

# Get Your Body Back (No Surgery Required)

Sure, the quick fix is tempting, but your post-baby body doesn't need to go under the knife to get its groove back. First, check out these surgery alternatives that will have you back in your little black dress in no time. BY JENNIFER CAVALIER

I don't know a new mom who hasn't toyed with the idea of a tummy tuck. There are more surgical alternatives designed for new moms than ever before—but that doesn't mean you need one. We've found the scoop on the best knife-free ways to restore your pre-baby body, plus the information you'll really need if you do decide on surgery.

**tip** Give your body a chance to recover on its own. If you wait a year, you'll be surprised by your body's ability to bounce back.

## THE PROBLEM:

### Excess Tummy Fat

All the extra padding that cushioned your baby in the womb is just flab now that she's pushing the 6-month mark. Your stretched-out stomach muscles just flop there.

## THE FIX:

### Exercise and a healthy diet

We know it's boring, but it's also honestly the best way to lose the end of your baby weight. A mix of cardio and weight training, combined with a healthy diet, tightens and tones over a period of a few months.

## OUR PICK:

Baby Boot Camp lets you bring your newborn with you for a mix of cardio and strength training. (Prices vary depending on location; [babybootcamp.com](http://babybootcamp.com))

## SURGERY RX:

### Liposuction

Your surgeon will literally suck the fat out of you. It's a quick fix, but be prepared for a long recovery, often as long as 6 months. And not every body responds to lipo the same way—you could end up with rippled or baggy skin.

Expect to pay: \$2,000-\$10,000 per area.

## THE PROBLEM:

### Loose Abdominal Skin

Your poor stomach has been through a lot—and it shows. Stretch marks, loose skin and excess tummy fat can make you feel your bikini days are gone forever.

## THE FIX:

### Stellar Skin Care

Super healthy skin just looks better. An intensive moisturizer is a good starting point, then add a cream to diminish stretch marks and a gel or toner that firms skin by plumping collagen, and you're on your way to a better looking belly. (It couldn't hurt to throw a few abdominal exercises into the mix, too, if you're feeling frisky.) Try: [Elastin 3 \(robelyn-labs.com, \\$70\)](http://robelyn-labs.com) for stretch marks; [Mama Mio Tummy Toner \(mamamio.com, \\$70\)](http://mamamio.com) for firming.

## SURGERY RX:

### Tummy Tuck

A tummy tuck surgically flattens the abdomen by removing excess fat and skin while tightening the abdominal wall muscles. Complete recovery takes up to six weeks. Keep in mind, if you plan to get pregnant again, the effects of your tummy tuck will be undone.

Expect to pay: \$5,000-\$9,000.

## THE PROBLEM:

### Sagging Breasts

Whether you breastfeed or not, the changes pregnancy causes in your breasts can leave you shopping for push-up bras.

## THE FIX:

### Firming Cream

Using a skin-tightening gel or cream may not restore your breasts to their pregnancy perkiness, but it will give them a little lift just where they need it the most. Try: [Clarins Bust Beauty Lotion \(gloss.com, \\$51\)](http://clarins.com).

## SURGERY RX:

### A Breast Lift

Breast lift surgery raises and reshapes sagging breasts by removing excess skin and repositioning the nipples and remaining tissue. Under general anesthesia, surgery lasts one to three hours, and you should avoid regular activity for a week or two after the procedure. You'll fully recover after a month or more, but complete results take two to four months. A breast lift won't affect your ability to breastfeed, but it also won't protect your breasts from sagging if you get pregnant again.

Expect to pay: \$4,000-\$9,000.