

When to Start – Treatment Timeline

Treatment

Facials (HydraFacial, Fire & Ice)

Laser & Chemical Peels

Microneedling, CO₂ Laser

Botox & Fillers

Skin Boosters / Mesotherapy

Body Contouring

Plastic Surgery

Cosmetic Dentistry & Dermatology

Recommended Time

During pregnancy (safe options)

3–6 months postpartum

3–6 months postpartum

After stopping breastfeeding

2–3 months postpartum
(case-dependent)

6+ months postpartum,
post-weight loss

6–12 months postpartum,
post-breastfeeding

Anytime (case-based)

Important Contraindications

Please avoid certain treatments if you:

- Are pregnant (lasers, injectables, chemical peels, body contouring)
- Are breastfeeding (Botox, fillers, surgery—unless medically cleared)
- Have active skin infections, eczema, or wounds
- Have autoimmune conditions (some treatments may not suit)
- Have metal implants or pacemakers (RF-based treatments are not advised)
- Have had recent surgery or C-section (must be fully healed)

Mabrook Al Baby Special Offer

Enjoy exclusive discounts on selected services!

- Up to 30% Off on Cosmetic surgeries
- Up to 50% Discount on Non-surgical & Dental treatments



مبروك النبي
MABROOK AL BABY
MATERNITY PROGRAMME

CosmeSurge® كوسمسيرج

Redefining your beauty

Welcome,
Moms
to-Be!



 nmc royal hospital

Sharjah

NMC Royal Hospital, Sharjah, 3rd Floor, Block A
For Appointments ☎ +971 06 516 9999

 nmc royal hospital

Sharjah

At CosmeSurge NMC Royal Hospital, Sharjah, we understand that motherhood is a beautiful journey - but it also brings big changes to your body, skin, and confidence. That's why we've created "CosmeSurge for Moms" a special range of safe, gentle, and effective aesthetic treatments designed just for you. Whether you're expecting, recently delivered, or months into your postpartum journey, we're here to help you feel refreshed, supported, and beautiful at every stage. From glowing skin to body shaping, smile makeovers to expert dermatology care - everything we offer is backed by medical expertise and mom-friendly care. Take a moment for yourself. You deserve it.

Feel Confident, Feel Beautiful – Before & After Baby.



Dermatology for Moms

Whether it's acne, pigmentation, hair fall, or sensitive skin, our dermatologists offer caring, personalized treatments that bring balance back to your skin. Our specialists understand mom-specific issues and treat them with care.

Services:

- Acne & Pigmentation Treatments – For clearer, balanced skin
- Hair Loss Solutions – Regrow and strengthen postpartum hair
- Mole & Skin Tag Removal – Safe and simple skin clean-up
- Custom Skincare Plans – Designed for your skin's unique needs

Cosmetic Dentistry

Whiten, smooth, and polish your teeth with safe dental care that brings back your sparkle - quick, simple, and mom-approved. Gentle, safe treatments to refresh your smile post-pregnancy.

Services:

- Teeth Whitening – Brighten your smile naturally
- Veneers (Hollywood Smile) – Create even, beautiful teeth
- Cosmetic Fillings & Cleaning – Repair and refresh with a polished finish



Skin & Body Rejuvenation (Non-Surgical)

From facials and lasers to fat-freezing and skin tightening, our gentle treatments help you look fresh, sculpted, and confident - just the way you deserve.

We help you bounce back with gentle, effective treatments for glowing skin and a firmer body.

Services:

- HydraFacial MD – Deep hydration and instant glow
- Fire & Ice Facial – Red-carpet facial that brightens and tightens
- Laser Hair Reduction – Long-term hair removal for smooth, easy-to-manage skin
- Laser Pigmentation Treatment – Targets melasma, dark patches
- Chemical Peels – Exfoliates for smoother, brighter skin
- RF Face Lifting – Firms sagging skin with radiofrequency
- Microneedling with PRP – Reduces scars & stretch marks using your own plasma
- Fractional CO₂ Laser – Improves texture and fades C-section scars
- CoolSculpting® – Non-invasive fat freezing
- VelaShape® III – Reduces cellulite and tightens skin

Plastic Surgery (Mommy Makeover)

From tummy tucks to breast lifts, our expert surgeons help you feel like yourself again - with natural, beautiful results. Personalized procedures after healing and breastfeeding to restore confidence.

Services:

- Tummy Tuck – Flattens and tightens the midsection
- Breast Lift / Augmentation – Lifts or enhances shape and volume
- Liposuction – Removes stubborn fat from target areas

