

Chicago-area Plastic Surgeon Allan Parungao, MD, FACS, Customizes Mommy Makeovers to Restore Women's Pre-pregnancy Figures

Many women today are deciding it's time to reclaim the figure they had before having children. Board-certified plastic surgeon and author Allan Parungao, MD, FACS, specializes in Mommy Makeovers -- a personalized combination of plastic surgery procedures designed to restore a woman's youthful shape.

Vernon Hills, Ill. ([PRWEB](#)) -- The American Society for Aesthetic Plastic Surgery reports a 162% increase in plastic surgery between 1997 and 2008. One of the newest trends is the [Mommy Makeover](#) -- a combination of plastic surgery procedures designed to reverse the effects of motherhood on a woman's body.

"The two most common complaints among women who have had children are sagging breasts or loss of breast volume, and stretch marks and/or loose skin over the abdomen," says Chicago-area board-certified plastic surgeon Allan Parungao, MD, FACS.

"The most popular Mommy Makeover procedures are [breast augmentation](#) and [tummy tucks](#)," says Dr. Parungao, who has offices in Vernon Hills, Hinsdale and Naperville in suburban Chicago. "Some women also choose a [breast lift](#) with or without implants, or [liposuction](#) or a [facelift](#).

"Some women also opt for [labiaplasty](#), a procedure to reduce and/or balance the size of the inner lips of the vulva or external female genitals," Dr. Parungao explains. "After labiaplasty, the vulva has a more youthful look as the labia minora no longer protrude outside the outer vaginal lips."

"Studies have shown that having more than one plastic surgery procedure at a time is no more dangerous than undergoing a single procedure, as long as the surgery does not take more than 4-1/2 to 5 hours," says Dr. Parungao. "A breast augmentation and tummy tuck, for example, can normally be done in combination."

"Even women who can't spare the time or expense of plastic surgery are having Mommy Makeovers with [non-surgical facial enhancements](#) like Botox® Cosmetic and facial fillers such as Juvéderm or Restylane," Dr. Parungao explains. "Each Mommy Makeover is customized to the patient's individual needs."

Sonia, a 29-year-old mother of four, was a perfect candidate for a Mommy Makeover. "I'd been dreading the thought of turning 30," she admits. "I decided it was time to have a Mommy Makeover so I could feel better about myself and my body."

Sonia recently treated herself to a Mommy Makeover -- in her case, breast augmentation and a tummy tuck.

"My first pregnancy was twins," Sonia recalls. "I gained at least 50 pounds, and it was all belly -- and I'm only 5'2". The twins really stretched my stomach out, and I had two more kids after that."

"I started working out and lost a dress size before the surgery," says Sonia. "But I still had the loose, sagging skin on my belly."

"If you have borne several children, your abdominal muscles and skin may have been stretched beyond the point where they can return to normal without surgery," says Dr. Parungao, author of *A Woman's Guide to Cosmetic Breast Surgery and Body Contouring*.

"A tummy tuck removes excess abdominal skin and fat, then tightens the muscles of the abdominal wall and smoothes the area around the navel," he explains. "And you'll get rid of the stretch marks below your navel as well," Dr. Parungao explains.

"After my tummy tuck, my pants fit so much better around the waist," says Sonia. "Now I don't have to hide the belly bulges."

Like many women, Sonia also experienced a loss of breast fullness after her pregnancies. "Before my children, I was a C cup," she recalls. "After the kids, I went down to a B, then down to an A cup when I lose weight."

Sonia chose saline breast implants and is very happy with her results. "I went up to a D cup -- one size bigger than my original size," she says.

Now Sonia is eager to show off her new figure. "I just bought my first nice bikini," she says. "It feels great! Now I don't have to hide behind a towel. I don't think I'm going to be shy anymore."

"I'm always doing things for everyone else," Sonia adds. "It's such a wonderful feeling to do something just for myself."

For more information on Mommy Makeovers, visit www.parungao.com/mommy-makeover.

To schedule a consultation with Dr. Parungao at the Vernon Hills, Ill. office, call 847.367.8815. For an appointment at the Hinsdale or Naperville office, call 630.794.0700.

Allan Parungao, MD, FACS, is a Chicago-area plastic surgeon and author board-certified by the American Board of Plastic Surgery, with offices in Vernon Hills, Hinsdale and Naperville, Ill. For more information, visit www.parungao.com.

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