

Kara Ro: Welcome back to The TKO Show with Kara Ro. Thanks everyone so much for joining me. I have a fantastic topic to talk about and it's talking about the mommy makeover. Joining me, Dr. Michael Burgdorf. He's a board certified plastic surgeon and founder and president of Music City Plastic Surgery in Nashville, the author of The Mommy Makeover: Restoring Your Body After Childbirth. Dr. Burgdorf, welcome to the show.

Dr. M. Burgdorf: Hey, Kara. Great to be here. Thanks for having me.

Kara Ro: Now, I mean this is the loaded question. I literally look at my son and I think, thank God you're cute because you messed up my body. I swear, you know, after two kids, you do start to say, "Oh, why can't guys go through this?" At least I get a chance to carry a baby and have a baby but the aftermath, it doesn't seem fair.

Dr. M. Burgdorf: Yeah. It can be not so kind on the body and, in fact, we have a lot of moms that come in, same discussion, same concerns, and then they even bring it in to how do they talk to their kids about this, right? You mentioned your son, you brought him into the world and that's where we come. That's our perspective is hey, we're doing something healthy for mom. She sacrificed to bring you into the world, now she's doing to do something for herself, which moms don't really do. They don't take that time to think about themselves very often.

Kara Ro: When should women start to think about it, because really essentially after you have the baby and it's out and you're not so exhausted from breastfeeding and being up at night, all of a sudden you're like, "What just happened? What happened to my body?" I know we start thinking about it very quickly but how soon can we go forward with maybe making some changes?

Dr. M. Burgdorf: Right and that's where the celebrity tabloids kind of do us a bit of a disservice. You always hear about the one celebrity who's bounced back to perfect physique and looking great two weeks after having a baby, right? That's just not realistic so we want to make sure that the mom has had time to let everything go back to normal and that's dependent on breastfeeding or not and so if you're breastfeeding, we always say three to six months after you're finishing breastfeeding or pumping. We want those breasts to kind of regress back and do what they're going to do. A lot of times, unfortunately, they get very deflated up top and they droop a little bit and they're not as robust or filled up as they were when you were breastfeeding or when you were pregnant.

Other changes happen with the body after pregnancy. The uterus contracts, the weight loss takes place, and so typically three to six months is when we really want to start seeing somebody and start thinking about maybe doing something in that regard. I always like the mom to kind of get back into her routine and you mentioned it. Let the baby get into the routine where the baby is sleeping

Need Help? <mailto:support@rev.com>

[Get this transcript](#) with table formatting

through the night and you're not on that hectic schedule and then that should help start the process in the right direction.

Kara Ro: What would be the procedures that women seek out your help for? I'm sure there's a variety of different ones.

Dr. M. Burgdorf: Absolutely, and that's the fun part about the mommy makeover for me is everything is individualized and so I may see something on you and you may have never thought about it so I'm very careful. I don't bring anything up that you don't bring up to me.

Kara Ro: Right. Don't give us new insecurities.

Dr. M. Burgdorf: Well, they always say, "What would you do?" I'm, "No, no, no. What's important to you? What don't you like at this point?" Typically, it does involve a combination of surgeries and most of the moms that we operate on are pretty healthy and so this can be a safe combination so typically involves some breast work, usually a breast lift or breast augmentation, and then around the belly area so a tummy tuck or a liposuction. The most common that we do is typically a breast lift with augmentation, tummy tuck, and a little bit of liposuction around the love handle/flanks areas.

Kara Ro: In terms of the breast lift and augmentation, are there times when you can just do a lift or typically do you have to do the augmentation?

Dr. M. Burgdorf: There is. I don't love the look of it because it ends up being a little more flat chested, I guess. When we do the lift and we're getting any sort of oomph or elevation of the nipple, you got to remove some tissue to rotate things around and so a lot of people think, "Well, they're taking my nipple off and then putting it back on up top," but in reality we're kind of rotating everything up with a nice blood supply and so in order to do that, we have to make some room and so you take out a little bit of skin and tissue and typically when we're seeing the need for the lift, everything has kind of dropped and so the substance of the breast tends to be down lower and were a little bit deflated up top. You can move things up but you don't get any sort of perk and that's where the implant comes into play so I'm very conservative. Nashville is a pretty conservative city and we typically try to get that look where it's that, hmm, does she or doesn't she have the implant?

Kara Ro: Right. I mean, that's what I think a lot of people ,,, They're not looking for that big Pamela Anderson look. Sometimes you just want to be where you were before you even had the baby, you know, and some want maybe a little bit more. Now, talk to me about if you do go through this procedure and then you decide to have another child, now do you have that discussion? Do you say, "Okay, well, are you done having kids?" What's the best time in terms of that?

Dr. M. Burgdorf: Absolutely, yeah. We do have that discussion because especially with a tummy tuck when we're going to tighten everything, we go down to the [inaudible 00:05:16] layer and we'll tighten up that midline area that's just a fibrous tissue that can be stretched out and so we tighten it up almost like a big shoelace in that layer with a big stitch and if you get pregnant again, we just don't know what happens with the growth of the baby. There is potential for some restriction and, of course, nobody's going to go through that test to see boy, did this kid have trouble growing the right way or not? We err on the side of caution and we say, "Look, if you're planning on more children, maybe it's not the best time to do this." We certainly can do other things. We can do some liposuction and some fat reduction in that regard.

Then when we talk about the breasts, there's always that thought too. A lot of it is dependent upon how much weight you gain during pregnancy and then some of the genetics as well as what's happened previously. Say you're first pregnancy you gained 20 pounds and then you're second one you gained 70 pounds, there's going to be a lot of fluctuation with that skin and we always jump it back to a rubber band phenomenon. If that rubber band has been stretched out too much, it's hard for that skin to snap back up into place. That make sense?

Kara Ro: Yeah. Speaking of that, I was blessed because my genetics, I didn't get any stretch marks but I know some women do, just depending. Is there something that you can do and make adjustments for with skin that does have stretch marks?

Dr. M. Burgdorf: Yeah. In fact, anything below the belly button, between the belly button to like the pubic region, where the pubic hair starts, all that area is cut out during surgery. It's kind of a football shaped tissue or area that we can remove so any stretch marks down there, they're totally gone, thrown in the trash. That's awesome. Any stretch marks above on the belly button tends to be brought down like a window shade so you're bringing the top of your belly button area down, down to your pubic area and those stretch marks tend to hide lower and once we stretch them a little bit, they tend to kind of blend into the surface a little bit better.

When we talk about breasts, same situation. The lower aspect of the breast, that droopy skin and skin that's been filled with stretch marks can be removed. It's the upper area above the nipple that can be a little bit difficult, but again we're bringing that skin down and kind of hiding that underneath the fold of the breast so a lot of that can be masked.

Kara Ro: Wow. That's interesting. I'm going to take a quick break. I do want to talk about cosmetic surgeons versus plastic surgeons and, you know, who should we be seeking out for this and what are the differences between the two? I am talking to Dr. Michael Burgdorf. He is the author of *The Mommy Makeover: Restoring Your Body After Childbirth*. I know we've all thought about it. As much as your body bounces back, it doesn't seem to get quite where it was before. You can

find him online at drmichaelburgdorf.com. He is a board certified plastic surgeon and founder and president of Music City Plastic Surgery in Nashville. It's Kara Ro on The TKO Show.

Kara Ro:

Welcome back to the TKO Show. It's Kara Ro. Joining me, Dr. Michael Burgdorf, and we're talking about restoring your body after childbirth. He's the author of "The Mommy Makeover" with that exact title, "Restoring Your Body After Childbirth." You can find him online, drmichaelburgdorf.com. He is a board-certified plastic surgeon, and founder and president of Music City Plastic Surgery in Nashville.

We're learning a lot of different options. After you have the kids, you get to that point where you actually can take a breather when you're not thinking a million things, trying to get the one kid off to school, trying to breast feed the other kid, and just complete chaos. You stop and you go, "What just happened? What happened to my body?" You went from having a baby in your belly that you're like, "There's a human being in my belly, and I have these great boobs. It's amazing," to afterwards, and just everything seems to just flop. A lot of women just go, "Oh, what happened to my body?"

Dr. Burgdorf, once again, thank you for joining me today. Talking about the different procedures that we can go through after childbirth, you've mentioned some of them, like breast augmentation, and lift, and tummy tuck, really important that you seek out the right type of help. You are a plastic surgeon. What is the difference between a cosmetic surgeon and a plastic surgeon?

Dr. Michael B.:

There's a big concern in the population that we just don't know the difference between the two. A plastic surgeon can be a cosmetic surgeon, but a cosmetic surgeon is not necessarily a plastic surgeon.

A board-certified plastic surgeon has to go through at least five years of surgical training. Usually it's general surgery or ENT, ear nose and throat, and then two years are required extra in plastic surgery. Then you got to go through a rigorous set of exams, written exam, and then an oral exam where a group of other board-certified plastic surgeons then will grill you and make sure that what you're doing in the operating room is ethical, safe, and appropriate.

A cosmetic surgeon, on the other hand, may be a physician in a different specialty, like an OB-GYN, or family medicine, that take a weekend course and learn a certain technique for liposuction, for instance, and come back and call themselves a cosmetic surgeon. The training is not regulated. It's very variable. You can get wide levels of experience.

Legally, I can do any specialty in medicine, so I could deliver your baby, but you don't necessarily want me doing that. I'm trained in plastic surgery, and that's my expertise. Same thing, you don't necessarily want an OB-GYN doing your liposuction or your tummy tuck, even though legally they can do it.

Kara Ro: Right. When people do come to you, how did you end up getting involved in creating even a book called "The Mommy Makeover"? Obviously you got into plastic surgery, but when was it finally that, wow, this is a huge need and a huge demand?

Dr. Michael B.: You know, it tends to be we see the people who are most like us, I guess. As plastic surgeons we hear about this, that especially later in our career, we tend to do more facelifts, because we need more facelifts. This was an area that hit home with me. I have four kids. My wife went through this. I saw her going through these transitions with every pregnancy. In fact, during residency, I read a paper, and it said that breast feeding has zero impact on your breast structure.

Kara Ro: What?

Dr. Michael B.: I'm like, "Look at this," and she's like, "Get out. Just go, just leave."

Kara Ro: Who wrote that? I'm going to slap them.

Dr. Michael B.: Yeah, quickly learned that that wasn't a good thing and not very truthful. We started to see a lot of moms, and I like that population. I get the stuff they're going through. My wife's a physician, too. When she's on call, I'm stuck with the kids, and it's me. It's chaos. You can't think at all for yourself. Add that level of maternal instinct with the mom, and that thought never gets back to them.

Guys, we're very easily more selfish than women. My wife, she'll give everything to her kids and to her family before she thinks of herself. That started the process of me getting involved with the moms and seeing what we could do to help them out.

Kara Ro: She's trained you well to say all the right things, Dr. Burgdorf. When you go see a plastic surgeon, should you know exactly what you want, or do they help walk you through it? What's the best way of going about it, and how dangerous if you don't really express what you want?

Dr. Michael B.: Yeah, I think there can be a concern. When patients come to see me, I'm not expecting them to dictate exactly what should be done, because a lot of them will come from, "My friend had this," especially with the implants. "My friend had 300 cc implants." Okay, that may be appropriate for her body type and her breast structure, and you may be six, eight inches taller, and 30 pounds heavier, so her implant won't look good on you. It's just not going to make any impact.

It's nice to have a general idea, but then I like to guide the patients through. We spend a lot of time. I spend about an hour with each patient initially trying to get to know them and get inside their head a little bit about where they are, what their desires lie, what's mainly important to them. It is important though for somebody to do a little research online, especially, or talking to other friends, to have an idea of what you want, as a starting point.

Kara Ro: Tell me what someone can take away from the book, "The Mommy Makeover." What kind of things can you learn? What do you read about in this?

Dr. Michael B.: The early part of the book, it talks about how does a mom give herself permission and that it's okay to consider making these changes. It's okay to spend the money on yourself. As a mom, I'm sure you can attest, there's always something you can spend money on. The kid needs this, they need a new bike, or they need school clothes, or we got to get a new washing machine. There's a lot of things that always pop up. In the same vein, there's always a timing aspect of things. Things are always going to pop up. The kids are always going to have some activity. School is going to be around. Homework will be there. It's just a matter of encouragement of a mom to be a little selfish and think about herself. Plastic surgery's not for everybody. I'm not proposing that, but it could be an outlet.

We like to operate on patients who do the work beforehand. A little bit of diet and exercise afterwards, but not going crazy, not doing the crash diet. We talk about that in the book. We talk about how do you have this discussion with the kids when you're considering the surgery. Then we talk about spouses, and family, and friends, and their involvement. We get a lot with, parents will say, "I didn't need to do this. Why do you think you need to go through this? You're not the super mom that you think you are," that kind of attitude that doesn't need to be there. Then we go into the procedures and all that, as well, but a lot of procedural stuff can be found online pretty much anywhere.

Kara Ro: I love that. I love when you give moms and women permission to do things sometimes. Sometimes you need to hear it from somewhere else, because I feel like sometimes we're inundated with the just love yourself, just love yourself.

Dr. Michael B.: Right.

Kara Ro: I feel like it's almost a bash on people who want to do something different. I think my hair's dyed blond, and people are okay with that. Why is it that there's certain things we're okay with in society, but other things may be frowned upon? I love concepts that give women permission that just because you're not saying, "Okay, I'm not good enough as is," you're just saying, "I want these little improvements, I like this idea."

Dr. Michael B.: Yeah, every mom, they want to be that super mom. I'll tell you, as a doctor, that species doesn't exist. A mom who can't do everything on her own, that's a normal mom. That's okay. That's okay to ask for help.

Kara Ro: I love it. Dr. Burgdorf, thank you so much for your time today.

Dr. Michael B.: Yeah.

Kara Ro: It's great, and I love that you have written this book, as well, to give permission and to start moving forward. Thank you for all the knowledge today.

Dr. Michael B.: Thanks for having me. I enjoyed it. I wanted to put in a little bit on my website.

Kara Ro: Yeah sure.

Dr. Michael B.: My practice website is Music City Plastic Surgery, and they can download the first three chapters on there for free, or get the book on there, if you like. I'm happy to share it out with other people. The other one is the Dr. Michael Burgdorf, and that one has actually a Mommy Makeover assessment quiz on there, so mom's can get on there and say, "Is this really for me or not?"

Kara Ro: I love that, so drmichaelburgdorf.com, they can go on there, do that quiz, the Mommy Makeover, and Music City Plastic Surgery, they can download the first three chapters of your book.

Dr. Michael B.: You got it.

Kara Ro: Perfect, thank you so much, Dr. Burgdorf.

Dr. Michael B.: Thanks, Kara.

Kara Ro: I appreciate your time today. Bye-bye.

Dr. Michael B.: Thank you.

Kara Ro: Once again, that was Dr. Michael Burgdorf. You can find him online, as he was mentioning, Music City Plastic Surgery. You can get the first three chapters of his book, and you can also check out drmichaelburgdorf.com, and take the Mommy Makeover quiz, a lot of interesting information. Something that most women think about after childbirth, and you get a chance to look in the mirror, and you just say, "What happened?" You look at your kids, "You did this to me. What?" Really cool, and I'm encouraging people just to feel that sensation of no guilt, do what you want to do for you, and don't think about what are other people's thought. Just think about your own thoughts and what's going to make you feel good and feel better.

It's Kara Ro on the TKO Show.