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Abdominoplasty: Better Way to Get a Flat Tummy by [David Shelton](#)

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You might want to consider having an abdominoplasty or tummy tuck if practicing sit-ups and stomach crunches are not flattening your tummy and/or you have excess skin in the abdominal area that is stubborn and are not responding to exercises or healthy eating.

A full tummy tuck procedure is done by performing an incision across the lower abdomen from one hip to the other. With a flat bottom that cuts across the top of the pubic area the incision is shaped like a 'V'. To free the skin then another incision is made surrounding the navel. To reveal the fat and muscles below the skin is then peeled away from the abdominal area. Excess skin is trimmed off, and the remaining skin is stitched into place once the unwanted fat is removed and the muscles is tightened. Form the navel a new hole is cut.

If you do plan to go for an abdominoplasty procedure, it is best to have a thorough medical checkup beforehand. It is best to know your current state of health to minimize complications during and after tummy tuck surgery. If this is really the best way to go to firm up your lower abdomen, the doctor in charge can also advise.

A mini tummy tuck in Sydney might be the way to go, if your abdominal fat problem is not too bad. Only a small, straight incision is performed above the pubic area for the mini tummy tuck. Excess fat is then removed and the wound would be stitched closed. For better results, some cosmetic doctors would also perform liposuction together with a mini tuck. Immediately after performing a caesarian baby delivery, there are even doctors that would perform a mini tuck plus liposuction.

There will be some recovery time that would need to be observed as with any surgery. Compared to a full tuck, a mini tuck will not take too long to recover. Your lower abdominal area would most likely be swollen after a full tuck. To drain off excess fluids accumulated during surgery the doctor would place a tube running out of your abdomen temporarily. For a few days getting up out of bed would be challenging, as would be going to the toilet. All the time avoid lying prone in bed as this could retard your healing. Try and move about to get the blood circulation going when you feel that you can.

After a full abdominoplasty, expect the surgery scars to last from 9 months to a year. Although plastic surgeons in Sydney will often ensure that the scars can easily be hidden under a bathing suit, you must also be aware that these scars might never really disappear. You could go for a plastic surgeon in Sydney to remove the scars.

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David Shelton is a freelance writer who writes useful reviews about different types of beauty enhancement techniques such as: breast augmentation, breast lift, ear pinning, tummy tuck, abdominoplasty etc. This piece of article provides few details on a [breast augmentation](#). A whole lot of details on a [Breast lift](#) procedure can be found at plasticsurgery-sydney.com.au.

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