

Written by Amanda Rumore

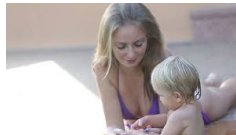
Plastic surgery has been a trending topic for the last several years. Once a taboo subject, cosmetic surgery is now socially acceptable and considered normal. With advancements in technology, less invasive surgery options, access to information about various procedures and the media constantly highlighting celebrity aesthetic work, plastic surgery is sure to remain an international phenomenon.

Recently, we've been asked about [Scottsdale Mommy Makeovers](#). Often a topic amongst moms on the sidelines of play dates, women today have the opportunity to look better than ever – even after having children and barely surviving on a few hours of sleep.



The truth is, in our modern society, it's very common for everyday moms (who are done with breast feeding and don't plan on having more children) to pursue surgery to enhance their appearance and help build confidence. Many women hope for their bodies to look like it did pre-pregnancy. However, with the natural aging process, childbirth and far less time to spend on themselves, achieving a pleasing body image can become quite the challenge.

To help decipher the important questions you've been asking about [Mommy Makeovers](#), we turned to [Dr. Jennifer Geoghegan](#) and the ladies at Oasis Plastic Surgery. Truly leaders in Scottsdale and Phoenix plastic surgery, they have quickly become my go-to for skincare and Botox.



1. What is a Mommy Makeover?

"A Mommy Makeover at Oasis Plastic Surgery usually consists of [breast](#) and tummy procedures and is customized for each patient and her needs. We like to address patients concerns in person to best suit their individual goals. One patient may need a [lift](#) with implants or just a lift, and another patient may need liposuction in addition to a tummy tuck."

2. Who is an ideal candidate for a Mommy Makeover?

"A Mommy Makeover is best suited for a mom that is finished having children. Also someone who isn't looking for a weight loss answer, but rather your body should be in relatively good shape."

3. Why are Scottsdale moms looking to have plastic surgery?

"There are many reasons why women seek out plastic surgery at Oasis. Pregnancy, childbirth and breastfeeding can take a serious toll on a woman's body, and many moms find that no amount of diet and exercise can restore their pre-baby figures. Some moms are looking to stay young and feel young, and preserve the body they've had. Here's a great testimonial from one of our [Phoenix moms](#):"

Although I felt pride for my 4 pregnancies, including 2 C-sections, I felt ashamed at what my body had morphed into. It had been hijacked and with it went my self-esteem. Dr. Geoghegan changed everything for me. She helped me love and appreciate my body again, and more importantly, to model that for my daughters. Today, I'm spending precious time swimming with my kids instead of hiding behind my cover-up watching everyone else have all the fun. I will forever be grateful to Dr. a Geoghegan and her patient staff for helping me to feel confident and beautiful again.

4. In addition to breast procedures and liposuction, what procedures are Scottsdale moms having done?

"We like to offer a [chemical peel](#) or laser procedures for your décolletage for extra enhancement after a cosmetic breast procedure. Or in addition to a cosmetic breast procedure, we offer [CoolSculpting](#) cycles for those stubborn areas such as flanks (aka love handles) or saddlebags (aka fat pockets around hips, buttock and thighs) that don't respond to traditional diet and exercise."

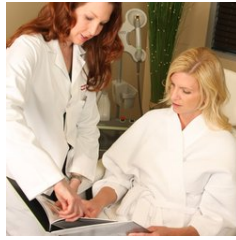
5. What is the estimated recovery for this collection of surgeries?

"Everybody is different and may have a different tolerance to pain, healing and medications. At Oasis Plastic Surgery, our rule is 3 weeks recovery time and eliminate strenuous activity; no lifting, pushing, pulling or reaching anything over 10 pounds and definitely no exercising for 3 weeks. After the three week mark, patients can slowly start incorporating regular activity into their daily regimen."

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6. What does a patient need to know when they are considering plastic surgery?

"When considering plastic surgery, be sure you do your homework and most of all, be sure the surgeon is a board certified plastic surgeon."



More About Oasis Plastic Surgery

Founded by [Dr. Jennifer Geoghegan](#), Diplomate of the American Board of Plastic Surgery, Oasis Plastic Surgery is an advanced plastic surgery practice located in Scottsdale, AZ. Dr. Geoghegan is renowned for her highly specialized and artistic approach that meets the unique aesthetic goals of each patient. The team at Oasis Plastic Surgery offers advanced plastic surgery options in breast, body and facial procedures that have long-lasting results. As an advocate of good skin care practices, Dr. Geoghegan has also incorporated skin procedures and skin spa services at Oasis Plastic Surgery.

For more information on Scottsdale Mommy Makeovers, including before and after photos, visit www.oasisplastics.com.

[Amanda Rumore](#) is a writer, mom blogger and lifestyle expert. Scottsdale-based, by way of Chicago and Los Angeles, she lives with her husband, Anthony, daughter, Mia Valentina, and Boston Terriers, Gigi and Harley. Amanda is the founder of ValleyGalInc.com, writes for various magazines and appears on local television stations featuring family-focused stories. She was also voted "Favorite Valley Mom 2016" in the Best of the Valley!