

## 4 Your Family: The ‘Mommy Makeover’

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Any woman who’s had a child knows the changes their bodies undergo – and many aren’t happy with those changes.

That’s why more woman are opting for a series of surgeries that are collectively called the Mom Job or Mommy Makeover.

“Packaging surgeries together has become safer,” says Daniel Ronel, a Santa Fe plastic surgeon. “Doing the two surgeries together – for example breast and abdomen – is really pretty safe.”

There are certainly things to be considered before electing to undergo the procedure. First is cost: Two or three surgeries will set you back about \$12,000.

And there’s the recovery time: a week of down time and a couple of months before feeling back to normal.

But for one woman who underwent the surgery it was worth it.

“I want to feel comfortable,” said the woman who agreed to be called Mrs. S. “I want to be able to put on summer dresses, I want to feel good about myself and be able to relax.”

Mrs. S said her biggest worry was how the surgery would affect her children but says she’s looking further ahead to being a confident mom.

Packaging the surgeries together means one surgery day and one recovery period. But doctors will warn that the longer a person is under anesthesia, the greater the risk.