

## Getting Your Body Back After Pregnancy

Childbirth can be extremely stressful. There is much to worry about including staying healthy, birth complications, and how life will change after delivering a baby. One major concern many women have about childbirth is how their bodies will be damaged from the immense amount of changes which occur over the course of the pregnancy. In our society today women are surrounded with images of celebrity moms posing their perfect bodies soon after delivery, yet the rest of the population may not always have such easy access to personal trainers or cosmetic surgeons to create quick transformations. However, there are now more options becoming mainstream among new mothers to help them feel more confident and improve overall health and self-esteem following childbirth.

Being able to exercise following childbirth is extremely important to both the health and psyche of a new mother. In addition to obvious benefits of exercise such as helping reduce the risk of developing certain diseases, like heart disease, exercise may also help you cope with postpartum depression. The University of Michigan Health Services reports that exercise helps by releasing the body's mood-elevating compound and reducing the depression-causing hormone cortisol. This is why exercise often makes you feel better and provides feelings of increased self-esteem. As a New York Plastic Surgeon and Board Certified OB/GYN, I specialize in helping women deal with body changes from childbirth and help them get back on track physically and emotionally.

Traditionally women who had excessive skin or damage from vaginal delivery were often so embarrassed about the issue that it took years before they sought medical advice for correction of the problem. They lived day to day uncomfortable and struggled getting their bodies back because they couldn't exercise comfortably. Now more and more women are seeking labiaplasty and/or vaginoplasty for effective solutions to their discomfort and distress. The American Society of Plastic Surgeons believes labiaplasty and vaginal cosmetic surgery are the fastest growing emerging growth trends in cosmetic plastic surgery. While the organization has no exact numbers yet nationwide, more and more doctors are contacting the organization inquiring about learning the procedure. In addition, the physicians who perform vaginal cosmetic surgery have reported enormous increases in patients, particularly over the past decade.

In the beginning I heard concerns time and again from nervous female patients who had damage from vaginal deliveries who were reluctant to tell their doctors about damage. In response to these issues, I set out to help women with ways to not only prevent damage but provide them with solutions to anatomic change after childbirth. During childbirth delicate vaginal tissues are inevitably strained, bruised, and torn – and many times muscle is traumatized. For most women this stretching poses no problem. But for some the vagina becomes extremely “loose.” I offer women reconstructive procedures which restore the optimum structural architecture of the vagina for a comfortable result. Women visit Manhattan Center for Vaginal Surgery for a variety of gynecological reasons following childbirth including enlarged labia, general irritation, problems with personal hygiene and sexual intercourse, as well as discomfort during life's daily activities such as exercising, walking, or even sitting. I strongly advise women to be proactive and talk to their doctor if they are experiencing pain, discomfort, or overall dissatisfaction with their body following childbirth. Pursuing a vaginoplasty or labiaplasty can make life easier and allow women to focus more attention on the newest addition to their families. For more information on these procedures or to arrange an appointment with please visit [www.centerforvaginalsurgery.com](http://www.centerforvaginalsurgery.com) or call (212) 308-4988.



### Meet Dr. Ronald D. Blatt M.D.

Ronald D. Blatt, M.D., is a Board Certified OB/GYN who has been in practice since 1986. Dedicated to being the best in his field to best help women with the most sensitive of subjects, Dr. Blatt has an extensive and impressive educational background. Upon graduating Summa Cum Laude from S.U.N.Y Albany, Dr. Blatt went on to receive his medical degree from the University of Vermont Medical School. Since 1986 he has been a staple in gynecology and vaginal reconstruction affiliated with Lenox Hill Hospital in New York City. Furthermore, Dr. Blatt has been an active fellow of the American College of Obstetrics and Gynecology as well as a member of the Medical Society of the State of New York. Currently, Dr. Blatt is the Medical Director for the Manhattan Center for Vaginal Surgery specializing in the niche area of Vaginal Reconstruction.

For more information visit [www.centerforvaginalsurgery.com](http://www.centerforvaginalsurgery.com)