

[www.mtturkey.com](http://www.mtturkey.com)



MEDICAL TOURISM TURKEY

# Mommy Makeover

*Because Moms Deserve to Feel Fabulous!*

## MOMMY MAKEOVER OVERVIEW

A Mommy Makeover is a customized combination of cosmetic procedures designed to help women restore their pre-pregnancy body. Pregnancy, childbirth, and breastfeeding can cause lasting changes to the body, including sagging breasts, abdominal laxity, and stubborn fat deposits.

A Mommy Makeover addresses these concerns through a set of surgical procedures that focus on rejuvenating the figure.

# MOMMY MAKEOVER SURGERY COMBINATIONS

---



Popular among mothers seeking physical and emotional renewal, the Mommy Makeover has become increasingly popular within the scope of Medical Tourism Turkey, offering comprehensive solutions for aesthetic transformation.

## **Breast Lift (Mastopexy)**

Pregnancy and breastfeeding can lead to sagging breasts due to stretched skin and tissue. A breast lift repositions the nipple and removes excess skin to restore a firmer, more youthful breast shape without changing the overall size significantly.

## **Breast Augmentation (With Implants)**

Some women experience volume loss in the breasts after pregnancy and breastfeeding. Breast augmentation uses silicone or saline implants to enhance size, fullness, and shape. This procedure is often combined with a breast lift for optimal results.

## **Breast Reduction**

In some cases, the breasts become overly large and heavy after pregnancy, causing discomfort or back pain. Breast reduction surgery removes excess breast tissue and reshapes the breasts to a more proportional and comfortable size.

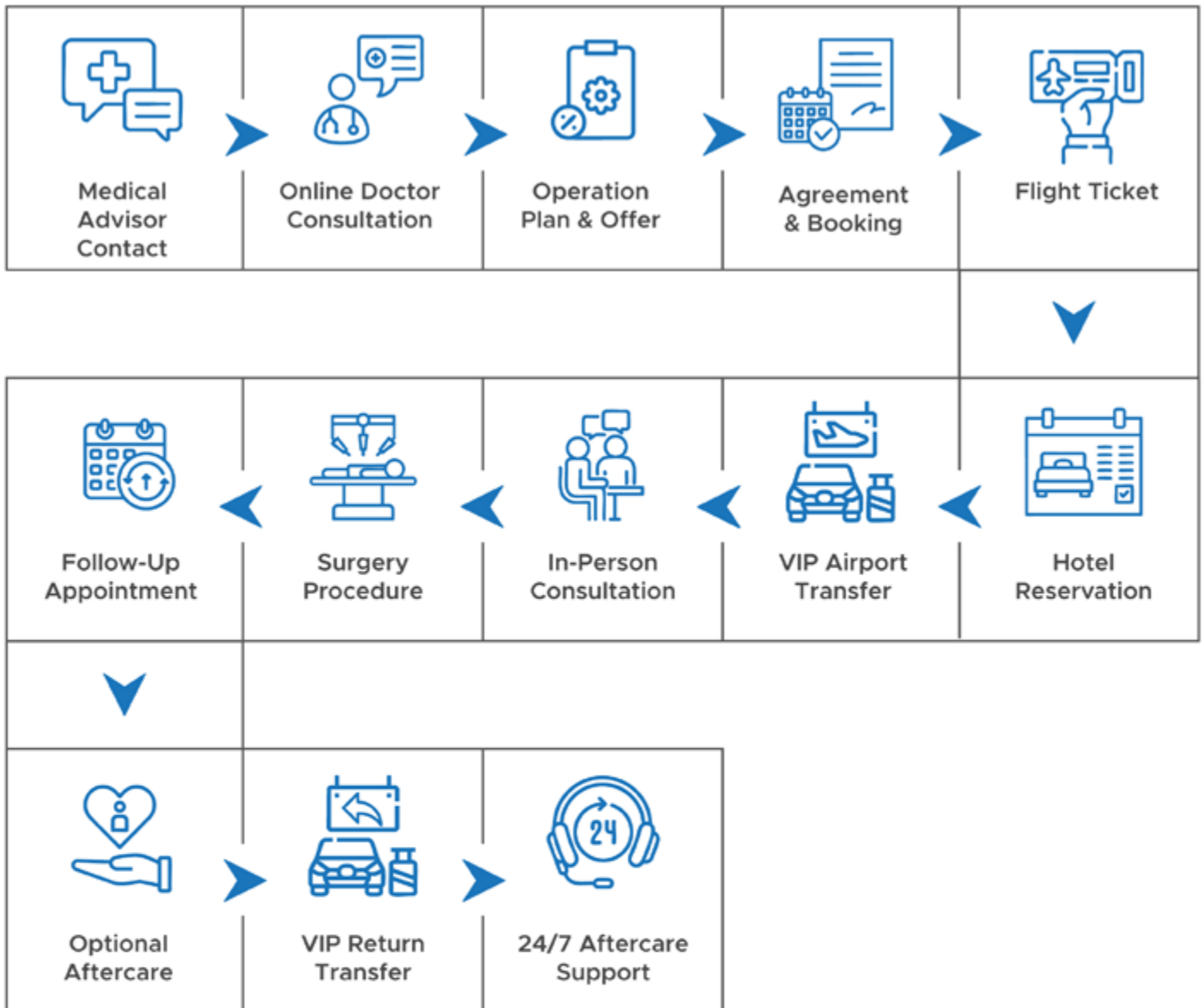
## **Tummy Tuck (Abdominoplasty)**

One of the most common Mommy Makeover procedures, a tummy tuck removes excess skin and fat from the abdomen and tightens the underlying abdominal muscles. It addresses sagging skin and muscle separation (diastasis recti) that often occurs post-pregnancy.

## **Liposuction**

Liposuction is used to target stubborn fat deposits that remain despite diet and exercise. Common areas include the abdomen, flanks (love handles), thighs, arms, and back. It's frequently combined with a tummy tuck to enhance body contour.

# STEP-BY-STEP OPERATION GUIDE



## OPERATION PROCESS

			
<b>Total Stay</b> 5-7 Nights	<b>Operation Duration</b> 2-4 Hours	<b>Anesthesia Type</b> Local / General	<b>Techniques</b> Classic, Vaser, J-Plasma, Argon Plasma



# MOMMY MAKEOVER PROCEDURES

---



## The core procedures of a Mommy Makeover typically include:

- Breast augmentation or lift to correct sagging or volume loss.
- Tummy tuck (abdominoplasty) to tighten loose abdominal muscles and remove excess skin.
- Liposuction to eliminate stubborn fat from areas such as the abdomen, thighs, or hips.

Each procedure is performed under general anesthesia and is often completed in a single surgical session. Mommy Makeovers in Turkey are especially popular due to the expertise of Turkish surgeons and the comprehensive care provided through Medical Tourism Turkey, making the entire process smooth and well-coordinated for international patients.

# RECOVERY AFTER MOMMY MAKEOVER

---



**Recovery after a Mommy Makeover varies depending on the number and type of procedures performed. Generally, patients can expect:**

- 1-2 weeks of rest and limited activity
- Swelling and bruising during the first few weeks
- Gradual return to normal activities after 4-6 weeks
- Compression garments and proper wound care are essential for optimal healing
- Full results will become visible within 6-12 months

Choosing a Mommy Makeover in Turkey also provides access to comprehensive post-operative care packages, which is one of the key advantages frequently highlighted by Medical Tourism Turkey.



---

Phone and WhatsApp

EN: **+90 549 177 40 07**

RU: **+90 530 070 39 14**

---

[info@mtturkey.com](mailto:info@mtturkey.com)

---

[www.mtturkey.com](http://www.mtturkey.com)

---

RIXOS DOWNTOWN HOTEL

Meltem Mh. Sakıp Sabancı Blv. No:3B Antalya TÜRKİYE