

# Austin Plastic Surgeon Details the Mommy Makeover Process: From Consultation Through Recovery

*Austin plastic surgeon Dr. Steven Holzman discusses the Mommy Makeover process, including consultation, treatment planning, day of surgery, and recovery.*

AUSTIN, TX, UNITED STATES, November 25, 2024 /EINPresswire.com/ -- The term [Mommy Makeover](#) refers to a customizable combination of cosmetic procedures aimed at helping mothers regain their pre-pregnancy shape by addressing common changes experienced after childbirth and breastfeeding. Steven Holzman, MD, a board-certified [plastic surgeon in Austin](#) and the head of Holzman Plastic Surgery, highlights that beyond its physical benefits, the procedure can significantly enhance psychological well-being, boosting both comfort and confidence.

In order to help those considering a Mommy Makeover make an informed choice, Dr. Holzman offers a detailed overview of the Mommy Makeover process, guiding prospective patients through each stage of their transformative journey, from initial consultation to full recovery.

The journey begins with a comprehensive consultation where Dr. Holzman conducts an in-depth discussion about the patient's aesthetic goals, health history, and any concerns. This thorough assessment allows for the development of a personalized surgical plan tailored to meet each individual's unique needs. It also allows patients to develop a rapport with Dr. Holzman and ask any questions they may have.

Following the consultation, the surgical planning phase includes careful consideration of procedures such as breast augmentation, tummy tuck, [breast lift](#), liposuction, and other body contouring techniques. Dr. Holzman emphasizes the importance of understanding the intricacies of each procedure, ensuring that patients are well-informed about the benefits, risks,



and expected outcomes. In most cases, a Mommy Makeover involves addressing the abdomen and breasts, which are generally the areas most impacted by pregnancy. That said, some women wish to incorporate additional procedures—such as non-surgical skin treatments or additional body contouring—into their Mommy Makeover.

On the day of surgery, patients are welcomed into a state-of-the-art surgical facility, where safety and comfort are top priorities. Dr. Holzman approaches the procedure with meticulous attention to detail, aiming to achieve natural-looking results that enhance the patient's confidence and well-being. He notes that in some cases, patients may be able to undergo multiple procedures in a single session, while in other cases, different components of the Mommy Makeover may need to be spread out. This will be determined during the consultation phase after a thorough review of the patient's lifestyle, health history, and goals.

The recovery phase is a critical component of the Mommy Makeover journey, which is why Dr. Holzman generally recommends that mothers wait until they are both physically recovered enough from pregnancy to undergo surgery as well as practically able to commit to the necessary downtime entailed in the recovery process. In most cases, patients will be restricted in terms of how much they can lift and whether or not they can drive for a few weeks after surgery, so it is vital to have a support network in place to handle household tasks during this time.

Dr. Holzman provides each patient with a comprehensive post-operative care plan, tailored to promote optimal healing and minimize discomfort. This plan includes detailed instructions on wound care, activity restrictions, and follow-up visits to monitor progress. Patients are advised on how to manage their recovery process effectively, ensuring a smooth transition back to daily life.

Throughout the Mommy Makeover journey, the entire team at Holzman Plastic Surgery is committed to offering unwavering support, emphasizing the importance of clear communication and patient education.

#### About Steven Holzman, MD

Dr. Steven Holzman is a board-certified plastic surgeon based in Austin, Texas, with extensive experience in cosmetic and reconstructive surgery. At Holzman Plastic Surgery, Dr. Holzman is dedicated to providing personalized care and exceptional results for each patient, offering a range of surgical and non-surgical procedures for the face, breasts, body, and skin. He remains an active member of the American Society of Plastic Surgeons and the Texas Society of Plastic Surgery, and he has won numerous "top doctor" awards for his stunning, natural-looking results and dedication to delivering an outstanding patient experience. Dr. Holzman is available for interview upon request.

For more information about Dr. Holzman and his practice, please visit [austinplasticsurgery.com](http://austinplasticsurgery.com) or [facebook.com/DrStevenHolzman](https://facebook.com/DrStevenHolzman).

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