

Mommy Makeover

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Publisher

Amy Maddox, a patient coordinator for Dr. Stuart Kincaid, decided last December to have a “Mommy Makeover.” She and her husband have five children. Before this interview, I met her as she was running into the office after coaching a soccer game for the TVSA Red Dragons. She was prepared, however, carrying a change of clothes. Another night I may have caught her after co-leading a Girl Scout meeting.

Amy has worked for Dr. Kincaid for eight years. She was obviously a beautiful woman before she had surgery, but she said, “After my third child my body wasn’t going back to the way I liked it. I worked out, but some areas wouldn’t go back.”

When asked if she was comfortable having her boss perform the surgery on her, she said, “After watching Dr. Kincaid for all these years I wouldn’t have let anyone else do it except Dr. Kincaid. I know that safety is a primary concern for him. I hear stories of women going to Mexico and Thailand. What happens if there is a problem? Who is going to care for you? Dr. Kincaid is a board certified plastic surgeon and a lot of doctors performing these procedures are not properly certified.”

Amy had several procedures done the same day because it is more cost-effective. She had a tummy tuck, breast augmentation, liposuction on her flanks (sides of her waist/hip area), Smart Laser Body Sculpting on her thighs and even an Erbium laser peel on her face to remove age spots and freckles.

“It is most cost-effective to do all the procedures at once because you’re already paying for the surgery center, the anesthesiologist, Dr. Kincaid’s time and the staff,” said Amy. “I also wanted to take advantage of one recovery phase since I was already taking two weeks off for recovery.”



Amy Maddox, a patient coordinator for Dr. Stuart Kincaid, had several cosmetic surgeries after she was finished having children.

She chose to have Smart Laser Body Sculpting on her thighs to remove some of the fat as well as take care of some of the laxity in the skin. The noninvasive procedure leaves no bruising or scarring. Amy also felt it helped with cellulite.

Amy says her recovery was not too bad. Within a few days she still had to take care of kids, but her husband helped out and she was back to work in two weeks. Her full recovery took three to four weeks before she was exercising and coaching again.

Amy, like other moms, has spent the last decade having babies and decided that it was time to do something for herself. “This has given me a more positive self-image and self-esteem and I believe helps with a happy, productive life,” she said. “I just decided, ‘Why put off any longer when I could feel good now?’”

“I’m more confident in everything I do,” she added.



Dr. Stuart Kincaid is pictured in his office with Amy, who has worked with him for eight years. Dr. Kincaid has offices in La Jolla and Temecula.

Amy says all she has left of the surgery is some scarring that gets lighter and flatter with time and was all covered by a bikini in the summer. The small incisions under her breasts are almost completely unnoticeable.

How much did she lose and gain? She says she went from a “sad B cup” to a full D, almost a DD. She went down a full dress and pant size immediately.

She says she loves how easy her clothes fit now. “If I see something I like and try it on, it looks good on me,” she said. “My husband is thrilled. He loves the results. I feel sexier now. I think what he loves the most though is that I’m more confident. I think even my kids have benefited because I’m more confident.”

Dr. Kincaid isn’t surprised by how happy Amy is with her new body. “We worked together for a long time and she was busy having babies the last seven years, but there came a time when she wanted to look her best,” he said. “I was happy to help her.”