

## HEALTH &amp; MEDICINE

**Dr. Michael Diaz Breast and Body Specialist Series****The Summer Makeover**

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**Dr. Michael Diaz**

During the summer most of us head out to the beach, enjoy sports or engage in many other leisure outdoor activities. What better way to celebrate summer than with a reestablished hourglass shape.

**Hourglass Rejuvenation**

The ravages of age, weight fluctuations, pregnancy and breast feeding can have a significant toll on a woman's hourglass figure. What used to be the perfect symbol of youthful femininity has now been transformed into a torso that is out of harmony: breasts are low, stretched, sagging, empty, misshapen, and/or lopsided. The upper half or décolleté area is flat. The areolas are also enlarged and out of proportion to the size of the breast. The abdominal skin is stretched creating flab and excess skin rolls.

The stretched abdominal muscles and lining create an unsightly midriff "pooch" that will not improve no matter how many sit-ups are performed. Pockets of fat (love handles, hip rolls, saddle bags) develop that are resistant to diet and exercise. The belly button is flattened or covered by loose overlying abdominal skin. The pubic area (mons pubis) is stretched and descended. The torso thus takes on a weathered, matronly appearance with loss of the alluring hourglass shape of youth.

Although diet and exercise can help with weight loss and toning, many of these changes will require surgical correction.

A variety of procedures can individually help reverse these changes, including tummy tuck, mini-tummy tuck, liposculpture, breast augmentation, and breast lift. Because the majority of these individual procedures can be completed in under two hours they are performed in an outpatient facility allowing patients to recover in the comfort and privacy of their home.

The recovery will vary according to the technique but most patients are back to their usual activities in about a week.

**Re-establishing an Hourglass Shape: Breast Augmentation and Tummy Tuck "Summer Makeover"**

Certain combination of these techniques can lead to a result that is greater than the sum of its parts. Specifically, a Summer Makeover can include breast augmentation and a tummy tuck or any variation thereof. Both procedures address different areas of the torso simultaneously to reestablish a feminine, youthful hourglass shape. The advantages include comprehensive correction and a single recovery. The goal is to have you return to wearing a two-piece bathing suit. Even if you never wore two-piece bathing suits, wouldn't it be great if you could?

Breast augmentation uses an implant to add volume and tighten stretched skin. The implant provides fullness to upper half of the breasts improving the décolleté area, a change that is easily visible while wearing a low-cut blouse. Breast augmentation can also fill the bottom half of the breast, bringing back a tear-drop shape. Because the overall size of the breast is increased, what once appeared to be enlarged areolas are now brought back into harmony with the natural aesthetics of the breasts. The larger tighter breast do more than just fill a bathing top; they capture the eye and the imagination as they highlight the upper half of the torso.

Although the public's perception is that breast augmentation is a simple straightforward operation, nothing can be further from the truth. There are many factors to consider when planning this procedure. Every surgical plan begins by understanding each individual patient's desires and goals. I often ask my patients to point with one finger all of the areas they would like to improve. Next an examination of the breasts is performed that systematically details every aspect of the breasts and how they may affect the final outcome. The most critical step is to select the implant and placement technique that best re-establishes harmony of the breasts given the existing breast deformities. For example implants should be selected to provide the desired volume but not extend too far from the sides. There may be some flattening of the lower half skin that can be improved by freeing the skin at the same time the implant is placed. The breasts may be so uneven in size that different sized implants should be used. Sometimes I use temporary implants



**Actual patient of Dr. Michael Diaz**

**Underwent Breast Augmentation, Tummy Tuck, and Liposculpture  
For more pictures of this patient, please visit [www.diazbreastandbody.com](http://www.diazbreastandbody.com).**

during augmentation surgery called sizers prior to placing the actual implant. This helps me select the right implant size and allows me to adjust the pocket to obtain the most pleasing shape while minimizing contact with the final implant. It involves more work but for me it's worth it. Because so many factors can influence the final outcome careful planning is a must.

A tummy tuck is a procedure that tightens and helps flatten the abdomen by removing the excess flabby skin. The stretched muscles are tightened by suturing them together in the midline, creating a "corset" which helps flatten the pooch and narrow the waistline. I perform the muscle tightening in two layers to provide a longer lasting, smoother result. The original belly button is repositioned to a more natural, youthful position and shape. The pubic area is also shortened and elevated to the dimensions and position of youth. Some patients also have some improvement in their upper thighs. Because the changes can be dramatic and comprehensive it is easy to see why this is the most popular technique.

Although tummy tucks are very common, not every tummy tuck is the same among patients. A tummy tuck is an operation that can be easily overdone, leading to an unnatural boxy look with an obvious scooped-out lower abdomen. I believe that a tummy tuck should not only flatten the abdomen but should accentuate the female form and highlight natural, youthful, sexy curves. Blunting of feminine curves or scooping /scalloping

of the lower abdomen are to be avoided. I endeavor to maintain these curves when seen from the front and the side profiles as well. In order to achieve this I adjust my technique as necessary to satisfy the needs of your individual body. Even though I perform the muscle-tightening corset repair in two layers, I am very conscious to not overdo the correction and to preserve the natural curves. I plan the procedure with the aid of your favorite underwear or bikini bottom, although final scar placement cannot be guaranteed. This sets the stage for the potential to wear a bikini.

Combined breast augmentation and tummy tuck leads to changes that are not only visual but tactile as well. The skin feels tighter and more youthful. Because the abdominal muscles are tightened, some patients feel their core stronger and have reported improvement of back pain/weakness. Most patients feel their clothing fitting better and looser around the hips; it's not uncommon to go down a few dress sizes. Elevating the pubic area also exposes the most intimate areas of a woman's anatomy, which has improved the sex lives of many very happy patients! Although the visual changes can be dramatic, the tactile changes are an oft overlooked benefit as well.

A Summer Makeover can help bring back your youthful curves. Any patient considering this or other techniques should set up a consultation with Dr. Diaz. Appointments can be arranged by calling 321.308.0698 or visiting [www.diazbreastandbody.com](http://www.diazbreastandbody.com). Celebrate Summer with a New You! ♦