

DID YOU KNOW?

According to the American Pregnancy Association, two pounds of the total weight gained in the weight of the breast tissue.



THE STRETCHMARK PREVENTER

Loaded with skin-saving ingredients like essential fatty acids, Basq Resilient Baby Oil protects skin elasticity so that stretchmarks are less likely to occur. \$38, basqnyc.com

MOMMY MAKE

TRANSFORM YOUR POST-BABY BODY

THE JOYS OF MOTHERHOOD ARE BOUNDLESS BUT THE EFFECTS OF PREGNANCY ON YOUR BODY CAN SOMETIMES BE DRASTIC. DURING PREGNANCY, YOUR BODY CAN CHANGE IN WAYS YOU NEVER EXPECTED. SOME WOMEN ARE LUCKY, AND BOUNCE RIGHT BACK TO THEIR PRE-PREGNANCY BODIES; OTHERS STRUGGLE TO GET CLOSE TO WHAT THEY LOOKED LIKE BEFORE CHILDREN. IT'S NOT UNCOMMON FOR PREGNANCY TO AFFECT MULTIPLE AREAS OF THE BODY, WHICH IS WHERE THE 'MOMMY MAKEOVER—A COMBINATION OF SURGICAL PROCEDURES (USUALLY BREAST SURGERY AND A TUMMY TUCK, ALTHOUGH EACH DOCTOR HAS THEIR OWN VARIATION)—COMES IN TO RESTORE WHAT HAS BEEN LOST AND GET RID OF WHAT'S BECOME MORE PERMANENT, SO YOU CAN GET YOUR BODY BACK.



STRETCHMARKS

Why they occur

The weight gained forces the skin to stretch quickly; there is a 'pulling' on the dermis that causes the collagen to thin and be lost. You may be able to minimize the chances of getting them, or reduce their severity, by keeping the body well-moisturized.

How to correct them

Your doctor can treat stretchmarks (post-pregnancy) with a laser, which may help reduce their visibility. Or, they can be excised during a tummy tuck.

ADRIANA LIMA

Age: 30

16

MONTHS
AFTER GIVING
BIRTH

OVER

VARICOSE AND SPIDER VEINS

Why they occur

"As the uterus grows, it puts pressure on the large vein that runs on the right side of the body, which, in turn, increases pressure in the leg veins," says New York dermatologist Jody A. Levine, MD. Keeping your legs elevated (don't cross them), wearing compression stockings and exercising regularly can help stave off the effects.

How to correct them

Sclerotherapy, in which, "a chemical solution is injected to irritate and collapse the vein, can help," says Dr. Jody Levine.

A DARK LINE (LINEA NEGRA)

Why it occurs

The linea negra, a dark line that runs from the belly button down, transpires due to an increase of estrogen and progesterone, which may cause a temporary darkening of the skin.

How to correct it

In most, the darkness fades, usually within one year. If it doesn't subside with time, ask your doctor for a prescription strength skin lightener.



PREP + MAINTAIN

YOUR BODY BEFORE + DURING PREGNANCY

SOME WOMEN FEEL THAT BEING PREGNANT GIVES THEM CARTE BLANCHE TO EAT ANYTHING AND EVERYTHING AND FORGO REGULAR EXERCISING. BUT, THAT'S NOT THE BEST PLAN, SINCE IT CAN CAUSE YOU TO PACK ON UNNECESSARY WEIGHT. IT'S ALSO IMPORTANT TO TREAT YOUR SKIN WITH HYDRATING PRODUCTS TO KEEP IT WELL-MOISTURIZED BECAUSE, "ONCE THE SKIN LOSES ELASTICITY, IT CAN NEVER BE REGAINED," SAYS ORLANDO, FL, PLASTIC SURGEON ARMANDO SOTO, MD. GETTING YOUR BODY IN GOOD SHAPE PRIOR TO HAVING A BABY CAN HAVE AN IMPACT ON HOW YOU'LL REGAIN YOUR FIGURE.

Get your body into optimal shape

Before you become pregnant, take time to prepare your body for all of the changes it will experience during pregnancy. The best piece of advice: make sure you are at, or close to, an ideal weight for your body type. "Not only will working out before you get pregnant make being pregnant a little easier—most women feel better and have less pain and more energy—but it will also help your body recover quicker after delivery," says San Diego fitness expert Sara Holliday.

Why it's important

Weight gain during pregnancy is a no-brainer, but, it's the post-delivery weight that's hardest to lose, and if you've gone overboard and put on more than what may be considered healthy, it may be really hard to regain your figure.



**KOURTNEY
KARDASHIAN**

Age: 32



KOURTNEYS' POST-BABY MUST-HAVES

Kourtney Kardashian Limited Edition Belly Bandit, \$66, bellybandit.com

TIGHTEN THE TUMMY

Introduced to the idea of a compression garment by a friend, Kourtney sported a Belly Bandit for eight weeks after delivery. In fact, she was so happy with the results that she created her own limited-edition version. The medical-grade compression shape-wear helps to shrink the belly, waist and hips—while giving the upper body support—by applying constant pressure, which releases pent-up fluids, helping to mold the body and give memory to the muscles.

01 TAKE CARE OF YOUR SKIN



Keeping the body well hydrated, both inside and out, is of the utmost importance.

Internally, appropriate hydration levels help prevent dehydration from occurring; externally, it keeps the skin soft and pliable. "Well-moisturized skin is more supple and can stretch and bounce back without difficulty—think of it like a rubber band," says Dr. Jody Levine. "If the skin is left to dry out, when it stretches, it breaks. Drinking two quarts of water a day, and applying a good moisturizer day and night, should suffice."

02 FIND A GOOD WORKOUT



When working out while pregnant, most trainers will say to do one of two things: do exercises that keep the core

muscles strong (for as long as you physically can) and get your heart rate going at a safe level. "Strengthening the core abdominal muscles is important since this helps to retain and build muscle tone for stronger muscles and good support. Muscle burns more calories than fat so you'll stay healthier and lose weight quicker (after baby). Plus, the tone of your body will come back faster, too," says Holliday. Even though the intensity of your workouts may be lessened, you can continue to work out as long as you don't overexert yourself. "Keeping the abdominals strong may help to limit damage to the abdominal wall," says Dr. Soto.



8 MONTHS AFTER GIVING BIRTH



DRENCH YOUR SKIN IN MOISTURE

With its pudding-like texture—the secret behind why we love this cream—**NaturaBisse Dermarepair** employs hydrolyzed elastin, pumpkin and gotu kola to regenerate the skin and prevent the delicate tissues from deteriorating. It works to lighten existing stretchmarks, and prevents new ones from forming.

\$150, naturabisse.com

03 EAT SMART



We're not saying that you shouldn't indulge and give in to some of your cravings, but do

it within reason so you don't end up gaining too much weight that can be troublesome to get off. Make sure you eat plenty of leafy green vegetables, whole grains, beans and peas, protein and fruits that are rich in vitamins A, B, C and D as well as calcium, copper, iron, zinc and folic acid.

GET YOUR

BODY BACK

CONTINUED...

BREAST PROBLEM #1

"My breasts were the perfect size before and during my pregnancy. Now that I've stopped breast-feeding they've shriveled up to nothing."

WHY IT HAPPENS

During pregnancy, and even into breast-feeding, the breasts are greatly affected by hormonal changes. "Once these hormones decrease, the tissue deflates," says Dr. Soto.

HOW TO FIX IT: A BREAST AUGMENTATION

A breast augmentation can restore shape and size to your breasts, even making them bigger and fuller than they were before you got pregnant. "When upper pole fullness is lost, it needs to be restored with implants," says Orange County, CA, plastic surgeon Al Aly, MD. Adds Dr. Hahm, "in general an augmentation creates a larger size with small changes in the nipple height.- With two different implants to choose from—saline and silicone—and a few different placement and incision options, too, your plastic surgeon can fill your breasts out just a little or take you substantially larger. For those that want to look most natural, silicone implants are usually the better option," says Dr. Soto.

WHAT THE RECOVERY IS LIKE

Somewhat painful for the first few days, but most breast augmentation patients say it is tolerable

HOW LONG DOES IT TAKE TO MAKE A FULL RECOVERY

A few weeks

HOW SOON YOU'LL SEE THE RESULTS

Immediately, although swelling may linger for three to four weeks



A breast augmentation, as well as a tummy tuck, were performed to help get her pre-baby body back. Procedures performed by Sanjay Grover, MD; Newport Beach, CA.

How multiple pregnancies affect your body

> There are no known studies that determine how many pregnancies it takes for extensive changes to occur in the body.

> Some women experience major changes with just one pregnancy; others don't notice differences in their bodies until child number three or four.

> "Since every woman's body is different, it is hard to gauge when and where post pregnancy changes occur," Dr. Aly explains.

> Adds Dr. Hahm, "multiple pregnancies most likely will cause a greater degree of abdominal distention and decrease the chance of being able to achieve a flat abdomen without surgical intervention."



FAKE PERFECT-LOOKING BREASTS

To create the illusion of fuller-looking breasts, a good push-up bra can often do the trick. Le Mystere Bardot bra gives a push-up effect without a bump pad, for a more comfortable, and natural, look. \$68, lemystere.com

BREAST PROBLEM #2

"My breasts used to be full and perky. Now, they are so saggy that even the best lifting bra doesn't make much of a difference."

WHY IT HAPPENS

Think of the breasts as balloons during pregnancy—while you're carrying, they grow to make room for the expanding milk ducts; then, the glands shrink and the breasts lose fullness and volume. "If the nipples point upward or forward, you probably don't need a lift but maybe just some volume restoration. If they point downward, then you probably need a breast lift," says Dr. Matarasso.

HOW TO FIX IT: A BREAST LIFT

If you want a long-lasting solution, you may want to consider a breast lift. But just lifting the breasts won't solve the problem in everyone. "If there is a loss of volume and sagging skin then you probably need a lift and implant to recapture the shape," says New York plastic surgeon Elie Levine, MD. "A breast lift leaves behind more scarring than an augmentation does. For those that are opposed to the idea of having large scars on their breasts, and are good candidates, going with an implant that may be a bit larger will give some lift and produce far smaller scars," says Dr. Matarasso.

WHAT THE RECOVERY IS LIKE

Somewhat painful during the first few days

HOW LONG DOES IT TAKE TO MAKE A FULL RECOVERY

About three to four weeks

HOW SOON YOU'LL SEE THE RESULTS

Immediately, although swelling may persist for the first few weeks

PADMA LAKSHMI

Age: 40

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MONTHS
AFTER GIVING
BIRTH

EXERCISE OPTION

BUILD UP THE MUSCLES

Certain exercises, like pushups and incline fly moves that target the pectoral muscles, can help to firm up the appearance of the breasts. Keep in mind that you won't get the same result with working out as you would with surgery.

*NewBeauty does not claim to know whether these celebrities have or have not had any of the surgeries mentioned in this piece. The doctors featured in this story have not treated any of these celebrities.