



Dr. Carolyn Chang, pre-op, in a Valentino blouse, Prada skirt, Lanvin belt, and Kathleen Dughi rings.

STYLE COUNSEL

## Mother's little helper

Bay Area moms are embracing prenatal yoga, natural home births, and organic baby food... but tummy tucks and boob jobs? Absolutely, says Dr. Carolyn Chang.

BY NATASHA SARKISIAN  
PHOTOGRAPHS BY  
KEE PHOTOGRAPHY

Dr. Carolyn Chang's patients don't look like they've gone under the knife. The Stanford-trained plastic surgeon specializes in female patients who flock to her modern Pacific Heights perch because she knows what women really want. Unlike many of her counterparts, for example, Chang steers women away from breast implants that are so pronounced, they defy gravity. Her minimalist aesthetic draws candidates you'd never expect to her operating table, even in a city as antiplastic as ours. Chang, who was recently named vice chair of the department of plastic surgery at California Pacific Medical Center, tells us why Bay Area moms are opting for surgery, what they're having done, and which cosmetic procedures actually have medical benefits. 2100 WEBSTER ST., STE. 506, SF, 415-923-3067, WWW.WOMENPLASTICSURGERY.COM.

**Are some plastic surgery procedures beneficial to moms beyond their cosmetic value?** Yes. When the abdominal muscles have separated due to pregnancy, especially multiple pregnancies, we do an abdominoplasty (tummy tuck). Part of this process involves tying the muscles of the stomach back together, increasing stability, enabling better posture, and decreasing back pain.

**Do many local moms have that done?** Lots! Especially here, where women have children so much later in life and use in vitro fertilization, which often results in twins or triplets. Multiples take a much greater toll on the body. Also, as women age, their skin typically loses its elasticity and is less able to bounce back to its prepregnancy state as quickly as with younger women. Most opt for some combination of breast and tummy procedures. ▶

