

S. BAYATI, MD, FACS



MOMMY
MAKEOVER

The Ultimate Guide

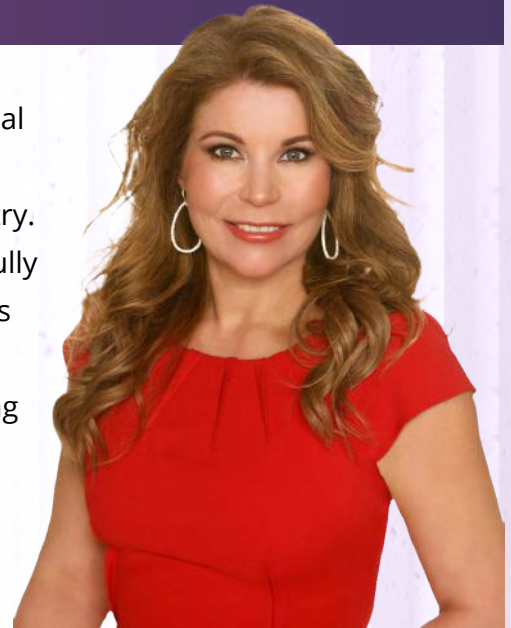
Motherhood is a beautiful experience, but it often leaves lasting changes in a woman's body. From stretched abdominal muscles to deflated or sagging breasts and stubborn fat deposits, these physical transformations may affect self-confidence and body image. At Dr. Bayati's practice in Newport Beach, we are dedicated to helping you restore your pre-pregnancy figure with personalized Mommy Makeover treatments created just for you.



Meet Dr. Semira Bayati

Dr. Semira Bayati, a board-certified plastic surgeon, has over 20 years of expertise in various aesthetic procedures, including breast enhancement, body contouring, and skin rejuvenation treatments. Her approach is deeply personalized. She takes the time to understand each patient's unique goals, designing customized treatment plans tailored to their specific needs. Whether restoring breast volume, or just a breast lift, tightening abdominal muscles, or refining body contours with liposuction, she ensures every procedure is custom tailored to each patient's specific needs and delivers natural-looking results that enhance a patient's overall beauty.

Having experienced motherhood's physical and emotional changes firsthand, Dr. Bayati approaches each Mommy Makeover procedure with empathy, precision, and artistry. Known for her meticulous attention to detail, she carefully considers factors such as scar placement, ensuring scars are hidden within bikini lines or natural contours, so patients can confidently wear swimsuits or fitted clothing without worry. Her goal is not only to restore physical appearance but also to help women feel confident and empowered in their bodies.



Dr. Bayati's qualifications include:

- ◎ Board Certification by the **American Board of Plastic Surgery**
- ◎ Fellowship in the **American College of Surgeons**
- ◎ Membership in the **American Society of Plastic Surgeons®** and **The Aesthetic Society®**
- ◎ Multiple-year recipient of the **Vitals® Patients' Choice Award** and **Compassionate Doctor Award**
- ◎ Named "Physician of Excellence" by the **Orange County Medical Association** for several consecutive years

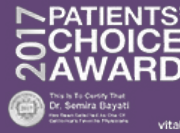
Recognition:

- ◎ Seven-time **Orange County Physician of Excellence** (including 2025)
- ◎ **Compassionate Doctor Award** – 5 Year Honoree in 2016 and 2017
- ◎ **Patients' Choice Award** – 2012-2017
- ◎ **On-Time Doctor Award** – 2014-2017
- ◎ **Compassionate Doctor Recognition** – 2012-2017
- ◎ **Patients' Choice 5th Anniversary Award** – 5 Year Honoree in 2016 and 2017
- ◎ **Certified in Age Management Medicine**, male and female wellness and hormone therapy, since 2014

AWARDS RECEIVED



ORANGE COUNTY MEDICAL ASSOCIATION
Physician of Excellence 2016, 2018-2022



MEDIA APPEARANCES



S. BAYATI, MD, FACS

Dr. Bayati's dedication to excellence is evident in every aspect of her work. Her surgical revision rate is exceptionally unheard of—a testament to her precision and expertise. Dr. Bayati performs all procedures at her state-of-the-art surgical center in Newport Beach, which is Quad A and Medicare Certified for the highest standards of safety and comfort. With her combination of technical expertise, artistic vision, and dedication to patient satisfaction, Dr. Bayati has earned a reputation as one of Newport Beach's most trusted surgeons for Mommy Makeovers.

Understanding the Mommy Makeover

What is a Mommy Makeover?

A Mommy Makeover combines multiple surgical or non-surgical procedures to refresh and enhance areas commonly affected by motherhood, like the breasts and abdomen, for comprehensive rejuvenation in one procedure.



- ⦿ Stretched abdominal muscles, also known as rectus diastasis
- ⦿ Excess or loose skin
- ⦿ Sagging and/or deflated breasts
- ⦿ Persistent fat deposits
- ⦿ Stretch marks
- ⦿ Changes in the vaginal area

Mommy Makeover Procedures at Bayati Plastic Surgery

Dr. Bayati offers a comprehensive range of procedures that can be included in your personalized Mommy Makeover, tailored to address your unique concerns and aesthetic goals:



Breast Enhancement

- ⦿ **Breast Augmentation:** This procedure uses implants to enhance breast size and shape, restoring or increasing the volume lost during pregnancy and breastfeeding.
- ⦿ **Breast Lift:** Raises and reshapes sagging breasts, repositioning the nipple-areola complex for a more lifted appearance.
- ⦿ **Combination of Augmentation and Lift:** Addresses both volume loss and sagging, providing a comprehensive solution for breast rejuvenation.
- ⦿ **Breast Reduction:** sometimes women have excessively large breasts from the hormonal stimulation of pregnancy and breast feeding.



Body Contouring

- ⦿ **Tummy Tuck (Abdominoplasty):** This procedure reinforces the abdomen by tightening the underlying muscles, and eliminates excess skin and fat, creating a smoother, more sculpted midsection.
- ⦿ **Liposuction:** Eliminates stubborn fat deposits from various body areas, including the abdomen, flanks, thighs, and arms, sculpting and refining your body contours.
- ⦿ **Skin Tightening with Renuvion®:** This cutting-edge technology combines radiofrequency energy with helium plasma to tighten skin from within. It's particularly effective for areas like the abdomen, arms, and thighs, providing long-lasting firmness and elasticity.

Vaginal Restoration and Rejuvenation

Improves the appearance and function of the vaginal area, addressing changes that may occur after childbirth.

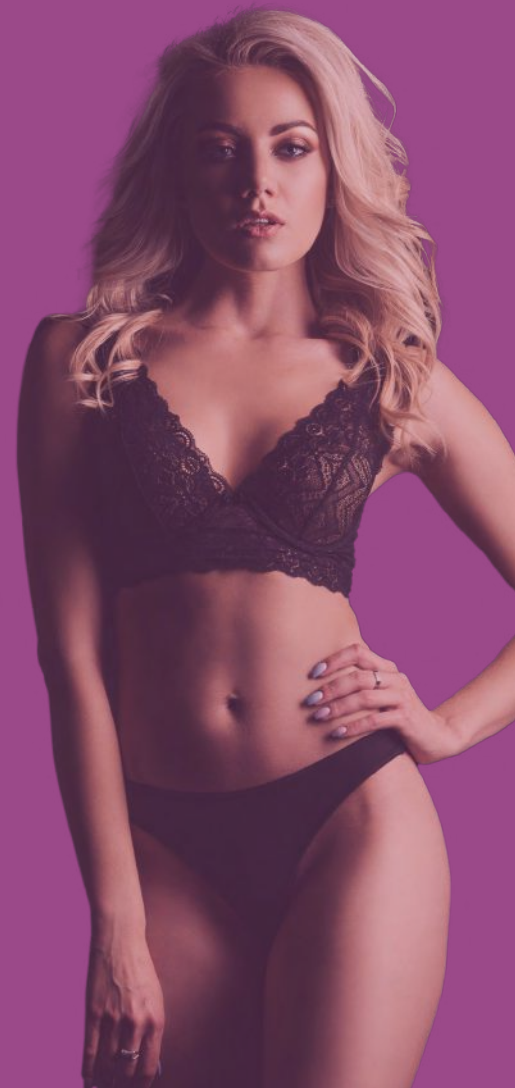
Dr. Bayati offers various techniques, which tightens and rejuvenates to enhance comfort and confidence.

Non-Surgical Treatments:

- ⦿ Volumization with Fat Grafting or Injectable Dermal Fillers.
- ⦿ O-Shot® (Orgasm Shot).
- ⦿ CO₂LIFT V™ Carboxy Gel Treatment.
- ⦿ MORPHEUS™ skin tightening.

Surgical Solutions:

- ⦿ Labiaplasty.
- ⦿ Vaginoplasty.
- ⦿ Clitoral Hood Reduction.
- ⦿ Renuvion® Tightening of Labia Majora.



Additional Treatments

- ⦿ **Stretch Mark Reduction:** Improves the appearance of stretch marks using advanced laser treatments tailored to your skin type and concerns, helping to restore smoother, more even-toned skin.
- ⦿ **Skin Rejuvenation:** Dr. Bayati offers a comprehensive range of treatments, such as laser skin resurfacing, chemical peels, and microneedling, to address various concerns and restore a youthful, radiant appearance.

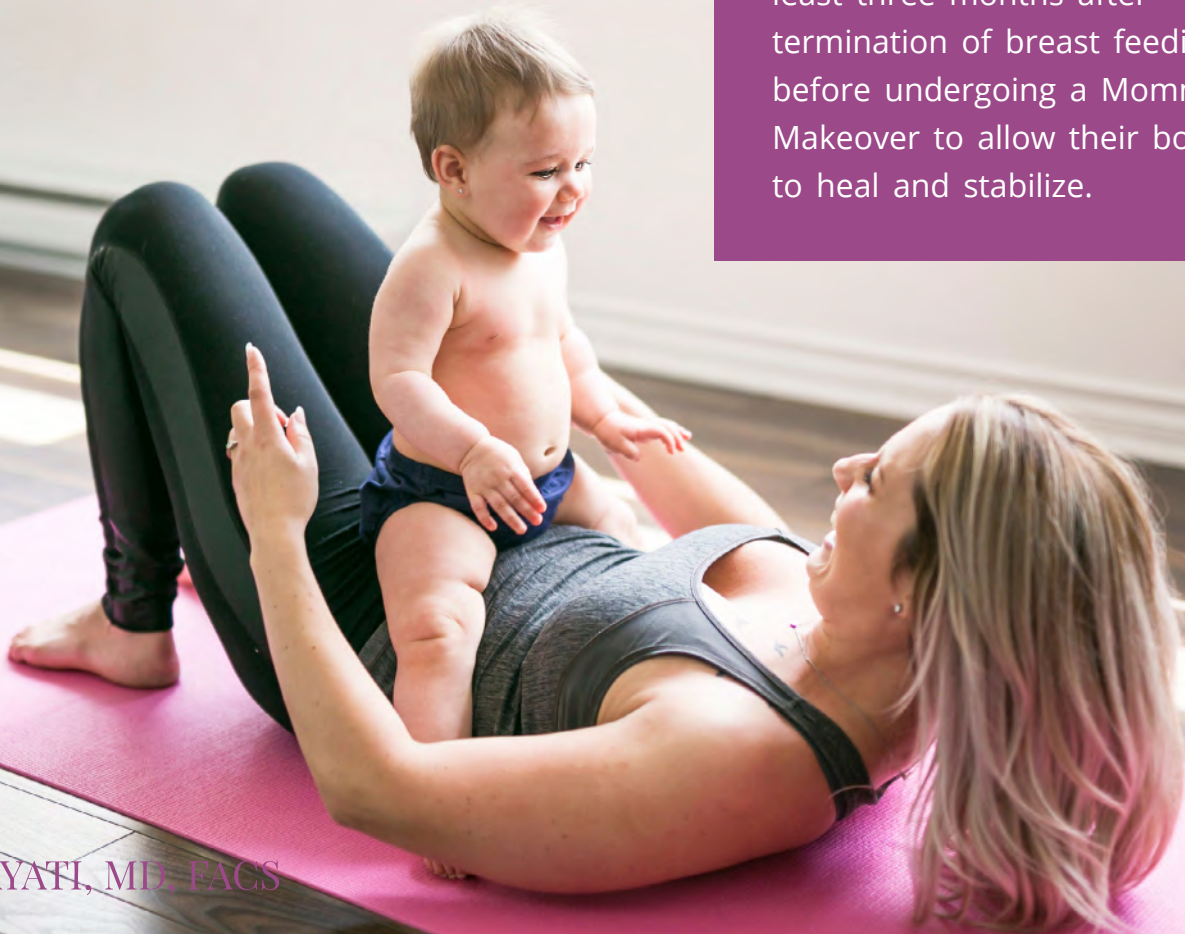


Who is a Candidate for a Mommy Makeover?

While the name suggests it's exclusively for mothers, any woman who has experienced significant body changes due to weight fluctuations, aging, or other factors can benefit from a Mommy Makeover. Ideal candidates are:

- ⦿ Women in good overall health
- ⦿ Those who have maintained a stable weight for at least six months
- ⦿ Individuals who have completed their family planning
- ⦿ Non-smokers or those committed to quitting well before surgery
- ⦿ Patients with realistic expectations about the outcomes

It's important to note that patients should wait at least three months after termination of breast feeding before undergoing a Mommy Makeover to allow their bodies to heal and stabilize.



The Mommy Makeover Experience with Dr. Bayati



Consultation and Customization

Your Mommy Makeover journey begins with a comprehensive consultation with Dr. Bayati.

During this meeting, she will:

- ⦿ Discuss your aesthetic goals and concerns
- ⦿ Perform a physical examination
- ⦿ Explain the procedures, recovery process, and expected outcomes
- ⦿ Review your medical history
- ⦿ Recommend a personalized treatment plan
- ⦿ Use visualization tools to help you envision your potential results



Preparing for Your Mommy Makeover

Thoughtful preparation is key to a smooth and successful Mommy Makeover experience. Here's how to get ready:

- ⦿ **Create a recovery space:** Set up a comfortable area with essential items within easy reach.
- ⦿ **Arrange support:** Plan for help at home during your recovery.
- ⦿ **Prepare meals:** Stock up on nutrient-rich food, snacks, and easy-to-eat options.
- ⦿ **Gather comfort items:** Have extra pillows, blankets, and absorbent underpads (like puppy training pads) to protect furniture from drainage.
- ⦿ **Stock wound care supplies:** Keep gauze, paper tape, and sterile saline ready.
- ⦿ **Choose gentle hygiene products:** Purchase a fragrance-free cleanser for post-op bathing.
- ⦿ **Plan your wardrobe:** Opt for clean zip-up jackets, button-up tops, and loose-fitting bottoms for comfort.
- ⦿ **Fill prescriptions early:** Ensure medications are ready before surgery.
- ⦿ **Prevent constipation:** Have stool softeners on hand.
- ⦿ **Follow medical guidance:** Stop smoking and avoid certain medications as directed by Dr. Bayati.
- ⦿ Take advantage of our private After Care services for a personalized pampered recovery experience.

Proper planning ensures your recovery is as smooth and stress-free as possible!



The Surgical Experience

Surgery Day Overview

On the day of your Mommy Makeover, you will arrive at Dr. Bayati's state-of-the-art surgical facility in Newport Beach. Our compassionate medical team will welcome you upon your arrival. Before surgery, Dr. Bayati will review the procedure plan and address any remaining questions or worries.

General anesthesia is typically used during the procedure, ensuring your safety and comfort under the care of experienced anesthesiologists. Depending on the combination of treatments in your personalized Mommy Makeover plan, the surgery may take several hours. During this time, Dr. Bayati will meticulously perform each chosen procedure.

Post-Operative Care

Following the surgery, you'll be closely monitored in our recovery area. Our attentive nursing staff will ensure your comfort and stability before you're discharged. Dr. Bayati will provide comprehensive post-operative instructions tailored to your specific procedures.

These instructions may include:

- ◉ Wearing compression garments
- ◉ Taking prescribed medications
- ◉ Activity restrictions
- ◉ Proper wound care and dressing changes
- ◉ Sleeping positions to minimize discomfort and promote healing
- ◉ Dietary recommendations to support recovery
- ◉ Signs of potential complications to watch for
- ◉ Information on follow-up appointments

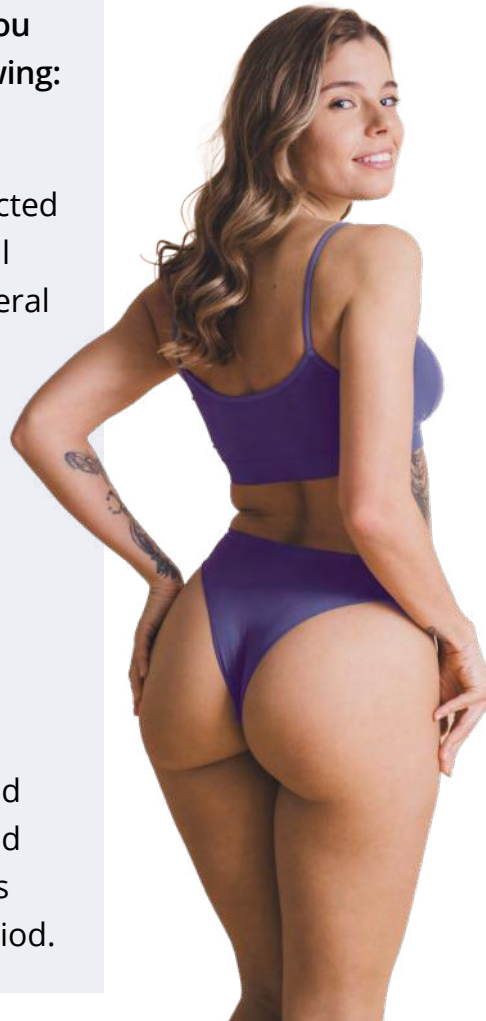


Recovery and Results

The recovery process after a Mommy Makeover is gradual, typically requiring at least two to three weeks of rest at home. Factors such as the specific procedures and your natural healing process will influence the exact timeline for recovery.

During the first few weeks of recovery, you can expect the following:

- ⦿ **Bruising and swelling:** An expected side effect that will decrease over several weeks.
- ⦿ **Temporary discomfort:** This will be managed with prescribed medications and should improve progressively.
- ⦿ **Limited mobility:** You'll need to avoid lifting, bending, and strenuous activities for a specified period.



Dr. Bayati will guide you through a phased return to normal activities, typically following this general timeline:

- ⦿ **Week 1-2:** Rest and very light activities
- ⦿ **Week 3-4:** Gradual increase in light activities
- ⦿ **Week 4-6:** Return to non-strenuous work (if cleared by Dr. Bayati)
- ⦿ **Week 6-8:** Gradual return to more normal activities
- ⦿ **3-6 months:** Return to normal activities and exercise routines

Throughout this process, Dr. Bayati and her team will be available to provide support, answer questions, and ensure your recovery progresses as expected. Most patients begin to see improvements within a few months of surgery. However, it's important to understand that despite a dramatic immediate improvement, the full results of your Mommy Makeover may not be completely revealed until six months to a year after the procedure.

Maintaining Your Mommy Makeover Results

A commitment to a healthy lifestyle is the foundation for preserving your Mommy Makeover results over time. Here's how you can maintain and enhance your results:

Nutrition and Exercise Tips

- ⦿ **Balanced Diet:** A nutrient-rich diet promotes skin health and muscle tone.
- ⦿ **Hydration:** Stay hydrated to promote skin elasticity and overall health.
- ⦿ **Exercise Routine:** No core exercises for at least a year after an abdominoplasty. However, cardiovascular exercises are encouraged after 6 weeks to maintain health and stable weight.
- ⦿ **Weight Stability:** Aim to maintain a stable weight, as significant fluctuations can affect your results.

By following these guidelines and maintaining open communication with Dr. Bayati, you can help ensure that your Mommy Makeover results remain beautiful and natural-looking for years to come. Remember, your Mommy Makeover journey doesn't end with surgery—it's an ongoing commitment to your health, beauty, and self-confidence.

Financing Your Mommy Makeover

Cost Considerations

At Dr. Bayati's practice, we understand that the cost of a Mommy Makeover is an essential consideration for many patients.

Factors that influence the price include:

- ⦿ The number and type of procedures included
- ⦿ Complexity of the surgery
- ⦿ Post-operative garments
- ⦿ Fees for the surgeon, facility, and anesthesiology
- ⦿ Other associated expenses

Financing Plans

We strive to make this life-changing procedure attainable, offering flexible payment solutions through the following trusted plastic surgery financing companies:

- ⦿ **Cherry Financing:** Flexible plans, some with 0% interest, quick approvals, and convenient online payment management.
- ⦿ **CareCredit®:** Offers no-interest and low-interest monthly plans with a fast application process and immediate responses.
- ⦿ **Alphaeon™ Credit:** High approval rates, generous credit lines, and no-interest options without needing to reapply for future treatments.

Why Choose Dr. Bayati for Your Mommy Makeover?

Expertise and Personalized Care

With over two decades of experience, Dr. Semira Bayati is a highly skilled board-certified plastic surgeon with an exceptionally low revision rate, a testament to her precision and expertise. Dr. Bayati's unique perspective as a mother sets her apart, understanding that no two pregnancies are the same. Each Mommy Makeover plan is tailored to the distinct needs of every woman.

Artistic Vision and Attention to Detail

Dr. Bayati's expertise extends beyond technical skill—she is particularly sensitive to scar placement, ensuring incisions are discreetly hidden within natural contours such as bikini lines or bra edges. Her approach ensures that the results are stunning and complement each patient's unique physique.

State-of-the-Art Facilities for Safety and Comfort

Precision Surgical Arts is located in Newport Beach, next door to Dr. Bayati's practice. The facility provides a safe and convenient environment for your procedure, featuring two Quad A and Medicare-certified operating rooms outfitted with the latest surgical equipment and aesthetic devices. Supported by a dedicated anesthesia team and medical experts, every aspect is meticulously organized for your safety and comfort.



Trusted by Patients

Patients praise Dr. Bayati not only for her technical skill but also for her warm demeanor and compassionate approach throughout every step of the process—from consultation through recovery.



AMANDA F.

“Wonderful surgeon and wonderful team! Dr Bayati exceeded my wildest expectations! I have a flat tummy and perky young breast! I have never been happier. You would never know I had 3 children. I have never been happier and I thank Dr Bayati and her amazing staff for all of their guidance and support!”



COURTNEY T.

“I am so glad that I chose Dr. Bayati to do my mommy makeover! Such a transformation! My stomach is so flat and my scars are perfect! My husband is a huge fan of the breast lift part ... The office staff is super friendly and you never have to wait in the waiting room. When I had questions or concerns during ‘off hours’, Dr. Bayati took my calls and never made it feel like an inconvenience. I cannot recommend this office enough!”



BECCA B.

“The results of my procedure far surpassed my expectation. Dr. Bayati is precise and skilled with her work while always being friendly and reassuring through the process. Every member of the staff has been very welcoming and supportive. They have you feeling like you are the only patient they have.”



LYNDSEY R.

“Staff was great and accommodating. Everyone made the process as simple as possible. The procedure was quick, Dr. Bayati did an amazing job with my gynecomastia surgery. The results exceeded my expectations.”

Embrace Your Renewed Self-Confidence

Embrace your maternal journey while reinventing your pre-pregnancy physique through a tailored Mommy Makeover, entering this new life stage with restored confidence. As a female plastic surgeon, Dr. Semira Bayati offers a unique perspective to better identify with women's concerns. She genuinely understands the natural changes and frustrations that can affect one's appearance due to aging, motherhood, and other factors unique to women. Her expertise, artistic vision, and meticulous surgical technique ensure transformative Mommy Makeover results that look and feel authentically you.

Rediscover your pre-baby body and embrace your renewed beauty.

Call (949) 756-0400 to schedule a consultation with Dr. Bayati and discover how a personalized Mommy Makeover can enhance body contours and bring out your natural allure.



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