



DR. MIHAIL CLIMOV

— YOUR AESTHETIC EDGE —

YOUR COMPLETE GUIDE TO A

MOMMY MAKEOVER

AN EXPERT AESTHETIC
TRANSFORMATION GUIDE

BY RENOWNED BOARD-CERTIFIED
PLASTIC SURGEON

DR. MIHAIL CLIMOV



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MEET DR. CLIMOV

Dr. Mihail Climov is an aesthetic fellowship-trained plastic surgeon known for his precision, artistry, and patient-centered approach. With advanced training that includes research at Harvard Medical School and an integrated plastic surgery residency at West Virginia University, he brings a strong foundation of science and innovation to every procedure.

He is dedicated to delivering natural, refined results tailored to each patient's unique goals—combining technical expertise with a deep understanding of balance and aesthetics.

YOUR AESTHETIC EDGE

At our practice, you are never just a name on a schedule. Dr. Climov believes that the most successful outcomes are rooted in a deep, unhurried connection between surgeon and patient. He takes the time to listen to your narrative, educate you on your options, and curate a surgical plan that is entirely your own.

Patients value Dr. Climov for his approachable nature and his meticulous dedication to safety. Whether he is sending a personalized video follow-up or calling you the night before surgery to ease your nerves, his goal is to ensure your experience is as seamless and sophisticated as your results.



YOUR STARTING POINT TO A CONFIDENT NEW YOU!

Many women love Mommy Makeovers because they provide a complete and personalized way to address the changes that come after pregnancy and childbirth.

These treatments help restore the body while boosting confidence and improving overall quality of life.

With multiple procedures combined into one plan, a Mommy Makeover creates natural, lasting results—helping women feel like the best version of themselves again.

WHAT IS A MOMMY MAKEOVER?

A Mommy Makeover is a customized combination of cosmetic procedures designed to help restore a woman's body after pregnancy. It typically includes treatments such as breast augmentation or lift, a tummy tuck (abdominoplasty), and liposuction, with the option to add procedures like a Brazilian butt lift. The focus is on addressing common post-pregnancy changes, including sagging breasts, loose abdominal skin, and stubborn fat, to achieve a more balanced and natural-looking result.

Women who choose a Mommy Makeover with Dr. Climov can experience several key benefits, including:

- The convenience of combining multiple procedures in one session, helping minimize overall recovery time
- Noticeable improvements in body shape and overall appearance
- Increased confidence and greater comfort with their post-pregnancy body
- Improved breast shape, volume, and firmness
- Reduction of excess skin and stubborn fat for a more toned, refined look



BENEFITS OF MOMMY MAKEOVER

Mommy Makeovers are designed to provide a well-rounded approach to restoring the body after pregnancy, with each treatment plan tailored to the individual's goals. For women seeking to address lasting physical changes, this option can deliver noticeable improvements and renewed confidence through a range of carefully selected procedures.

RESTORING YOUR PRE-PREGNANCY FIGURE

BREAST RESTORATION

Pregnancy and breastfeeding can affect the breasts' volume, shape, and firmness. As part of a Mommy Makeover, procedures such as breast augmentation or a lift can help enhance fullness and create a more youthful, natural-looking contour.

FLATTENING THE ABDOMEN

Pregnancy can stretch the abdominal muscles and leave excess, loose skin. Procedures such as a tummy tuck work to tighten the underlying muscles and remove excess skin, helping achieve a flatter, firmer-looking midsection.

BODY CONTOURING

Liposuction and fat transfer are designed to sculpt and shape your body by removing stubborn fat and enhancing your natural curves in a balanced, natural-looking way.

ENHANCING CONFIDENCE AND SELF-ESTEEM

IMPROVED BODY CONFIDENCE

Many women experience a meaningful boost in self-confidence and feel more comfortable and positive about their bodies after a Mommy Makeover.

Feeling confident and comfortable in their appearance helps them enjoy life more and confidently take part in activities they may have previously avoided.

A YOUTHFUL, REFRESHED LOOK

These procedures help bring back a more youthful appearance, leaving women feeling revitalized and renewed.

EMOTIONAL AND MENTAL WELL-BEING

Enhancing physical appearance can lead to meaningful psychological benefits, including reduced feelings of anxiety and improved confidence related to body image.

CONVENIENCE AND TIME-SAVING BENEFITS

COMBINED PROCEDURES

By safely combining multiple treatments into one session, women can achieve their desired results more efficiently while benefiting from a single recovery period—allowing them to return to their daily routines sooner.

PERSONALIZED, FLEXIBLE, AND LONG-LASTING RESULTS

PERSONALIZED TREATMENT PLAN

Each Mommy Makeover is thoughtfully customized by Dr. Climov to address each patient's unique concerns and aesthetic goals, ensuring results that feel natural and aligned with their expectations.

WIDE RANGE OF CUSTOMIZABLE OPTIONS

Women can select from a variety of surgical and non-surgical treatments—such as breast lifts, tummy tucks, liposuction, fat transfer, and skin tightening—to create a personalized plan that fits their unique needs.

CONTINUOUS IMPROVEMENTS OVER TIME

Treatments like skin tightening and fat transfer can help boost collagen production and enhance skin quality, providing benefits that continue to improve even after the initial results.



AM I A GOOD CANDIDATE FOR A MOMMY MAKEOVER?

A Mommy Makeover may be a great option for women who:

- Are in good overall health
- Have completed their family planning (not planning future pregnancies)
- Have realistic expectations about their results
- Are at or close to their ideal body weight
- Do not smoke or are willing to stop before and after surgery
- Want to improve areas of the body affected by pregnancy and childbirth

If you're planning to have more children or are still working toward a stable weight after pregnancy, it may be best to wait. Dr. Climov will evaluate your unique situation and guide you on the right timing for your treatment.

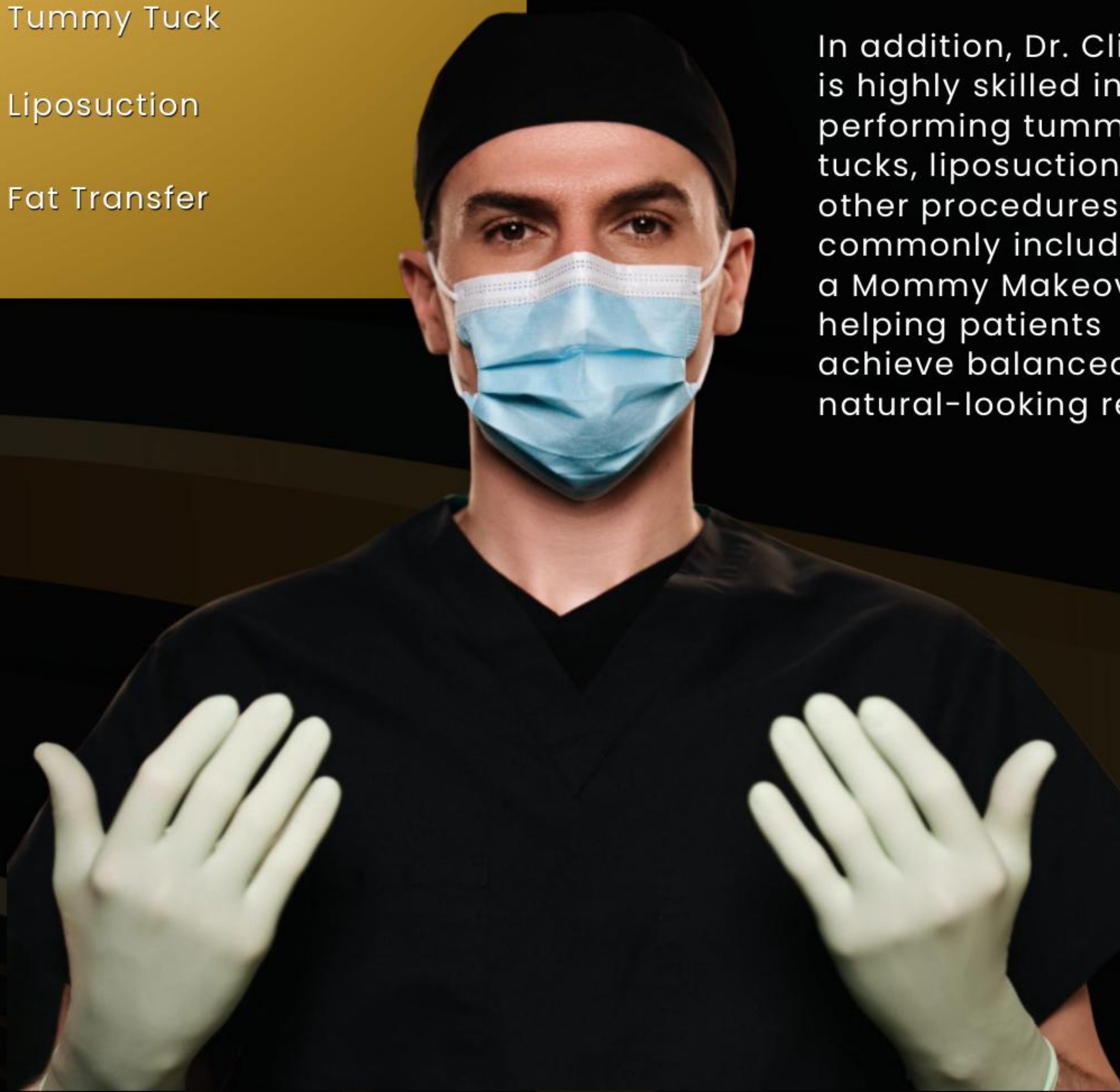
DR. CLIMOV'S MOMMY MAKEOVER APPROACH

A Mommy Makeover is performed under general anesthesia and typically takes around six hours. Dr. Climov carefully tailors each procedure to suit your unique goals and needs. A customized plan may include a combination of the following:

- Breast Augmentation (with implants)
- Breast Lift
- Tummy Tuck
- Liposuction
- Fat Transfer

Dr. Climov is highly experienced in a wide range of breast procedures, including augmentation, lifts, and revision surgeries. If you previously had implants—such as before having children—and are now considering replacement or are unhappy with your results, he can guide you through your options. Whether with or without implants, the goal is to restore a natural, youthful breast shape and enhance long-term comfort and confidence.

In addition, Dr. Climov is highly skilled in performing tummy tucks, liposuction, and other procedures commonly included in a Mommy Makeover, helping patients achieve balanced, natural-looking results.



BREAST AUGMENTATION WITH IMPLANTS

After pregnancy and breastfeeding, it's common for breasts to lose volume and firmness. Breast augmentation helps restore fullness and enhance shape using implants available in a variety of sizes and styles.

HOW IT WORKS

This procedure involves placing implants either beneath the breast tissue or under the chest muscle to enhance size and contour. Implants come in different shapes and materials, such as saline or silicone, allowing for a fully customized and natural-looking result.

WHY IT'S BENEFICIAL

Pregnancy and breastfeeding can lead to changes in breast volume, firmness, and symmetry. Breast augmentation helps restore fullness, improve shape, and create a more balanced, youthful appearance.

OVERALL RESULTS

This procedure enhances breast contours for a more proportionate and refined look—helping clothes fit better and boosting overall confidence.

BREAST LIFT

A breast lift is designed to address sagging and excess skin, creating a firmer, more lifted appearance. It can also be combined with breast augmentation for added volume and fullness.

HOW IT WORKS

A breast lift involves removing excess skin, reshaping the underlying breast tissue, and repositioning the nipple and areola to a higher, more youthful position. When desired, implants can be added to enhance volume and achieve a fuller look.

WHY IT'S BENEFICIAL

Pregnancy, breastfeeding, and natural aging can cause the breasts to lose their shape and firmness. A breast lift helps restore a more youthful, lifted contour by correcting sagging and tightening the skin.

OVERALL RESULTS

This procedure enhances the overall breast profile, creating a more youthful and elevated appearance—improving body proportions and boosting confidence.

TUMMY TUCK

A tummy tuck helps create a flatter, more toned midsection by tightening abdominal muscles, removing excess skin, and reducing stubborn fat for a smoother, more contoured appearance.

HOW IT WORKS

A tummy tuck (abdominoplasty) removes excess skin and fat from the abdomen while tightening the underlying muscles to create a smoother, firmer midsection. It can also address muscle separation (diastasis recti), a common concern after pregnancy.

WHY IT'S BENEFICIAL

After pregnancy, many women experience loose skin, weakened abdominal muscles, and stubborn fat that can be difficult to address with diet and exercise alone. A tummy tuck helps restore a flatter, more toned abdominal profile.

OVERALL RESULTS

This procedure enhances abdominal contours, can support better posture, and may help relieve discomfort associated with weakened core muscles—leading to improved confidence and overall comfort.

LIPOSUCTION

Liposuction removes stubborn fat pockets from areas such as the abdomen, thighs, hips, and arms, helping to contour the body for a slimmer appearance. Dr. Climov utilizes VASER technology, which allows for more precise targeting of fat while minimizing impact on surrounding tissues—resulting in smoother contours and quicker recovery. This advanced technique requires a high level of expertise to ensure effective fat breakdown and safe removal, and Dr. Climov is among the few surgeons in the area who offer this specialized approach.

HOW IT WORKS

Liposuction uses a specialized suction technique to remove excess fat from targeted areas such as the abdomen, thighs, hips, and arms. It can be performed on its own or combined with other procedures for enhanced results.

WHY IT'S BENEFICIAL

Pregnancy and weight changes can cause stubborn fat deposits that don't respond well to diet and exercise. Liposuction helps refine these areas, creating a slimmer and more balanced body shape.

OVERALL RESULTS

By reducing localized fat, liposuction improves body contours, helps clothing fit more comfortably, and enhances overall confidence—making it easier to maintain a healthy, active lifestyle.

DR. CLIMOV'S ADVANCED TECHNIQUES FOR ENHANCED RESULTS

By combining both surgical and non-surgical approaches, Dr. Climov tailors your treatment based on your specific concerns and aesthetic goals. He incorporates a variety of advanced techniques during your procedure to help achieve beautifully refined results. These methods are designed to optimize outcomes and deliver a higher level of overall patient satisfaction.



CELLULEAF CELLULITE REDUCTION

Celluleaf is an advanced treatment designed to reduce the appearance of cellulite. Cellulite forms when fat pushes through the connective tissue beneath the skin, resulting in a dimpled or uneven texture—most commonly seen on the thighs and buttocks.

HOW IT COMPLEMENTS A MOMMY MAKEOVER

Celluleaf uses a precise, minimally invasive technique to address the underlying cause of cellulite. During the procedure, a small handheld device is inserted beneath the skin to release the fibrous bands (septa) responsible for the dimpled appearance. By loosening these bands, the skin appears smoother and more even.

Patients can expect visible improvement in cellulite, with smoother and firmer-looking skin in the treated areas. Results are typically long-lasting since the treatment targets the root cause of cellulite. Recovery is minimal, allowing most patients to resume normal activities within a few days.

ENERGY SKIN TIGHTENING

Energy skin tightening is an advanced treatment that uses thermal energy to tighten and rejuvenate the skin. It is especially effective for areas with loose or sagging skin—common concerns for women considering a Mommy Makeover.

HOW IT COMPLEMENTS A MOMMY MAKEOVER

Energy skin tightening works by delivering controlled heat beneath the skin's surface, causing immediate tightening of collagen fibers while also stimulating new collagen production. The use of advanced energy-based skin tightening technology allows for precise, targeted treatment while minimizing impact on surrounding tissues, helping improve skin firmness and elasticity.

Patients often notice immediate tightening, with continued improvement over time as collagen builds. Energy skin tightening enhances overall Mommy Makeover results by addressing skin laxity in areas such as the abdomen, thighs, and arms. The procedure is minimally invasive, involves a short recovery period, and offers long-lasting results.



FAT TRANSFER (FAT GRAFTING)

Fat transfer, also called fat grafting, is a minimally invasive procedure that enhances different areas of the body using your own natural fat. The process involves removing fat from one area and injecting it into another to add volume and improve overall contour.

Fat is commonly taken from areas with excess deposits—such as the abdomen, thighs, or flanks—through liposuction. It is then carefully processed and purified to isolate healthy fat cells from other fluids and impurities. Once prepared, the purified fat is precisely injected into the desired areas to achieve smooth, natural-looking enhancement.

HOW IT COMPLEMENTS A MOMMY MAKEOVER

Adding fat transfer to a Mommy Makeover offers a more comprehensive approach by addressing both volume loss and body contouring. This combination creates smoother, more natural-looking results, helping you achieve your desired shape while enhancing overall satisfaction.

NATURAL BREAST ENHANCEMENT

Fat transfer can be used as a natural alternative to implants, enhancing breast volume and shape while maintaining a soft, natural feel.

BUTTOCK ENHANCEMENT

Commonly known as a Brazilian Butt Lift, fat transfer adds volume to the buttocks, creating a fuller, more lifted, and contoured appearance.

FACIAL REJUVENATION

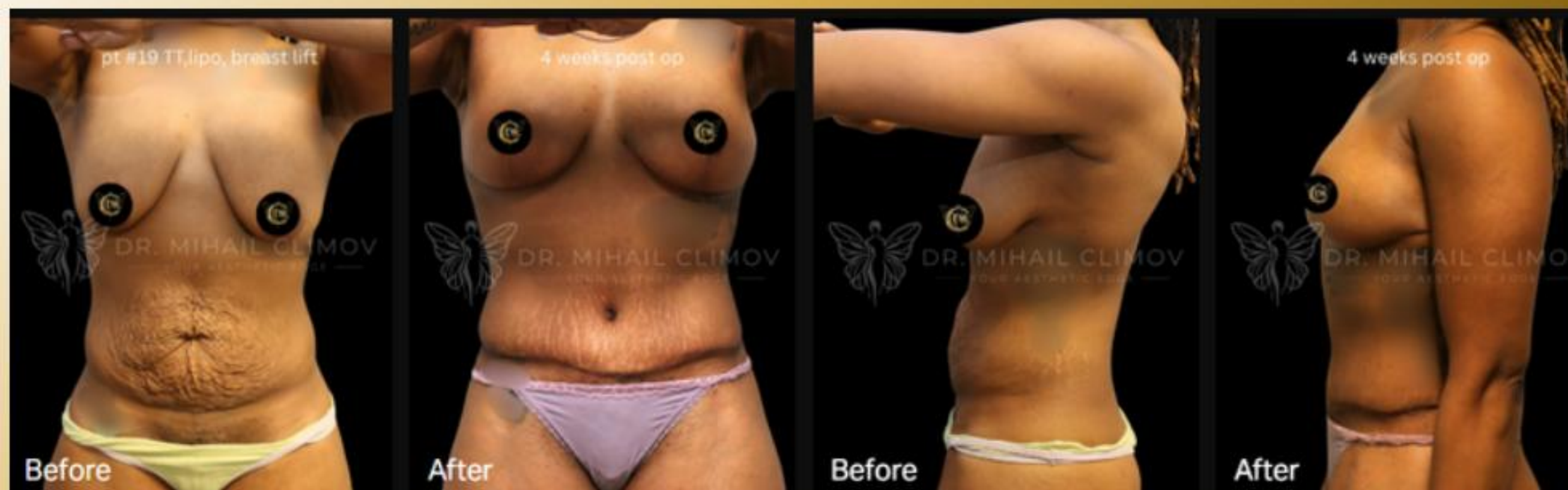
This technique can also restore lost facial volume, soften wrinkles, and enhance contours for a more youthful, refreshed look.

SMOOTHER BODY CONTOURS

REAL PATIENT TRANSFORMATIONS

Discover the inspiring journeys of real mothers who have chosen to restore their confidence and enhance their bodies after pregnancy.

From regaining pre-pregnancy contours to refining their overall appearance, these transformations highlight the empowering results that can be achieved through our Mommy Makeover procedures. Explore our gallery to view before-and-after photos and read about the life-changing experiences of patients at Dr. Climov Plastic Surgery.



[EXPLORE OUR GALLERY](#)

CHOOSING A TRUSTED AND EXPERIENCED SURGEON

If a Mommy Makeover is something you're considering, selecting the right plastic surgeon is essential. You want someone who prioritizes safety, has the right experience, and makes you feel confident and supported throughout your journey—while delivering beautiful, long-lasting results.

Here are a few key factors to consider:

BOARD CERTIFICATION

Choose a surgeon who is board-certified or board-eligible by the American Board of Plastic Surgery or a recognized equivalent.

PROVEN EXPERIENCE

Look for a surgeon with extensive experience in performing Mommy Makeover procedures.

PATIENT FEEDBACK

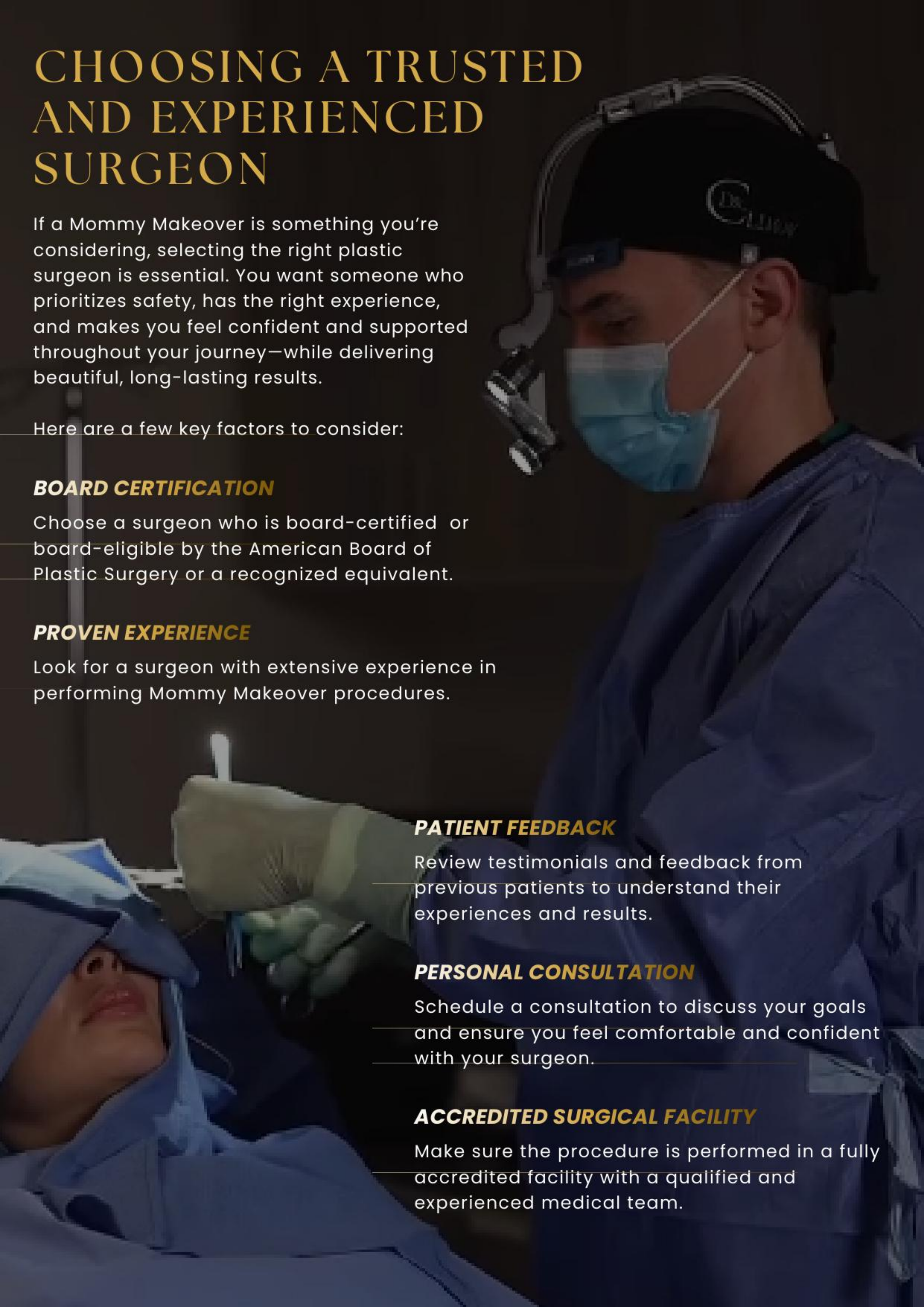
Review testimonials and feedback from previous patients to understand their experiences and results.

PERSONAL CONSULTATION

Schedule a consultation to discuss your goals and ensure you feel comfortable and confident with your surgeon.

ACCREDITED SURGICAL FACILITY

Make sure the procedure is performed in a fully accredited facility with a qualified and experienced medical team.



EXPERIENCE EXPERT CARE WITH DR. CLIMOV

Dr. Climov is an aesthetic fellowship-trained plastic surgeon known for combining advanced surgical precision with a refined, artistic approach. His philosophy centers on enhancing your natural features—not changing them—so your results feel balanced, elegant, and authentically you.

With a strong academic foundation that includes training at Harvard Medical School and a competitive plastic surgery residency at West Virginia University, Dr. Climov brings both scientific expertise and modern innovation into every procedure. He is also fellowship-trained in aesthetic plastic surgery through a program endorsed by the American Society for Aesthetic Plastic Surgery, allowing him to deliver highly refined, up-to-date techniques.

Dr. Climov specializes in breast, body, and facial procedures, with a particular focus on achieving natural-looking, proportionate results. His approach to Mommy Makeovers is highly personalized—combining procedures like breast enhancement and body contouring to restore balance, definition, and confidence after pregnancy.

What truly sets Dr. Climov apart is his attention to detail and patient-centered care. From your initial consultation to post-procedure follow-ups, he takes a thoughtful, hands-on approach—ensuring every decision aligns with your goals and vision. His commitment is not just to results, but to making sure you feel confident, comfortable, and supported throughout your journey.

With a background in research, innovation, and regenerative medicine, Dr. Climov stays at the forefront of modern plastic surgery—bringing only proven, effective techniques into his practice. His goal is simple: to help you achieve refined, long-lasting results that enhance both your appearance and your confidence.

Begin your transformation with a surgeon who values precision, artistry, and a deeply personalized experience—Dr. Climov.



PATIENT REVIEWS

"I am so happy with Doctor Climov and the work he did. I'm very grateful to have had him as my surgeon. He listened to me, was very thorough and made me feel very comfortable. My recovery went great and I feel so confident back in my pre-mom body."

— **A.D., Houston, TX**
(**Mommy Makeover Patient**)

"I had such an amazing experience with Dr. Climov for my breast augmentation. He is definitely an artist who enjoys helping his patients and I am so happy he gave me exactly what I was looking for! He was patient, took his time, answered all my questions and eased my mind every step of the way."

— **J.A., Houston, TX**
(**Breast Augmentation Patient**)

"4 weeks post-op from my mommy makeover with Dr. Climov and I am over the moon happy with my results! His bedside manner has been amazing and my results are better than I could've ever imagined!"

— **L.D., Houston, TX**
(**Mommy Makeover Patient**)

EXPLORE YOUR TRANSFORMATION JOURNEY THROUGH OUR WEBSITE

As part of our commitment to educating and empowering patients, Dr. Climov invites you to explore his official website. This resource is designed to give you a deeper understanding of cosmetic procedures, patient experiences, and what to expect at every stage of your transformation.

WHAT YOU'LL FIND ON OUR WEBSITE:

Detailed Procedure Information:

Explore comprehensive guides on each procedure, including techniques, benefits, and expected outcomes—helping you make confident, informed decisions.

Real Patient Transformations:

View before-and-after galleries and read patient stories that highlight real results and experiences.

Personalized Consultation Experience:

Discover how Dr. Climov tailors each treatment plan based on your unique goals, ensuring a highly customized approach.

STAY INFORMED AND INSPIRED

By exploring our website, you'll stay up to date with the latest procedures, innovations, and patient results. Every section is thoughtfully designed to guide and support you on your journey to looking and feeling your best.



[START YOUR JOURNEY HERE](#)



TAKE THE FIRST STEP TOWARD YOUR TRANSFORMATION

Explore your personalized Mommy Makeover options at Dr. Climov's practice and begin your journey with confidence.

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