

Speaker 1:

And we are live. Okay, so here we are. We are at our first post-operative appointment. How are we feeling today?

Speaker 2:

Wonderful. Absolutely amazing.

Speaker 1:

Okay. If you don't mind sharing with us, what did you do recently?

Speaker 2:

Well, I had a breast reduction, breast lift, Lipo of my flanks and all around my thighs and a tummy tuck with muscle repair.

Speaker 1:

Excellent. We often think that ... we call this the mommy makeover.

Speaker 2:

Right.

Speaker 1:

It's something that you had some emotions as you were approaching.

Speaker 2:

Absolutely.

Speaker 1:

Can you tell us a little bit about that, if it's okay?

Speaker 2:

At first, as a mom, you give everything to your kids. And as a wife, everything to your husband. You feel like you're not deserving of this because it's an investment. I really had to look at it as an investment in me to make me a better person, to be a better mom, be a better wife.

Through the process, emotions start to take over. The financial impact to your family starts to take over a little bit. Then the fear of the actual procedures itself because it's not a small operation. I almost backed out even though the deposit was paid. I had a date scheduled. Time was scheduled off work, but I really just had to take a deep look inside on how this was going to change me as a person. Truly, if you don't love yourself, I've always been of the opinion, you're incapable of loving others. I'm so glad I did not stop. It's emotional, and I don't want to cry because it's embarrassing.

Speaker 1:

No. It's real. It's real.

Speaker 2:

It's very real because when you look in the mirror and you hate what you look like, as women, we get dressed up every day. We try to hold our shoulders back and act like we are so in love with who we are. But deep down, we all have these insecurities that we fight through every single day. If I could give just one ... just recommendation. If you feel that, just come talk to Dr. Burgdorf. It's hard to walk through the doors, but from the moment you all to Chris at the front desk, it's the most pleasant experience ... you're beneath anyone. You don't feel like someone's looking at you the way you look at yourself.

Right before I went back to surgery, when Dr. Burgdorf was preparing me, I said, "Please make me beautiful." I will never forget. He took my hand. And he said, "You are already beautiful. I'm just going to make you more beautiful than you are today." From that moment, it just clicked with me, that beauty is so much more than what I have been seeing. But from one week out of surgery, I have so much more confidence and I love myself now more than I've ever loved myself.

I'm so sorry. I'm so sorry.

Speaker 1:

No, I'm crying with you because it's beautiful because this is our mission and it's our goal to help people-

Speaker 2:

Yes.

Speaker 1:

[crosstalk 00:03:37]. and how it affects so many other people.

Speaker 2:

I've waited almost 18 years to do this. My son will be 18 in June. Through excessive weight gain, I had toxemia. I gained 80 pounds. I had massive stretch marks. My breast, one was larger than the other. Although my husband tells me every single day, "I'm the most beautiful person in the world." Two weeks prior to leading up to this, he kept telling me, "Honey, please don't think that you have to do this for me because I love you, and I think you're beautiful." [inaudible 00:04:11] truly had to do for me. I'm one week out. I took before and after pictures, and I look amazing.