



# How to Plan Mommy Makeover Recovery Around Summer Vacations, According to a San Diego Female Plastic Surgeon

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The plastic surgeon explains when to time a "mommy makeover" surgery—like tummy tucks, breast enhancements, and liposuction—to be ready for summer vacations and holidays.

San Diego, California—Dr. Katerina Gallus of Restore SD Plastic Surgery in San Diego has performed hundreds of mommy makeovers in her 20+-year San Diego plastic surgery career, and she's learned much about how to optimize patient recovery in the process.

"While every person recovers at a slightly different rate, it's important to understand the overall time required, as well as activity restrictions, and work around events and vacations," said the La Jolla plastic surgeon. "Plan on a 6-8 week healing process after a mommy makeover."

Dr. Gallus' most popular "mommy makeover" plastic surgery combinations include: Tummy tuck, breast

augmentation, & liposuction; tummy tuck, breast lift, & liposuction; tummy tuck, breast reduction, & liposuction; tummy tuck & breast implant revision; breast lift & liposuction; and breast reduction & liposuction.

With summer activities on the horizon, my first question when it comes to picking a surgery date is, What do you have planned this season? Gallus explained. If you're planning on a getaway around the Fourth of July, for example, you will want to have surgery by early May so you won't have to worry about protecting incisions that are still healing.

With most mommy makeover procedure combinations, patients need to complete surgery 6-8 weeks before a beach vacation or other event. It is ideal to schedule a consultation with the surgeon at least 4 weeks before your surgery date, as well, so that you have plenty of time to prepare. To be ready for graduations in early May, schedule a consultation by early February and schedule surgery by early March. To be ready for June vacations, schedule a consultation by March and schedule surgery by April. To be ready for Fourth of July, schedule a consultation by early April and schedule surgery by early May. To be ready for July vacations, schedule a consultation by April and schedule surgery by May. To be ready for August vacations, schedule a consultation by May and schedule surgery by June. To be ready for Labor Day, schedule a consultation by early June and schedule surgery by early July.

Dr. Gallus says some patients may have a shorter recovery by a week or two if they choose a less extensive procedure plan, particularly if your procedure plan does not include a tummy tuck. Her website offers a detailed plastic surgery recovery calculator, allowing patients to estimate their recovery milestones based on the procedure chosen and their desired Look Great date.

Another factor patients should consider is their surgeon's technique, which can prevent complications and streamline recovery. I use the Keller Funnel for breast augmentation, for example, said Dr. Gallus. And for tummy tucks, I use local anesthesia in the form of ultrasound-guided TAP blocks. These techniques are helpful for patients to have more comfortable, efficient recoveries.

Dr. Gallus says that the Keller Funnel, a device used to place breast implants with minimal handling, lowers rates of capsular contracture and infection after breast implant surgery. And the TAP block is a local anesthetic injection that allows patients to feel more comfortable moving around gently right after surgery, which can help to prevent blood clots and allow patients to return to their normal activities more quickly.

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## Restore SD Plastic Surgery

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