



DR. SHARON GIESE
Plastic Surgeon



NAME [Name]
AGE [Age]
PROFESSION [Profession]

my surgery story

I'VE ALWAYS BEEN HAPPY WITH MY BODY, BUT AFTER MY SECOND CHILD, I PUT ON SOME WEIGHT. I was able to lose 17 pounds with dieting and exercise, and although I looked better, my breasts were still floppy and I just couldn't get my stomach flat. I felt defeated, like I had hit a wall. The worst part was that even though I was done having kids, I was constantly asked when I was due because my stomach was too big for my body.

A PERSONAL STORY

"A good attitude and realistic expectations are important when it comes to surgery."

—DR. SHARON GIESE

BEFORE MY SURGERY

I made an appointment with Dr. Giese, originally to have breast surgery. During my consultation, she explained all the different breast options available for my body. I followed her advice and decided on a breast lift—I didn't feel that I needed larger breasts, I just wanted them put back where they belonged. I also told her how I felt about my stomach, which she explained was the result of my muscles separating from my pregnancies and that regardless of how much weight I lost, only surgery could give me a flat tummy. Her before-and-after pictures were amazing, and I knew I wanted to look just like that too! I felt so comfortable with her, and trusted her as well, that I decided to have both a breast lift and tummy tuck. Dr. Giese was very informative about the surgeries. She explained how each one would be performed, where my incisions would be, the recovery and the end results.

SURGERY DAY

I arrived at Dr. Giese's office early in the morning, ready for my surgery and even more ready to see the results. Even though I was anxious and excited, I didn't feel overwhelmed, but I was nervous about going under general anesthesia. All I remember was having the anesthesia administered and falling asleep. Five hours later I woke up—I didn't remember anything—and was happy that the procedure was over. My husband took me home and helped me into bed, where I rested for the next few days. I was given some pain medication, which I only took for one day. My breasts hurt a little and were quite swollen and covered in bandages. And there were drains on my hips so that any fluid could properly be expelled, which was a little uncomfortable. I also had a limited range of motion, so I took it easy and didn't move around much for a few days.

THE RESULTS

Five days after my surgery, I went back to Dr. Giese's office for my first postoperative appointment. She removed the bandages from my breasts and I couldn't believe how incredible they looked! She also checked my drains, which were removed one week later. I still had to wear a compression garment under my clothes. Ten days after my surgery I went to a birthday party, with my drains in place, but I felt and looked great. Since my surgery, I look and feel so sexy and beautiful. My breasts are back where they belong and my stomach is flat. I have shape to my body again, complete with hips and a waist! Even though I am still the same size, my clothes fit great and I can't wait to work out again. I even bought a bikini, which I haven't worn since my honeymoon. I'm really happy with my results and highly recommend the procedure, and Dr. Giese, to anyone who feels their body needs just a little help.

ABOUT THE expert...

Board-certified, New York City plastic surgeon Dr. Sharon Giese employs a comprehensive approach, offering patients an extensive menu of both surgical procedures and noninvasive treatments. Whether she's performing breast enhancement or body contouring procedures in her fully accredited surgical suite or administering the latest injectables, Dr. Giese prides herself on her all-inclusive treatment style. She sees patients in her Park Avenue office, which houses a certified operating room, laser center and deluxe medi-spa.

WHAT DR. GIESE SAYS Making the choice on whether you need an implant or not, in addition to a lift, can be confusing. If you like how you look in a bra then you don't need implants. I like to create an internal bra by rearranging the breast tissue for a lifted look without complications. Plus, with this technique, which works best for big B and C cups, you don't have to wear a bra afterward!

WHAT DR. GIESE SAYS The Tupler technique, a special abdominal exercise, is great for maintaining the results of stomach surgery—one of the most common procedures, along with breast surgery, performed after a woman has a baby. It helps to strengthen the side abdominal muscles so they don't spread back out.

THE EFFECTS OF PREGNANCY

Many times after pregnancy—especially after multiple pregnancies—the two long muscles that run from the pubis bone to the bottom of the bra line spread out, loosen and in most cases, don't return to their normal position. Once the muscles move too far to the side and are no longer centered, the intestines can protrude, giving way to a stomach pooch. While exercise can help to a small degree, surgery is the only way to correct the problem.

BEFORE



AFTER



Procedures performed by Sharon Giese, MD.