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Quite often, looking good is feeling good. If you're not satisfied with the way you look you are not likely to feel good about yourself on an emotional level. Call it what you will- love handles; tummy bulge, saggy skin or a muffin top, the bottom line is excess abdominal skin and fat. You've tried diet and exercise, but you still haven't achieved the results you desire. Some choose to live with it, others choose abdominoplasty.

What is it?

Abdominoplasty, known more commonly as a "tummy tuck," is a surgical procedure to remove excess skin and fat from the middle and lower abdomen. The procedure can dramatically improve the appearance of flabby, stretched-out abdominal muscles and skin. It also reduces the appearance of a protruding abdomen and, in some cases, restores weakened or separated muscles.

Why do it?

There are countless benefits of a tummy tuck. A tummy tuck can:

- Tighten loose abdominal muscles and remove excess skin caused by heredity, pregnancy, prior surgery, significant fluctuations in weight or congenital spine abnormalities that affect posture
- Improve your body contour by removing unwanted skin and fat also known as the "abdominal apron"
- Create an abdominal profile that is firmer and smoother, often enhancing your body image and confidence
- Enhance the fit and appearance of clothes
- Create a natural-looking, attractive abdomen

Undoubtedly, Abdominoplasty is the great leap. It can take you to your desired result in no time. However, we have to take care of the after result. We have to work with our surgeon. We should observe balance diet and a good exercise.

Who is the ideal candidate?

There are many personal reasons for undergoing the surgery. It is especially common for women who have lost tone and elasticity after pregnancy or for men experiencing a separation of the abdominal wall and the muscle as a result of surplus fat. Ideal candidates include:

- Women who have had multiple pregnancies
- Men and women who were once obese and have excess skin caused by significant weight loss
- Older people who have lost skin elasticity from aging
- People who are genetically predisposed to the accumulation of abdominal fat.
- Those who have a lot of fat in an isolated area

Abdominoplasty is a great way to achieve the firmer, flatter abdomen you've always wanted. However, as with all surgery there are risks involved. Abdominoplasty does leave a permanent scar and requires diet and exercise to better maintain the results. It is not meant for individuals that are significantly overweight. Be sure to consult with your surgeon.

A Last Word

Amongst many reasons for undergoing the procedure, it's common for women who have lost tone and elasticity after pregnancy or for men experiencing a separation of the abdominal wall and the muscle as a result of surplus fat. However, Abdominoplasty is not meant for significantly overweight individuals. The surgery has heeded exceptional results for men and women alike.

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Have a thorough talk with our APSKC a [cosmetic surgeons](#) before you decide to undergo Abdominoplasty, or any a [cosmetic surgery](#). Make sure that all your questions are answered to your satisfaction. Check out the before-and-after pictures tummy tucks available in our photo gallery.

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