

PLASTIC SURGERY
ASSOCIATES

MOMMY MAKEOVER

About Plastic Surgery Associates of Grand Rapids, Michigan

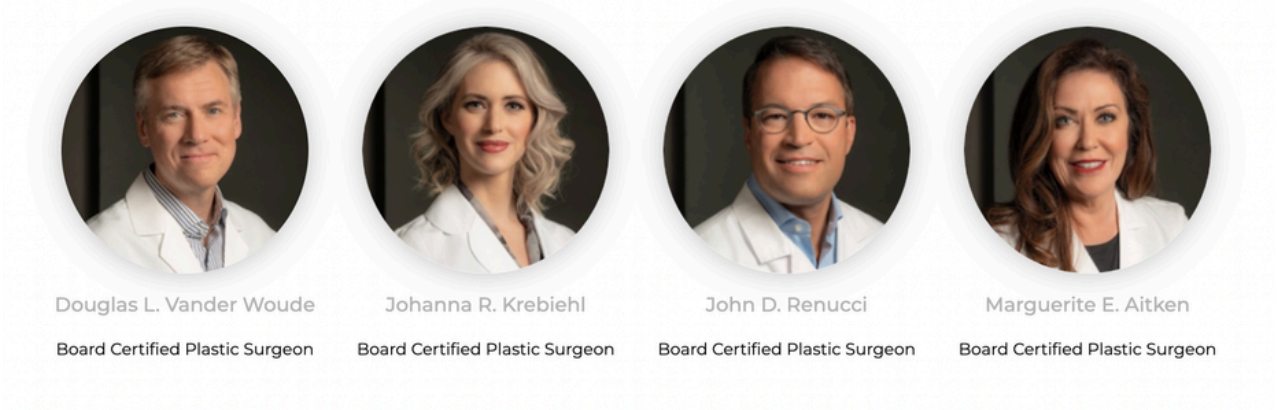
Plastic Surgery Associates has called Grand Rapids home since 1987, building a reputation on skilled, personalized care and results that patients trust. The practice is led by four board-certified plastic surgeons who bring extensive training, active research contributions, and a genuine investment into each patient's outcome. Their approach is simple: Take time to understand each person's goals, then tailor a plan designed to achieve exceptional results. It's a philosophy captured in two words: Go Confidently™.

In their AAAHC-accredited surgical facility in downtown Grand Rapids, Plastic Surgery Associates offers a full range of cosmetic and reconstructive procedures spanning face, breast, body, and hand surgery. For patients interested in non-surgical care, their Grand Pearl MedSpa brings the same standard of excellence to regenerative skin treatments, medical-grade products, and aesthetic wellness, so patients can address their goals at every level, all in one place.



MEET THE TEAM

At Plastic Surgery Associates, every procedure is supported by a full-scale team of experienced professionals, including surgical managers, certified scrub technicians, a skilled nursing staff, board-certified anesthesiologists, and a dedicated outpatient clinical team. Together, they maintain the high standards required for AAAHC accreditation and Michigan state certification, ensuring that every patient receives consistent, expert-level care from the moment they arrive through every stage of their recovery.



About Marguerite E. Aitken

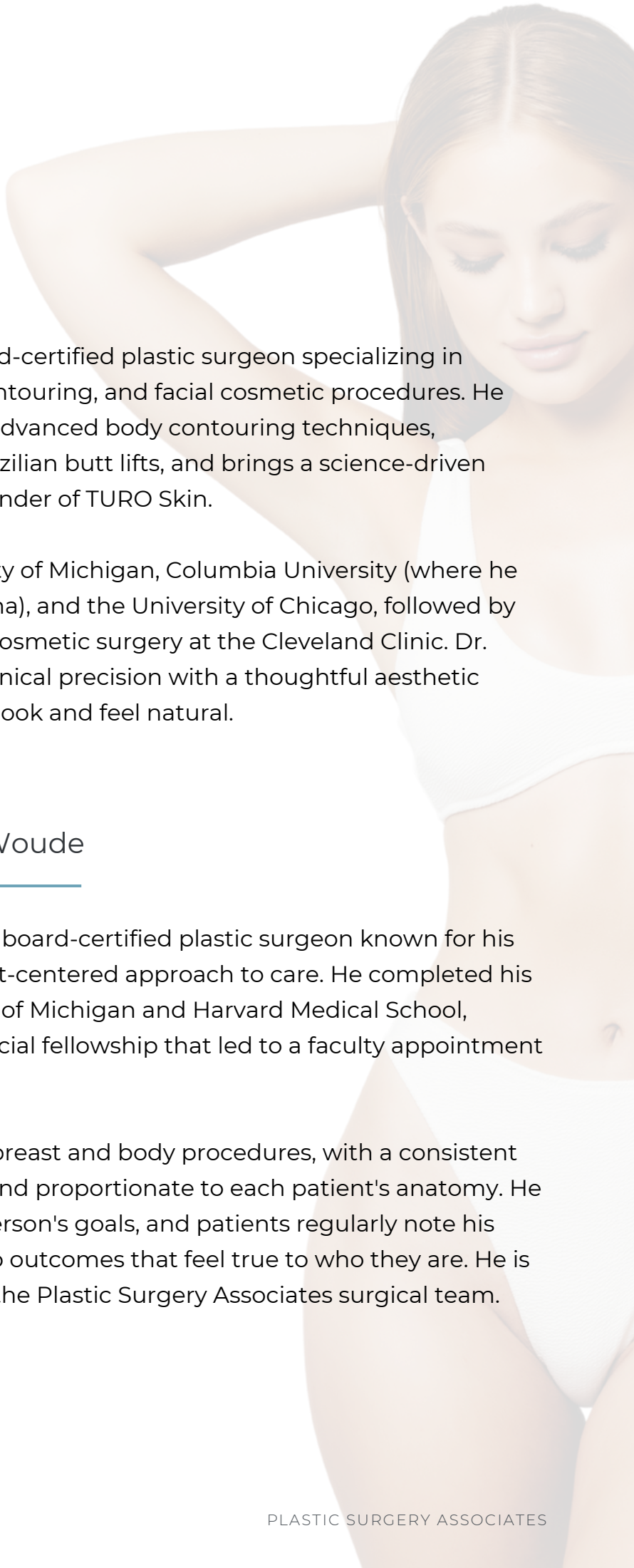
Dr. Marguerite E. Aitken is a board-certified plastic surgeon with a background that sets her apart. Before pursuing medicine, she spent a decade as a medical illustrator, developing a sharp eye for detail and a foundational understanding of anatomy that continues to shape her work in the operating room. She specializes in cosmetic breast surgery, body contouring, and facial aesthetics, with a focus on results that are precise, balanced, and natural.

Dr. Aitken trained at Northwestern University and completed her residency at Michigan State University, followed by advanced international microsurgical study in Belgium and specialized programs in facial surgery and body contouring in Atlanta, Nashville, and Charlotte. She has been recognized as one of "America's Top Surgeons" and is known among her patients for her compassionate approach to care.

About Johanna R. Krebiehl

Dr. Johanna R. Krebiehl is a board-certified plastic surgeon and Michigan native specializing in hand surgery, microsurgical reconstruction, and aesthetic breast and body contouring. She is known for her clinical precision and her ability to handle complex cases with both skill and care.

Dr. Krebiehl graduated with high distinction from Wayne State University School of Medicine and was inducted into the Alpha Omega Alpha honor society. She completed her integrated plastic surgery residency at Grand Rapids Medical Education Partners and went on to a specialized hand surgery fellowship at the University of Southern California. Patients appreciate her warm, individualized approach and the confidence that comes with knowing they are in capable hands.



About John D. Renucci

Dr. John D. Renucci is a dual board-certified plastic surgeon specializing in aesthetic breast surgery, body contouring, and facial cosmetic procedures. He is recognized for his expertise in advanced body contouring techniques, including lower body lifts and Brazilian butt lifts, and brings a science-driven perspective to skincare as the founder of TURO Skin.

His training includes the University of Michigan, Columbia University (where he was elected to Alpha Omega Alpha), and the University of Chicago, followed by fellowships in microsurgery and cosmetic surgery at the Cleveland Clinic. Dr. Renucci is known for pairing technical precision with a thoughtful aesthetic sensibility, delivering results that look and feel natural.

About Douglas L. Vander Woude

Dr. Douglas L. Vander Woude is a board-certified plastic surgeon known for his meticulous technique and patient-centered approach to care. He completed his surgical training at the University of Michigan and Harvard Medical School, followed by a specialized craniofacial fellowship that led to a faculty appointment at Harvard.

Dr. Vander Woude specializes in breast and body procedures, with a consistent focus on results that are natural and proportionate to each patient's anatomy. He takes time to understand each person's goals, and patients regularly note his ability to translate their vision into outcomes that feel true to who they are. He is a trusted and valued member of the Plastic Surgery Associates surgical team.



Mommy Makeover at Plastic Surgery Associates of Grand Rapids, Michigan

Intended to help you feel like yourself again, a mommy makeover is a series of surgical procedures that restore the areas of the body most impacted by motherhood. A mommy makeover at Plastic Surgery Associates brings together the operations that make sense for each patient's body and goals, all completed in a single surgery with a single recovery period.

The procedures included in a mommy makeover vary from patient to patient. Common combinations may include any of the following: tummy tuck (abdominoplasty), breast augmentation, breast lift, breast augmentation with lift, liposuction, lower body lift, and thigh lift. Depending on the patient's needs, weight-loss contouring or breast asymmetry correction may also be incorporated. The board-certified surgeons at Plastic Surgery Associates work with you to determine which procedures make the most sense for your body and goals.

Patients benefit from an overall transformation that no single procedure can provide, with improved abdominal contour, restored breast shape and volume, and a smoother figure. Combining procedures into a single surgery also reduces total time under anesthesia, minimizes the number of recoveries, and lets patients return to their families and daily routines sooner.

Post-Op Benefits at Plastic Surgery Associates of Grand Rapids, Michigan

Recovery is an important part of any surgical journey, and at Plastic Surgery Associates, patients are supported every step of the way. Our AAAHC-accredited surgical facility features seven private recovery rooms with one-on-one nursing care, and all general anesthesia is administered by board-certified anesthesiologists. With over 40,000 procedures performed and nearly 2,000 completed annually, patients can feel confident they are in experienced hands.

Following surgery, each patient receives detailed, procedure-specific post-operative instructions through the dedicated post-surgery care hub. Resources cover everything from mobility and drain care to shower instructions and what to expect in the days after surgery. Throughout recovery, the care team remains accessible by phone and patient portal, so patients always have someone to turn to with questions or concerns.





Mommy Makeover Breast Procedure Options

Breast Asymmetry Correction

Breast asymmetry, where the breasts differ in size, shape, or position, is common after pregnancy and breastfeeding. Correction is tailored to each patient and may involve augmentation, a lift, reduction, or a combination of these. The result is a more proportionate appearance and a boost in confidence. Recovery varies, but typically includes a return to light activity within 1 week, with full results emerging over the following months as swelling resolves.

Schedule Consultation

Breast Augmentation

Breast augmentation uses silicone or saline implants to increase breast volume, restore fullness lost after pregnancy or breastfeeding, and improve shape and proportion. The procedure is performed under general anesthesia and is tailored to each patient's anatomy, goals, and implant preferences. Most patients return to light activity within about 1 week, with swelling resolving over several months as results take shape. Outcomes are long-lasting, with implants designed to maintain volume and contour over time.

Schedule Consultation



Breast Lift

A breast lift (mastopexy) raises and reshapes breasts that have sagged due to pregnancy, nursing, or changes in weight. Excess skin is removed, breast tissue is repositioned, and the areola can be reduced if needed. The result is a firmer, more elevated breast contour without implants. Patients can often resume light activity within 1 week, with full healing and final results continuing to refine over several months.

Schedule Consultation

Breast Augmentation with Lift

For patients who want both increased volume and improved position, augmentation with lift combines implants and a mastopexy in a single surgery. Excess skin is removed, the breast tissue is repositioned, and implants are placed to deliver a fuller and firmer result. Patients can usually return to light activity within 1 week, with swelling resolving over the following months as breasts settle.

Schedule Consultation

Breast Reduction

Breast reduction (reduction mammaplasty) removes excess breast tissue, fat, and skin to reduce size and weight, relieve physical discomfort, and improve proportion. The nipple and areola are repositioned as part of the procedure, leaving breasts that are firmer, lighter, and better balanced with the rest of the body. Most patients ease back into normal routines within 1 week, with continued improvement as swelling diminishes and shape settles over time.

Schedule Consultation

Fat Transfer to Breast

Fat transfer to the breast uses the patient's own fat, harvested via liposuction from areas such as the abdomen or thighs, to add natural volume and improve breast shape. Because no implants are involved, results feel entirely natural. It is a good option for patients wanting a modest increase in fullness or improved contour alongside other mommy makeover procedures. Recovery is typically smooth, with most patients resuming light activity within several days. Final volume stabilizes gradually as the transferred fat integrates over the following months.

Schedule Consultation





Implant Options & Materials

Selecting the right breast implant is a personal decision that depends on your body type, aesthetic goals, and lifestyle. Today's leading manufacturers offer a range of options that provide a natural look and long-term durability. By understanding the unique materials and technologies behind each brand, your surgeon can guide you in choosing the perfect fit for your desired silhouette.

BREAST IMPLANT COMPARISON TABLES

	Natrelle® Saline & Silicone Gel	Natrelle® INSPIRA®	Natrelle® INSPIRA® Cohesive
Materials	Saline or silicone gel fill; silicone outer shell	Higher-fill silicone gel	Highly cohesive silicone gel
Benefits	· Natural appearance · Smaller incision · Cost-effective	· Enhanced projection · Maximum volume · Customized fullness	· Shape retention · Natural texture · Fullness variety

	Natrelle®	Motiva®
Materials	Cohesive silicone gel	ProgressiveGel Plus® (highly elastic)
Benefits	· Highly customizable · Versatile gel levels · Tailored results	· Gravity-shifting technology · Adaptive gel · Tissue-like movement



Mommy Makeover Body Procedure Options

Liposuction

Liposuction removes fat deposits from targeted areas of the body, including the abdomen, hips, thighs, arms, and waist, using small tubes placed through tiny incisions. Plastic Surgery Associates uses the tumescent technique for precise contouring with minimal bleeding, delivering a smoother silhouette. Most patients return to light activity within a few days, with contour improvements becoming more visible as swelling subsides over the following weeks.

Schedule Consultation

Submental Liposuction

Submental liposuction removes fat beneath the chin through a small incision using the tumescent technique. The procedure allows the surgeon to precisely contour the area to complement each patient's natural facial structure, resulting in a more defined jawline and a sharper profile. Patients typically resume light activity within a few days, with final definition emerging as swelling gradually subsides over several weeks.

Schedule Consultation

Tummy Tuck (Abdominoplasty)

A tummy tuck restores your midsection by removing excess skin and fat while repairing muscles weakened or separated during pregnancy (diastasis recti). We offer several variations, including mini, complete, and circumferential options, to ensure your plan aligns with your anatomy. Most patients can return to light activity within 1-2 weeks. Compression garments are worn to support the healing tissues, reduce swelling, and help the abdomen settle into its new contour. Final results typically emerge over several months as swelling subsides, muscles fully recover, and the abdomen settles into its new, firmer contour.

Schedule Consultation

Lower Body Lift

A lower body lift addresses sagging skin and loss of tone across the abdomen, hips, outer thighs, and buttocks in one procedure. Excess skin and tissue are removed, underlying muscles are tightened, and incisions are placed so they can be concealed by most clothing, resulting in a smoother lower-body shape. Recovery typically involves several weeks of limited activity, with swelling gradually resolving. Final results become apparent over the following months as the body settles into its new shape.

Schedule Consultation

Thigh Lift

A thigh lift removes excess skin and fat from the inner or outer thighs through strategically placed incisions that heal discreetly along the groin or hip. The procedure smooths and tightens the thighs, improves overall proportion, and is best for patients who have experienced significant weight loss or changes from pregnancy. Most patients return to light activity within 1-2 weeks, with final contour and firmness emerging as swelling subsides over the following months.

Schedule Consultation

Weight-Loss Contouring

Liposuction removes fat deposits from targeted areas of the body, including the abdomen, hips, thighs, arms, and waist, using small tubes placed through tiny incisions. Plastic Surgery Associates uses the tumescent technique for precise contouring with minimal bleeding, delivering a smoother silhouette. Most patients return to light activity within a few days, with contour improvements becoming more visible as swelling subsides over the following weeks.

Schedule Consultation

Asymmetry Correction

Unevenness in the hips, waist, or abdomen is a common concern after pregnancy or significant weight changes. Precise contouring techniques, including targeted liposuction and muscle repair, are used to restore balance and create results that look natural from every angle. Most patients return to light activity within 1 week, with the final shape and definition revealing as swelling subsides over several months.



Start Your Mommy Makeover Journey With Plastic Surgery Associates

Plastic Surgery Associates has been helping patients in Grand Rapids look and feel their best since 1987. By combining our surgical expertise with the advanced skin health solutions at Grand Pearl MedSpa, we provide a continuum of care that supports you beyond the operating room. Whether you are seeking a subtle refresh or a complete restoration, our team is here to guide you toward results that feel authentic and confidence that lasts. Together, we can build a mommy makeover plan that fits your anatomy, goals, and lifestyle.





PLASTIC SURGERY ASSOCIATES OF GRAND RAPIDS, MICHIGAN

Find Us Here:
220 Lyon St. NW, Suite 700
Grand Rapids, MI 49503

Call Us Here:
616-451-4500

Hours/Schedule
By Appointment Only

MONDAY - FRIDAY
8:30 A.M. - 5:00 P.M.

SATURDAY & SUNDAY
CLOSED