

## What To Expect from a Tummy Tuck

For those people who wish to lose the unwanted fat around their abdominal area, or who are just trying to get rid of loosened skin due to multiple pregnancies, the tummy tuck or abdominoplasty might be the answer. The tummy tuck is a major operation that includes a tightening of the muscle area in the abdominal wall. As a result, the procedure can dramatically improve the overhanging abdomen. A tummy tuck is a major operation that requires an equally major decision, so it is important that you establish a good communicating relationship with your plastic surgeon prior to the procedure.

### The Candidate

Anyone who is in good health might be a candidate for this procedure. If dieting and rigorous exercise leaves you with nothing but frustration, then abdominoplasty might do the job you wanted. Women who have had children lose the elasticity of their abdomen, and the tummy can sag. However, those persons who are planning on losing weight should not consider undergoing the procedure of tummy tucking until their weight is stable.

### Pre Surgery

The first thing to do if you decide to undergo this procedure is to have a thorough evaluation of your overall health. If you are currently taking medicines, your surgeon should know, and he should be informed of any allergies. Your medical history is important for achieving the best and safest result.

Your plastic surgeon should also frankly tell you about the possibilities and risks, as well as the alternatives and limitations of the procedure; a sound agreement should be made first before proceeding with the operation. Do not hesitate to ask questions about the operation, its recovery, and expected outcome.

In some cases, your surgeon might advise you to consider [Los Angeles liposuction](#) instead of a tummy tuck because in some cases liposuction can achieve the desired result. In other cases, a [mini tummy tuck](#) can create very impressive results.

Prior to surgery, you should not smoke as this will affect wound healing negatively.

### The Surgery

During a [Los Angeles tummy tuck](#), your surgeon will make incisions on both sides of your abdominal area, just above your bikini line and around the navel area. The area under the skin will be freed up to the chest, and the muscles beneath will usually be tightened with stitches. This will provide a slim contour from within, and helps define the waist in a pleasing manner. The excess skin of the tummy is removed, and the wounds are usually closed with stitches all placed under the skin.

Most people experience only mild discomfort following the procedure. It is important to avoid heavy lifting, usually anything more than 15 pounds, for six weeks following the surgery. Most people return to work about ten days following their tummy tuck. Your plastic surgeon will continue to see you periodically to confirm that your healing is going as expected and might do some work to help the appearance of your scar as it heals.

The tummy tuck procedure is a large surgery, and the results can be very impressive and even life changing. But since it is a larger procedure it is not to be taken lightly, and good communication with your surgeon is the first step to a successful outcome. As a plastic surgeon in California, where we do a lot of tummy tucks, I can tell you that taking the time to communicate will be amply rewarded.

## About the Author

Lloyd Krieger is a plastic surgeon and expert in [mini tummy tuck](#) and [Los Angeles liposuction](#).

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