

The Mommy Makeover

By Kathy Essmiller

I stand uncertainly in my closet. What does one wear to interview one of Kansas City's premier plastic surgeons? A good bra certainly, some cover-up for the obvious pimple on my chin, unless a youthful pimple would distract from the "crinkles" around my eyes . . .

My insecurities were unfounded. Dr. Michael Hynes himself greeted me in the waiting room and graciously escorted me back to his office. His assistants were smiling, friendly and real. They looked like my friends, women I could have met for lunch. Dr. Hynes is congenial and affable and the father of twin boys. His wife enthusiastically partnered with him in his practice. His passion for enriching the lives of his patients is unmistakable—he radiates joy describing the fervent thanks that morning's patient gave him following her surgery.

The topic of our discussion was the "Mommy Makeover," a combination of surgeries designed to restore contour and shape to the abdomen and breasts. The American Society of Plastic Surgeons (ASPS) cites data for 2006 revealing an 11 percent increase over 2005 in these procedures, figures more than five times higher than the two percent growth of overall plastic surgery procedures during the same time period. The ASPS attributes this increase to today's women being less willing to passively accept changes in their bodies wrought by pregnancy and age. Quite simply, our breasts change over time, their youthful shape and fullness falling victim to nursing, weight fluctuation, aging, gravity and heredity. Natural loss of skin elasticity leaves many of our post-pregnancy tummies sagging or protruding, despite determinedly healthy diets and active lifestyles. We don't like it, and statistics indicate a greater-than-ever number of women



Photography by Sara Tafoya

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seeking cosmetic surgery as the answer to returning to a more comfortable pre-pregnancy shape.

The "Mommy Makeover" includes a tummy tuck and breast augmentation or lift. The tummy tuck removes excess fat and skin, and restores weakened or separated abdominal muscles. The treated area may include the center of the abdomen, and can extend to the entire area between the lower rib cage and pubic bone as well as to the sides and back. Although not a substitute for weight loss or appropriate exercise programs, the tummy tuck will create a smoother and firmer abdominal profile. Breast augmentation enlarges a woman's breasts through surgical placement of breast implants, restoring breast volume lost after weight reduction or pregnancy. The breast lift restores the shape of the woman's breasts, raising and firming them by removing excess skin and tightening surrounding tissue

to reshape and support the new breast contour.

Dr. Hynes performs the tummy tuck and breast augmentation in one surgery that takes about four hours; the breast lift is generally a separate surgery.

Dr. Hynes, who performs 50 to 60 Mommy Makeover procedures annually, points out the elective nature of cosmetic surgery mandates it be held to an extremely high standard. As a result of this extreme caution and diligence, major complications are quite rare. However, recent events are a reminder for those considering "Mommy Makeovers" to educate themselves and choose a qualified practitioner. The American Board of Medical Specialties recognizes the ASPS as the only board qualified to certify plastic and cosmetic surgeons. The ASPS requires training in general surgery and plastic surgery

that can be as long as eight years after medical school. Certification candidates undergo vigorous oral and written exams, and produce for approval a portfolio showing the quality of their work. To retain certification, surgeons complete 150 hours of continuing education every three years, the most continuing education required of any surgical field.

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Dr. Hynes describes his patients as fit, confident and educated; empowered women taking ownership over their bodies who want, for their own satisfaction, to feel better about how they look. Voted in 2006 by area patients and doctors (through *KC Magazine*) as Kansas City's best plastic surgeon, Dr. Hynes is board-certified and has practiced plastic and cosmetic surgery in the Kansas City area for 25 years. Dr. Hynes performs all his surgeries in a fully-equipped hospital, and is unique in his use of the On-Q pain pump, a unique program of post-surgery pain control. The size of a small ball, the pump is worn around the waist and provides a steady, topical drip of pain-numbing medication to the area around the incision. Eliminating the side-effects of oral pain medication, the On-Q pain pump facilitates quicker recovery and allows resumption of normal activities in a shorter amount of time.

Angela Douglas and Nichole Sherry, both from the Kansas City area, suffered the cosmetic ill-effects of

multiple pregnancies. Changes Douglas experienced in her body through the births and nursing of four daughters robbed her of the figure she had worked for before children. When she reached her goal weight after having her fourth daughter but was still dissatisfied with her body contour, she researched the Mommy Makeover and sought Dr. Hynes for surgery. A stay-at-home mom, Douglas is now confident, sexy and feminine.

Sherry is a freelance photographer and mother of three children, the last two a mere 15 months apart. Although she bounced back to her pre-pregnancy form after her first child, the latter two pregnancies' cumulative effect left her with little breast tissue and droopy, tone-deficient skin which defied diet and exercise. After her Mommy Makeover, her body is proportionate to itself again. She revels in the fashion freedom afforded by her now-tight tummy, and she would "do it 10 times again."

Both women emphasized the need for potential patients to research, educate themselves, closely examine the before-and after-photos of prospective doctors' work, and choose an ASPS board-certified plastic surgeon. Douglas chose Hynes in part because the photos he showed her mirrored the body contour she desired. Sherry cites the On-Q pain pump as a critical positive aspect of her experience, not to mention the immediate dropping of five dress sizes.

"These," smiles Dr. Hynes, referring to Douglas and Sherry, "are joyous women." It seems they would agree.

For more information regarding any of the information, please contact Hynes Plastic Surgery at 816-942-5900.



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