

How Is The Process Of Tummy Tuck Performed?

Tummy tuck also known as abdominoplasty is the perfect way to have a very firm abdomen. This surgery is possible for both men and women who have tried all the available measures, but have not been able to lose weight. It is also a very good substitute for people who were overweight at some time and are still not able to get rid of the excess fats in the stomach area.

Whenever you plan to go for a tummy tuck, make sure that you are in proper health. You should also try to refrain from smoking before the operation so as to avoid any complications. You cannot confuse the process of tummy tuck with liposuction which is just a cosmetic surgery done to remove fats.

This surgery is a painless operation but it can take the time of 1 to 5 hours depending on the complexity of the case. During the surgery, a person receives general anaesthesia to put him/her at ease. It is important that there should be someone attending the patient after the operation to take the person home. You can also have someone to accompany you during night after surgery as keeping alone is not good for your condition. Women who intend to get pregnant should not go for this procedure unless they have their babies.

Females who have developed flab after multiple pregnancies can also use this surgery to eliminate the extra skin.

Basically, there are two kinds of tummy tuck procedures which are complete abdominoplasty and partial abdominoplasty. A person can take the decision based on the guidance from a surgeon who can make a choice seeing the condition of the patient. You should only opt for the former procedure if you have a lot of extra flab. Incisions are made in the full abdominoplasty from one hip bone to the other. The slit will be made at a lower level but it can be at the level of the pubic hair only. After removing the flab, bandages are tied on to the navel. The position of the belly button gets changed after this procedure. After the flab removal, the surgeon regulates the skin contour and muscles.

To sum up, this procedure is quite successful in removing the bulge from the overall abdominal portion.

The latter process of partial abdominoplasty is recommended for people who have an extra amount of flab in their lower abdomen. In this process, a slit is made below the midriff. Therefore, the midriff is not moved much causing a lesser discomfort for the patient.

Apart from surgical tools, an endoscope can also be used to perform this operation. It is a minuscule camera which is simply built in on a tube. The skin gets segregated between the slit line and the navel.

In the end, you can get a tummy tuck surgery to eradicate the excess bulge as much as you want.

About the Author

If you are considering the option of [tummy tuck](#), then look up for information on [abdominoplasty](#) on internet to decide if you would like to go for it. Gain knowledge on [full abdominoplasty](#) and [partial abdominoplasty](#) so that in case you need to make a comparison between the two.

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