

Speaker 1:

So, this is one of our patients who had a complete mommy makeover. She is three months out, but we just wanted to get a little bit about her story, about what her thoughts were about deciding on surgery before coming in, how she chose our clinic, how she chose dr. Burgdorf. And just to sort of say, this is where she was before coming in and a little bit about what she thought and expectations. So we'll start there.

Speaker 2:

Okay. So I have three beautiful children, got one here with me and twins who are at home, and any mom knows what that can do to your body. Maybe very, very blessed to have my children, but I was also very self conscious with just how much my body had changed throughout the process. And it was to the point that it was not only affecting me personally, but it was also affecting my relationship with my husband and just overall, my self confidence had really plummeted.

And so that led us to the conversation of, I want to do something, I've been working out and eating healthy. Nothing's changing, it's not getting any better. And so that's when we started the investigation and just doing research on figuring out about the mommy make over and try to find just a really good fit for our family.

Talking to friends, and do a lot of research online, led us to dr. Burgdorf, and still had some hesitations and reservations coming in. I felt very guilty about it, because this is quite a commitment. It was, it's going to be a lot of time away from the family, it felt like to me. And so we just came in. Honestly, I came in with the idea of I'm going to talk to the doctor and this is going to seal the deal that no, this is not for me. But I just, I had to cross that bridge and put it to rest and just coming in and talking to him and he just made me feel very comfortable about it, and that it wasn't selfish of me, that it was actually, it was okay.

It was going to be fine. And he talked us through, he was very patient with my children and talk to them, answered everybody's questions. And it just kind of went from there. He had, I felt very comfortable and confident going into the procedure. I felt like I knew everything to expect. He had answered so many questions, he was very thorough, never rushed me. And it was just an amazing experience.

The recovery was, there were painful moments, that's to be expected, but it was good and I felt very prepared for it. And I'm so happy and so thrilled with the results. And I'm so confident now. And I just feel like it's not only improved me as an individual, but it's also, I feel like a better wife and a better mom, because I have more energy and you know, I'm not hiding behind that shame.

And I can just get out there and do whatever I want to with my kids now, and with my family. So it's just, it's really been a positive experience.

Speaker 1:

And has really been for you a whole family experience.

Speaker 2:

It has been a whole family experience throughout the process. And like I said, dr. Burgdorf was always very patient with my children. My daughter who's here with me right now has been to every appointment, and been hands on and involved, and I loved that about coming here and talking to dr. Burgdorf and his dad. They just, they're very patient and very understanding. And it really is a family experience. It's not taking mom away. It's bring the whole family in and we'll get everybody on board

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and everybody's going to know what to expect, and step-by-step, they're going to get through it. So it was a big relief having that experience, knowing that he cared about the results for the kids, as much as I cared about it.

Speaker 1:

And here you are at three months and you and your daughter have been working out together and doing sprints. Because that's what we get asked a lot about, what about my activity? When can I do those things? And so here you are at three months doing just fine.

Speaker 2:

It's wonderful. It's wonderful. My daughter loves to run and she told me last year that she wanted to attempt the Music City Half Marathon. And we did a five K last year and I felt horrible, because every step I took, I felt like a bowl full of jello jiggling all over the course. And I was very subconscious. Didn't want photos done. And I mean, yesterday we completed a four mile run and it was amazing. It felt wonderful. I felt very energetic afterwards, and it really sink in of, "Oh, this is what people all are talking about when they say running makes you feel good." Before it made me feel very, very self conscious and very gross and ashamed of my body. And now it's like, "Hey, this is good." It's just, it feels good all around, it just feels good.

Speaker 1:

Well, thank you so, so much.