

Aesthetics Newsletter

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Mother's Day is coming up!

With Mother's day coming up, it is time to plan ahead for those considering a **Mommy Makeover**. What is it? There is no standard set of procedures that constitutes the Mommy Makeover, rather it is a mind set, a perspective that addresses the changes that occur with having children.

Women devote so much of themselves and their resources to their children – time, energy, and money. This is normal, and it feels normal to know that every “sacrifice” is worthwhile to keep the family healthy and happy (is it even a sacrifice?) But a woman's own well being can get a little lost, and the philosophy of the Mommy Makeover is that women can take care of themselves and their children at the same time. There really is no conflict between self and family: it is not self-centered or vain to take care of oneself or to want to feel youthful, sexy and self-confident. A positive self image will benefit a mother as well as the loved ones with whom she interacts. *You* may be a mommy, but you are still your own person. Many women believe they will be able to accomplish more with a fresh perspective and younger feel, and will be better able to succeed at work and at home because they feel great about their appearance.

What procedures are available?

Breast procedures are the most commonly requested, especially in those who breast fed. Breast reduction, breast lift, or breast augmentation can re-create the firm, perky breasts that existed before pregnancy. They are easily combined with a **tummy tuck or liposuction**, the second most requested category of procedures. These target skin and fat deposits that won't go away with diet and exercise. One would think that working around the clock, taking care of an infant, chasing after a toddler or worrying about an adolescent would be enough to keep any amount of weight off. But even those women who exercise regularly and eat sensibly have resistant fat deposits on the thighs, hips and abdomen. And once skin and muscle tissues have been stretched from pregnancy, they frequently will not retract to their pre-pregnancy form. Stretch marks, belly button deformities and skin laxity are all reasons a mother might benefit from a tummy tuck.



Many women basically stop sleeping through the night from the time they went into labor. The eyes have not looked well-rested in years, and the face appears years older than it is. A vacation will help temporarily, but to diminish the lines and wrinkles around the eyes, consider an **eyelid lift**, which is a procedure easily done in the office. To remove jowls or tighten the neck, consider a modern **face lift**, which has a smaller “downtime” than the old-school facelift. Consider augmenting the cheekbones or chin with implants or a “liquid lift”, or fixing the nose to balance the rest of the face.



Here's a Channel 4 report on our Mommie Makeovers: <http://danielronelmd.com/Detailed/62.html>

For those who are interested in something less invasive, consider the current trend: according to statistics recently released by the American Society of Aesthetic Plastic Surgery, the **number of laser procedures increased about 17%** in 2008 as compared to the year before.

In addition to the **laser resurfacing/rejuvenation** and the **hair removal** we have discussed in previous newsletters, we are excited to add another treatment category: **ACNE**. In combination with facial peels at the Sterling Institute, laser treatment of facial acne can have excellent results.



Colorescience: you should all have gotten a “Skinivation” to meet on April 15th with Jude Mallory-Marsh, Colorescience National Educator. It is also attached to this mailing.

From all of us at Dr. Ronel's office,
we wish you a happy Spring!

If you have any questions, please call us at 505-982-2440 or email
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