

<p>CG: Allen Rosen, MD American Society of Plastic Surgeons</p>	<p>“Once mothers have completed having all their children, they’re ready to restore the body they had before the children. They want their bellies tightened, this excess skin removed, the muffin top off and they want their breasts lifted and sometimes made bigger.”</p>
<p>Dana in kickboxing class</p>	<p>LIKE 38 YEAR OLD DANA, PLASTIC SURGEONS SAY MOMMIES ARE HAVING MAKEOVER PROCEDURES AT YOUNGER AGES.</p>
<p>Dr. Rosen (CG’d earlier)</p>	<p>“More and more patients are coming in today asking for mommy makeovers, because they hear more about it, they know we can now do it safely, the techniques and the technologies have gotten us to the point where we can do it as outpatients in a very safe and effective fashion. Minimizing the amount of downtime and pain.</p>
<p>Dana with kids</p>	<p>DANA WAITED JUST A YEAR AFTER HER LAST CHILD TO HAVE HER MOMMY MAKEOVER. AND SHE HAS NO REGRETS.</p>
<p>Dana Van Gray (CG’d earlier)</p>	<p>“Why wait, you know? I’m 38 years old, I’m young, I’m healthy, I want to look good now.”</p>
<p>Dana with kids</p>	<p>IN NEWARK, NEW JERSEY THIS IS CLARK POWELL REPORTING. :03</p>
<p>ANCHOR TAG</p>	<p>IF YOU ARE CONSIDERING A MOMMY MAKEOVER, EXPERTS SAY YOU SHOULD WAIT AT LEAST 6 MONTHS TO A YEAR AFTER HAVING YOUR LAST CHILD.</p> <p>ALSO TALK TO SEVERAL DOCTORS WHO ARE BOARD CERTIFIED IN PLASTIC SURGERY - AND TALK TO THEIR PATIENTS, TOO.</p>
<p>VIEWER INFORMATION</p>	<p>YOU CAN LEARN ABOUT OTHER TRENDS IN COSMETIC SURGERY AND FIND A PLASTIC SURGEON IN THIS AREA, BY GOING TO THE AMERICAN SOCIETY OF PLASTIC SURGEONS WEBSITE AT www.plasticsurgery.org</p>
<p>Reference -</p>	<p>* Impulse Research conducted a survey of more than 1,000 mothers for the American Society of Plastic Surgeons during the week of April 25, 2011. Results showed that 62% would definitely, probably or possibly consider a mommy makeover, 37% would not consider a mommy makeover and 1% already had a mommy makeover.</p> <p>**Report of the 2010 Plastic Surgery Statistics The American Society of Plastic Surgeons, released March 2011.</p>
	<p>Extra Bites</p>
<p>CG: Allen Rosen, MD American Society of Plastic Surgeons</p>	<p>After having children, the body has changed so dramatically that they don't feel the same way inside as they did prior to that. No diet or exercise in the world will ever return them to that point, and so they feel out of sync with their own bodies.</p>

CG: Allen Rosen, MD American Society of Plastic Surgeons	Essentially it's very important to be finished having your children because any additional pregnancy will really ruin the results of the surgery that we do subsequently.
CG: Allen Rosen, MD American Society of Plastic Surgeons	When considering choosing a plastic surgeon, you can minimize the risk by choosing a surgeon who's a member of the American Society of Plastic Surgeons. Because all of us are board certified by the American Board of Plastic Surgery, it's a gold standard of training and excellence.
CG: Dana Van Gray Had a "Mommy Makeover"	What made me consider having a mommy makeover was, after having two boys I exercised aggressively and dieted. After doing that I just noticed that my body was not the way it used to be.
CG: Dana Van Gray Had a "Mommy Makeover"	Now that the surgery's done I feel amazing. You know, words cannot really describe how great I feel when I get dressed in the morning, when I'm taking care of my children, when I go out, when I have a wedding or a special place to go to. I just feel like I look so good in my clothing now, my confidence has exploded. It made such a huge difference in how I feel inside and out about myself.
CG: Dana Van Gray Had a "Mommy Makeover"	I think the surgery definitely made me feel better about myself, so I feel like I definitely have more energy and I'm more healthy. So, you know, I definitely think it benefited being a better mother, better wife, you know better manager at my office, better everything.
CG: Xander Van Gray Dana's husband	The result was tremendous you know, I was really most happy with the boost in her confidence.
Producers:	Extra b-roll is included. To download broadcast quality video, web video, scripts and stills: http://bit.ly/f9cfUo

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