



Embracing Post-Pregnancy Body Changes:

# A Journey of Self-Care

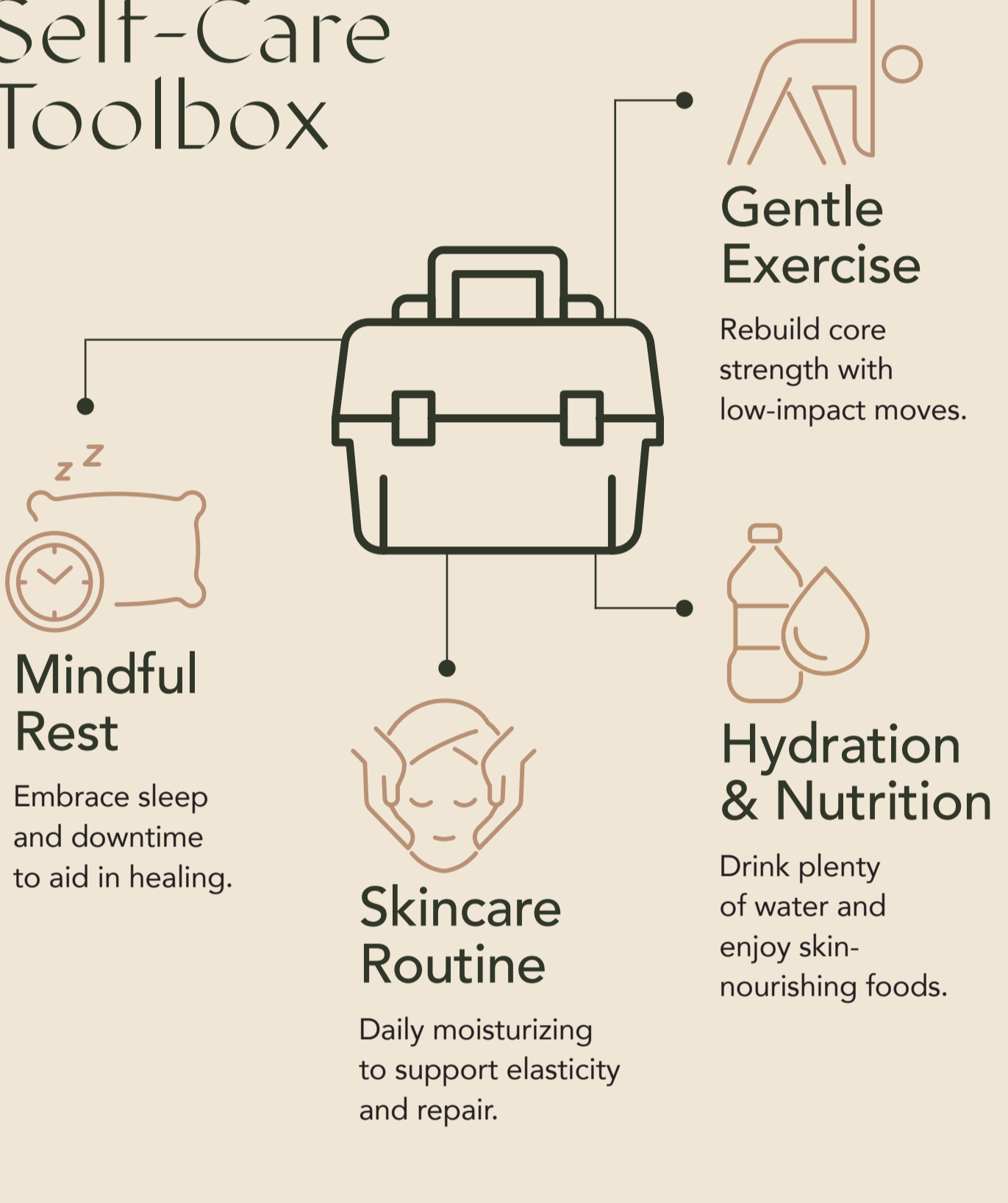
Pregnancy transforms your body in unique ways, and caring for it post-pregnancy can help you embrace these marks of growth and strength with confidence. Explore tips, self-care routines, and gentle treatment options designed to support you along the way.

## The Transformation Zone



<p><b>Stretch Marks</b></p> <p>Visible signs of growth that appear on the belly, thighs, and breasts.</p>	<p><b>Excess Skin</b></p> <p>Looser skin, especially around the belly, due to rapid stretching.</p>	<p><b>Diastasis Recti</b></p> <p>Ab separation creating a softer tummy, common after pregnancy.</p>
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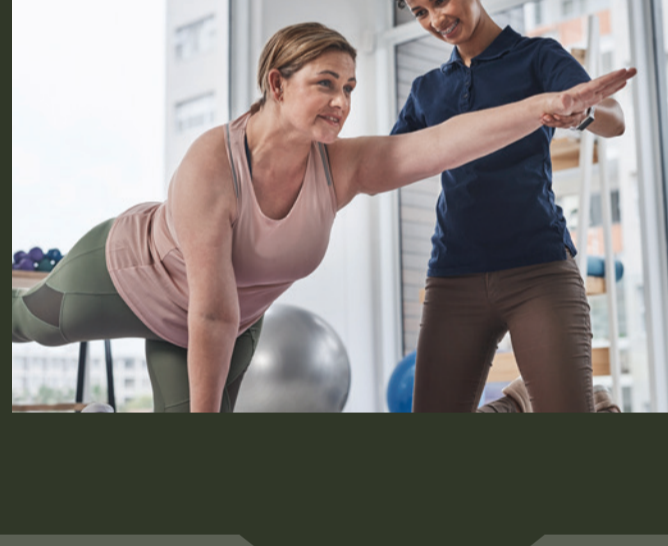
## Self-Care Toolbox



## Customized Care for Confidence

### Physical Therapy

Work with a physical therapist to safely rebuild core strength and address diastasis recti.



### Stretch Mark Care

Explore creams, oils, and dermatologist-recommended treatments for skin resilience.

### Massage & Non-Surgical Options

From lymphatic drainage to gentle tightening treatments, explore options with a provider.



### Additional Treatment Options

Life is full of surprises and anxieties. Uncontrollable urinary leakage should not be one of them. A single CO2 laser treatment may tighten and strengthen the supporting ligaments around the bladder and urethra, reducing or eliminating these embarrassing moments.

## A Compassionate Journey

