

# Plastic Surgery Center Of Scottsdale

SPECIALIZING IN MOMMY MAKEOVERS

There is no question that motherhood is a profoundly rewarding experience. Childbearing, however, can permanently alter the appearance of a woman's body, mainly stretching and distorting the breasts and abdomen. A "Mommy Makeover" utilizes cosmetic surgical procedures to correct the visible effects of pregnancy, breastfeeding and childrearing. These include weakened and stretched out abdominal muscles and skin, as well as changes in breast size and shape. A "Mommy Makeover" is specifically tailored to meet the needs of mothers who want to look and feel their best after childbirth.

Many women experience an increase in breast size due to hormonal changes during pregnancy. After breastfeeding, the breasts typically decrease in size and often become saggy due to loose skin and loss of volume. These changes can be reversed with a variety of breast procedures. Breast augmentation using a saline- or silicone-filled breast implant may sometimes be enough to correct the problem. Often, however, a breast lift (mastopexy) is required (either alone or in combination with an implant) to give the best cosmetic result. A mastopexy repositions sagging breast tissue and elevates the nipple to a more natural location. In other cases, a breast reduction may be necessary to remove excess breast tissue and skin.

During pregnancy, the abdominal muscles become stretched out and separate at the midline. The only way to bring these muscles back together is with an abdominoplasty (tummy tuck) or mini-abdominoplasty. Once stretch marks develop in the skin, there is nothing that will take them away. A tummy tuck also enhances the waistline and removes extra skin and stretch marks in the lower abdomen. Often, liposuction is used to remove areas of fat deposits and to optimize the results of a tummy tuck.

Every Mommy Makeover is as unique as the individual mother. Call to arrange a personal consultation with Sumer L. Daiza, M.D. She will listen to your goals and concerns and give you an honest opinion of what can be achieved using the latest advances in cosmetic surgery.



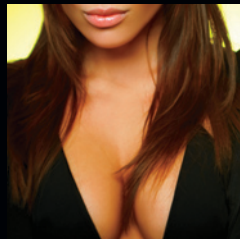
**Sumer L. Daiza**  
M.D., F.A.C.S.



- DOUBLE BOARD CERTIFIED
- American Board of Plastic Surgery
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- Patients Choice Award 2008
- Recognized in the Guide to America's Top Plastic Surgeons 2009
- Recognized in the Guide to America's Top Surgeons 2009

## A Surgeon's Hands, A Woman's Touch

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(models)

**CALL for a Personal Consultation: 480-585-0011**

Conveniently located in North Scottsdale at 101 and Scottsdale Rd.  
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