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Tummy Tuck an Easy Way to Flatten Your Abdomen by [David Shelton](#)

Article published on February 9th 2012 | [Health](#)

Many people use abdominoplasty procedure to flatten their abdomen. This is a cosmetic procedure that flattens your abdomen by tightening the abdominal skin and muscles. Alternatively this is also known as tummy tuck. People who need to get rid of extra fat and loose skin after weight loss or pregnancy; this is an ideal procedure.

This is one of the major forms of plastic surgical procedure. Before you decide to have tummy tuck, you should try all other viable methods of flattening your stomach. Remember that this procedure is not meant for weight loss. This procedure is only used to flatten the abdominal area by removing unnecessary fat and skin around the abdomen.

Tummy tuck is suitable for both males and females. If you want to undergo this procedure, you must be fit both physically as well as mentally. Sometimes this process is confused with liposuction, which is also a cosmetic surgery procedure. However, liposuction is used to remove fatty deposits from the body. In some cases, it is also used to remove fats from different body parts including the abdomen. Abdominoplasty on the other hand is specifically referred to removal of fat from abdomen region. Sometimes, both procedures can be used simultaneously.

Abdominoplasty tummy tuck serves the purpose of reducing excess fat and skin found in the abdominal area and tightening up the muscles of those women who have given birth to two or more babies. Those women generally have skin that is very stretched out and they might feel that their muscles are not as strong as they were before they had multiple pregnancies.

This type of surgical process is also a viable choice for both males and females who were once overweight or obese but who lost a considerable amount of weight over the period of time. When a person loses considerable amount of weight in shorter period of time, it leaves him with excessive sagging skin that no longer is elastic enough to bounce back into shape. In this case, tummy tuck procedure is used to tighten the abdominal skin.

Abdominoplasty tummy tuck procedure results in firmer and tighter looking abs and bellies. The recovery typically consists of staying at home for several days. The patients should take adequate rest and be careful not to make exaggerated movements or try to lift anything heavy while they should be advised to get up and start walking around as soon as they are able.

However, many patients are up and back to work within few days after tummy tuck. This will help the healing process and will help prevent blood clots from staying stationary too long as the blood gets flowing through the abdominal region. The complete results of the tummy tuck surgery typically visible after about 6 months by the time when all the swelling has subsided. In some cases, patients may be able to notice the difference in their appearance much sooner.

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David Shelton is a freelance writer who writes useful reviews about different types of beauty enhancement techniques such as: tummy tuck, abdominoplasty, cosmetic surgery Sydney, plastic

surgery Sydney, abdominoplasty etc. This piece of article provides few details on a [tummy tuck](#). A whole lot of details on a [abdominoplasty](#) procedure can be found at plasticsurgery-sydney.com.au.

Article Keywords:

tummy tuck, abdominoplasty

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