

MOMMY MAKEOVER

GUIDE



Motherhood changes your life in the most beautiful ways and sometimes, it also changes your body in ways that don't always feel like "you."

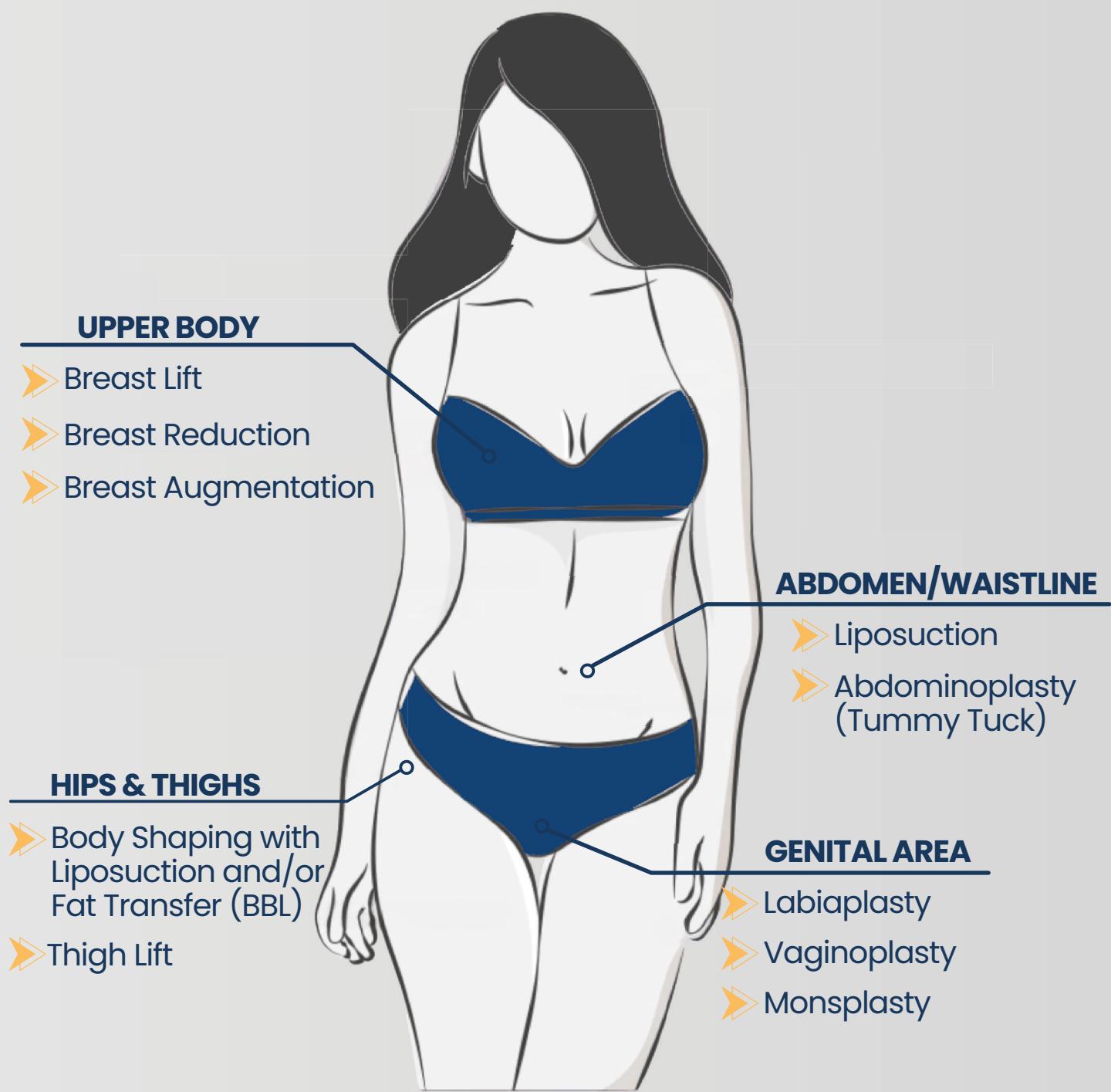
The Mommy Makeover is designed to help women restore their confidence and body shape after pregnancy, weight changes, or aging — in one carefully planned, combined procedure.

At YourMedCare, we guide you through every step of your journey, from the first consultation to full recovery — with care, safety, and personal attention at the heart of it all.

What is a Mommy Makeover?

A Mommy Makeover is a personalized combination of cosmetic procedures. It isn't about "changing who you are" — it's about restoring what pregnancy, childbirth, weight changes, and time have altered.

The goal is to reshape, lift, and tighten few areas of your body — helping you look and feel more like yourself again.

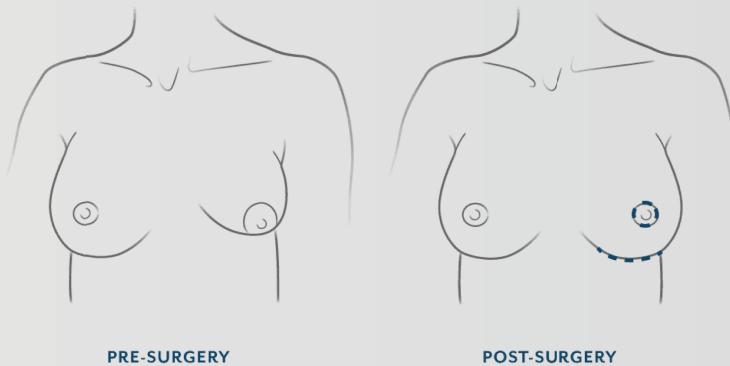
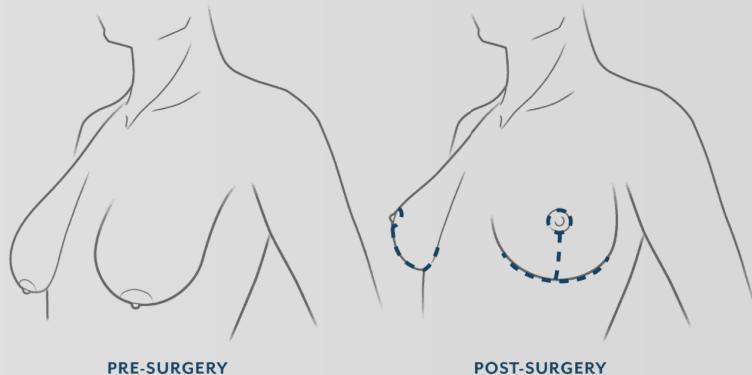


Upper Body Procedures

Breast Lift

Restores firmness and youthful contour by lifting and tightening the breast tissue.

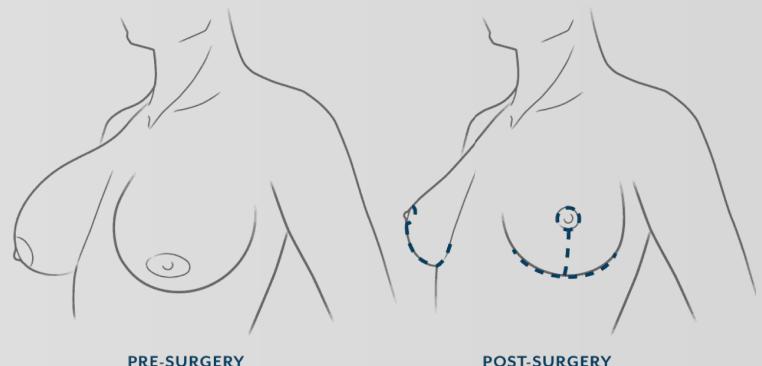
Scar: Lollipop / Anchor



Breast Augmentation

Adds volume and enhances breast shape using implants or natural fat transfer.

Scar: Inframammary (under breast)



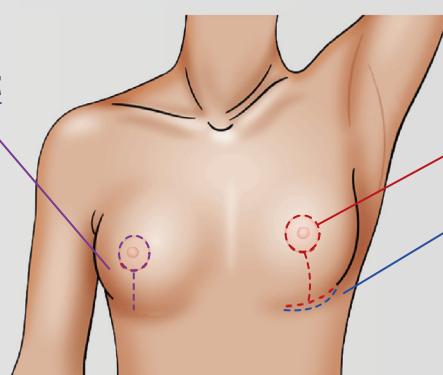
Breast Reduction

Creates lighter, balanced breasts for improved comfort and posture.

Scar: Inverted T shape / Anchor

Breast Incision Types

Mastopexy Lift



Breast Reduction & Lift

Breast Augmentation



Motivations Behind Breast Surgery



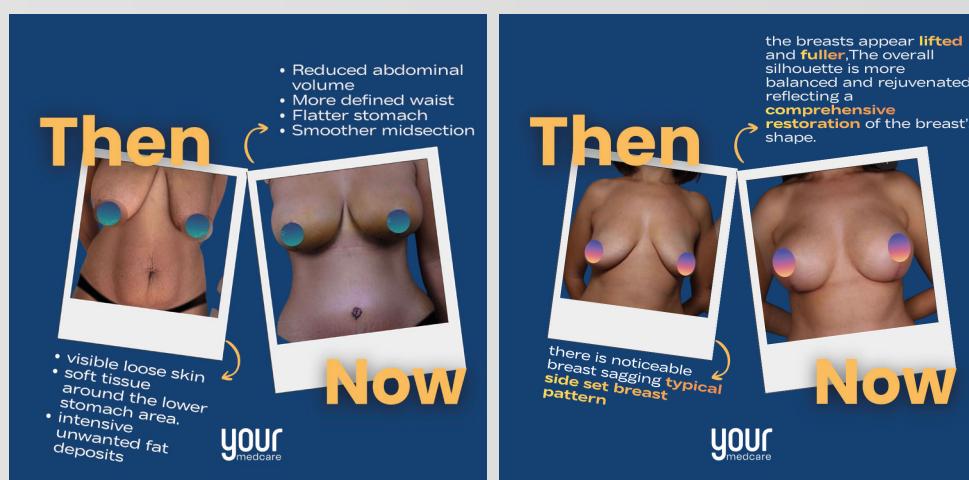
Pregnancy & Breast feeding can cause

- Loss of volume
- Sagging / drooping
- Asymmetry
- Stretching of breast skin

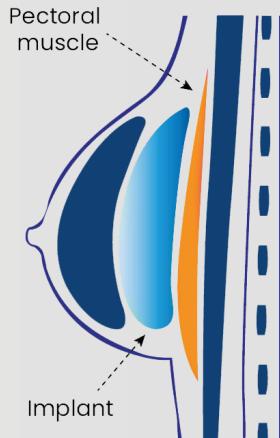
Procedures may include:

- Breast lift (mastopexy)
- Breast augmentation
- Breast reduction

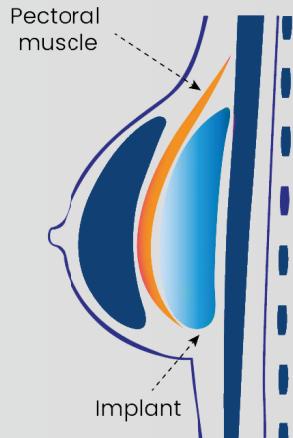
Goal: Restore a firmer, more youthful shape.



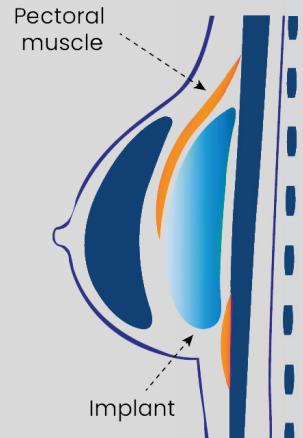
For Those Who Want to Know More: Breast Implant Shapes & Placement



Subglandular



Submuscular

Dual plane
augmentation

**▪ Subglandular Placement
(Above the Muscle)**

The implant is positioned under the breast tissue but above the chest muscle.

Advantages:

Shorter recovery time
No muscle-related movement of the implant
Suitable when there is sufficient natural breast tissue

Considerations:

Less coverage in thin patients
Higher visibility or palpability if tissue is limited

**▪ Submuscular Placement
(Under the Muscle)**

The implant is placed beneath the pectoral muscle.

Advantages:

Better implant coverage
Reduced risk of visible edges
Lower capsular contracture risk in some cases

Considerations:

Slightly longer recovery
Possible movement during muscle contraction

**▪ Dual Plane Technique
A combination approach
where:**

The upper part of the implant is covered by muscle
The lower part is positioned under breast tissue

Advantages:

Natural upper breast slope
Improved lower pole shaping
Ideal balance between coverage and aesthetics

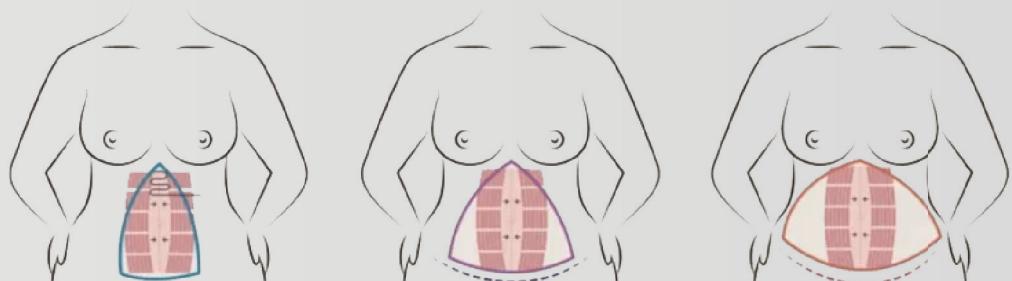
Best suited for:

Standard breast anatomy
Mild to moderate sagging
Patients seeking natural yet enhanced results

Choosing the Right Option The ideal implant shape and placement depend on:

- Breast anatomy and tissue quality
- Chest wall structure
- Skin elasticity
- Personal aesthetic goals

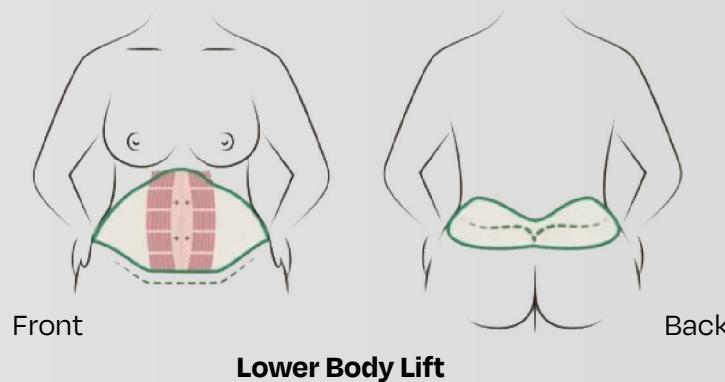
Core & Waist Contouring Procedures



Mini Tummy Tuck

Full Tummy Tuck

Extended Tummy Tuck



Front

Back

Lower Body Lift

Repair Abdominal Muscle Separation (Diastasis Recti)

During pregnancy, abdominal muscles often separate and do not return to their original position.

This can cause:

- A persistent "pregnancy belly"
- Core weakness
- Lower back pain
- Poor posture
- Tummy tuck surgery tightens the muscles and flattens the abdomen.

Remove Excess Skin & Stretch Marks

After pregnancy or weight loss:

- Skin may lose elasticity
- Stretch marks may remain on loose skin
- The abdomen may appear saggy despite diet and exercise
- A Mommy Makeover removes excess skin and improves contour.

Do's And Don'ts List

6 WEEKS BEFORE SURGERY

✓ DO

- BMI confirmation is required
- Your Body Mass Index must be within the surgeon's safe operating range to proceed with surgery.
- Correct any iron, vitamin, or mineral deficiencies
- Addressing deficiencies supports proper healing and recovery.
- Maintain a high-protein, balanced diet
- Proper nutrition supports wound healing and reduces surgical risk.

✗ DON'T

- Do not smoke or use nicotine in any form (cigarettes, vapes, patches, gum).
- Nicotine restricts blood flow and significantly increases complication risk

2 WEEKS BEFORE SURGERY

✓ DO

- Carefully review the medication and supplement alert list provided
- Some substances interfere with anesthesia or increase bleeding risk.
- Remove all body and facial piercings
- All piercings must be removed at least 2 weeks before surgery to reduce infection risk and ensure surgical safety.

✗ DON'T

- Do not take aspirin, anti-inflammatory medications, or herbal supplements (including garlic, ginseng, ginkgo, turmeric, etc.).
- Do not proceed if you feel unwell
Report any fever, cold, infection, or flu-like symptoms immediately.

EVENING BEFORE SURGERY

✓ DO

- Drink 700 ml (24 oz) of clear fluids or a carbohydrate drink
- Supports hydration and anesthesia safety.
- Eat a light, late dinner
- This will be provided at the hospital if you are checked in the evening before surgery.
- Take all prescribed medications as instructed
- Get a full night's sleep
- Remain nicotine-free

DAY OF SURGERY

✗ DON'T

- Do not consume milk, pulpy juices, or sugary drinks
- Do not wear jewelry, contact lenses, wigs, makeup, or pullover clothing
- Wear loose, front-opening clothes and slip-on shoes instead.

AFTER SURGERY

✓ DO

Contact the medical team immediately if you notice:

- Increasing redness, warmth, or pain around incisions
- Pus-like discharge or bad odor
- Fever or chills
- Take pain medication only as prescribed
- Wear your compression (surgical) bra as instructed
- The compression bra plays a key role in shaping, swelling control, and proper healing.
- Attend all scheduled follow-up appointments
- These allow your surgeon to monitor healing and adjust care if needed.
- Keep all surgical dressings clean, dry, and intact.

✗ DON'T

- Do not remove dressings or tapes unless instructed by your surgeon.
- Showering is only allowed after medical approval.
- Mild swelling, bruising, and tightness are normal in the early phase.

GENERAL AFTERCARE

✓ DO

- Protect scars from sun exposure for 12 months
- Use SPF 30 for the first 6 months, then at least SPF 15 thereafter.
- Take all medications exactly as prescribed

Report immediately if you experience any of the following:

- Fever
- Increasing pain
- Rash
- Vomiting
- Unusual swelling or redness
- Inform all healthcare providers about your breast surgery
- This is important before any medical or dental procedures.



FAQ

How long am I hospitalized?

- 1 night

How long must I stay in Turkiye?

- 7 nights

What exactly is included?

- Surgeon & anesthesia fees
- Hospital & operating room
- Compression garments / bras
- Hotel stay
- Transportation
- Travel Insurance

What is NOT included?

- Flights
- Prescription medicines
- Additional hotel stay (upon requested)
- Hotel upgrades

RETURN TO WORK (Average Guidelines)

- **Remote / home office:** Less than 1 week
- **Desk job:** 1-2 weeks
- **Standing job:** 2-3 weeks
- **Physical / manual work:** 3-4 weeks

TUMMY TUCK WITH LIPOSUCTION

