

The Mommy Makeover

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A LOCAL PLASTIC SURGEON EMPOWERS MOTHERS TO FEEL CONFIDENT IN THEIR SKIN.

Motherhood is a beautiful journey but can leave lasting physical changes that many women struggle to embrace.

The Mommy Makeover has become an increasingly popular solution for women looking to restore their pre-pregnancy bodies. Dr. Julio Sosa, a board-certified plastic surgeon at Bloomfield Plastic Surgery



(bloomfieldplasticsurgery.com) in West Bloomfield, specializes in this transformative procedure, offering customizable options to help women feel confident and comfortable in their own skin.

A Mommy Makeover is not a one-size-fits-all procedure but rather a combination of surgeries designed to address the areas most affected by pregnancy.

“Women after childbearing are often dissatisfied with the appearance of their bodies,” says Dr. Sosa, who has more than 25 years of experience in the field. “Pregnancy and breastfeeding can have a negative effect, especially on the breasts and abdomen.”

The procedure may include breast augmentation, breast lift, breast reduction, tummy tuck and liposuction, depending on the patient’s individual needs.

“If a woman wants more volume in her breasts, we use an implant. If her breasts are large, we might do a breast reduction. And if she simply wants them lifted, we perform a breast lift,” Dr. Sosa says.

A common concern for mothers is the abdomen. Pregnancy can cause a condition known as diastasis recti.

“The muscles spread during pregnancy, and while they often return to their original position, sometimes they stay separated,” Dr. Sosa explains.

Liposuction is often added to contour. “Many women ask about their love handles or bra rolls,” says Dr. Sosa. “It’s a very popular choice for moms who are done having children.”

One of the key benefits of a Mommy Makeover is its versatility. “It’s completely customizable,” Dr. Sosa emphasizes. “A mother may come in and say, ‘I just want my breasts done,’ and that’s perfectly fine.” However, he notes that many women who initially focus on one area later decide to address other concerns. “Once their breasts are lifted, they often notice their abdomen more. That’s why it’s nice to do them together, but it’s not required.”

Recovery time varies based on the extent of the procedures. “For a tummy tuck, we typically estimate a recovery period of four to six weeks,” Dr. Sosa says.

For safety, Dr. Sosa prefers to admit patients for an overnight stay when combining procedures. “Because of the length of time under anesthesia, I like to keep them overnight in a hospital setting with 24-hour nursing care. It ensures they’re monitored properly before going home,” he says.

He also stresses the importance of vetting. “Not all cosmetic surgeons are board-certified plastic surgeons,” he says. “Patients should verify credentials and ensure their surgeon has hospital privileges, which means they meet strict training guidelines.” Bloomfield Plastic Surgery also prides itself on patient-centered care. “We make it a priority to be available, 24/7, ensuring our patients feel supported throughout the entire process.”

For many women, a Mommy Makeover is about more than aesthetics – it’s about feeling like themselves again. “It’s important for women to feel like they’ve gotten their body back,” Dr. Sosa says. “After having kids, this can give them a tremendous boost in confidence.”



Dr. Julio Sosa.
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