Morales breaks down each procedure, explaining the techniques, benefits, and expected outcomes to help you make informed decisions.
- **Real Patient Experiences:** Gain insights from the journeys of real patients who have undergone transformative procedures, sharing their stories from initial consultation to final results.
- **Recovery Tips and Care:** Learn the best practices for a smooth and efficient recovery, directly from our expert team.
- **Interactive Q&A Sessions:** Engage with live Q&A sessions where Dr. Morales answers viewers' questions, providing personalized advice and professional guidance.

## Subscribe and Stay Informed:

By subscribing to our channel, you ensure that you are always up-to-date with the latest advancements in plastic surgery and the newest content from our clinic. Each video is designed to educate and empower you on your journey to personal enhancement.

## Start with our welcome video:





## Book Your Consultation Today

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Discover your options for a Mommy Makeover at Morales Plastic Surgery.  
Schedule a consultation with Dr. Morales today to begin your journey!

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