

A photograph of a woman with dark hair, smiling and looking down at a baby. The baby is lying on its back, wearing a white onesie with small blue polka dots, and has its legs raised in the air. The woman's hands are gently holding the baby's feet. The background is softly blurred, showing what appears to be a window with light coming through.

# **MAKING OVER MOMMY:**

RENEWED CONFIDENCE  
AND NO REGRETS

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Written by Sarah Bricker Hunt • Photography by Tracy Doyle





Dr. Mark Mandell-Brown hosts Plastic Surgery workshops at his center. These doctors travel from throughout the U.S., Canada, and England to learn about “Mommy Makeover Surgery”.

“If I could change anything, it would be how long it took me to make that appointment,” says local mom Jackie about her recent “Mommy Makeover” at Mandell-Brown Plastic Surgery Center. “And now, I feel like myself again,” she adds.

Jackie and two other local mothers, Mara and Trisha, had procedures performed by Dr. Mandell-Brown to improve the shape of their abdomen and breasts, two areas of the body commonly affected by the “wear and tear” of pregnancy and breastfeeding. A “tummy tuck” tightens the rectus muscles in the abdomen and removes excess stretched skin above and below the belly button. The procedure can remove stretch marks, as well. Some patients can opt for a “mini tummy tuck” when only a portion of abdominal skin needs tightening. Breast augmentations and “lifts” can improve the appearance of breast tissue affected by pregnancy and breastfeeding. Typically, the procedures can be completed during the same surgery session, but Dr. Mandell-Brown advises each patient individually to make that determination.

Mara has been thrilled with her results. “When I look at pictures from before versus after, it’s day and night,” she says. “I felt overwhelmed before, thinking about the loose skin and just not feeling like myself. Now, I don’t have those concerns anymore. I feel great. Honestly, now the way I look matches the image I have kept in my head from before I had a baby.”

Trisha’s post-surgery outlook is similarly positive. “I wanted to be the best version of me,” she explains, “and I don’t view plastic

surgery as a taboo in the slightest. Women are humans affected by genetics and can’t always bounce back from everything. If surgery can help, do it!”

“The key to a successful outcome is understanding patient goals,” says Dr. Mandell-Brown. “We’ve seen some patients who tried Cool Sculpting or some of the other nonsurgical treatments. They are ok for some individuals who require only minimal improvement, but for some, it was not money well spent.” Dr. Mandell-Brown’s goal is to provide several options for patients so they can make an informed decision.

All three women took the decision to undergo plastic surgery seriously, taking their time to research the procedures and to choose a surgeon and medical practice that made them feel comfortable. Jackie did not arrive at her decision to undergo a Mommy Makeover lightly. “But I spent four years beating myself about not eating enough, not exercising enough, not doing what I needed to do to get back in shape,” she says. “I missed feeling good about myself. It was liberating to hear Dr. Mandell-Brown explain that this wasn’t something I could fix alone. And now that I’ve had the surgery, I feel like myself again. I’m not frustrated that clothes don’t fit the way I want them to. I feel like my body after my mommy makeover is the body I’m meant to have.”





Trisha King, Patient at Mandell-Brown Plastic Surgery Center

*"I wanted to be the best version of me and I don't view plastic surgery as a taboo in the slightest. Women are humans affected by genetics and can't always bounce back from everything. If surgery can help, do it!"*

*— Trisha King,  
Patient at Mandell-Brown  
Plastic Surgery Center*

As no two patients are alike, every potential client at Mandell-Brown Plastic Surgery Center has a thorough consultation aimed at education and an individual assessment. Trisha says she knew right away Dr. Mandell-Brown was the best fit for her. "I knew during the consultation it would be him," she says. "He and his entire staff have been and continue to be wonderful. This is a life-changing decision, so one should be extremely picky about who they allow to perform surgery. I would recommend Dr. Mandell-Brown in a heartbeat. I have nothing but positive things to say about him, his staff, or the entire process from start to finish."



Dr. Mark Mandell-Brown  
Recently named "Top 10 Plastic Surgeons in Ohio"

Most tummy tuck and breast patients can return to work in one to two weeks. "Our goal is to get the patient back to their routine as soon as possible," says patient coordinator Hedy Gregory.

Gregory notes that Dr. Mandell-Brown was recently named as a Top 10 Plastic Surgeon in Ohio by the American Institute of Plastic Surgeons.

He is one of only 100 cosmetic surgeons in the country to hold a triple board certification in Facial Plastic Surgery, Body Cosmetic Surgery and Head & Neck Surgery. He routinely gives lectures at industry events and lends his expertise to plastic surgery textbooks and professional medical articles. ❖

Mandell-Brown Plastic Surgery Center is located at 10735 Montgomery Rd. in Montgomery. Visit [www.mandellbrown.com](http://www.mandellbrown.com) or call 513.984.4700 to schedule a consultation.





Dr. Mark Mandell-Brown preparing patient for Mommy Makeover at his Nationally Accredited Surgery Center.

## SERVICES OFFERED

at the **Mandell-Brown Plastic Surgery Center**

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| Abdominoplasty                          | J Plasma Skin Tightening   |
| Arm Lift                                | Labiaplasty  |
| Belt Lift                               | Laser Hair Removal   |
| Botox                                   | Laser Skin Resurfacing   |
| Brazilian Butt Lift                     | Liposuction  |
| Breast Augmentation                     | Mandell-Brown Private Skin Care                                    |
| Breast Lift                             | Microneedling with PRP   |
| Brow Lift                               | Mole Removal   |
| Cutera Laser – red vessels, brown spots | Neck Lift  |
| Ear Reshaping (Otoplasty)               | Permanent Makeup   |
| Earlobe Repair                          | Rhinoplasty  |
| Eyelash Extensions                      | Soft Tissue Fillers  |
| Eyelid Surgery                          | Thigh Lift   |
| Facelifts                               | Venus Legacy & truSculpt – non invasive Hot Sculpting <sup>1</sup> |
| Facial Peels                            | Waxing   |
| Fat Transfer                            |  |

## MOMMY MAKEOVER

“Mommy Makeover” is used to describe reversing changes from pregnancy. Women’s bodies may be affected by the number of children they bear, by breastfeeding and weight gain or weight loss. For breasts, sagging can develop along with loss of breast tissue after breast engorgement from pregnancy. To remedy, a breast implant or fat transfer can be used to augment the breasts.

For sagging breast or loose breast skin, a lift may be required to elevate the nipple and reduce the excess skin. At times, both a breast lift and augmentation may be required for best results.

The abdomen may require improvement with stretched skin and weak muscles. Extensive exercise may not improve this post pregnancy appearance. An abdominoplasty also known as a ‘tummy tuck’ may be required. In summary, both breast lift/augmentation and tummy tuck surgery are a cornerstone of the “Mommy Makeover”.