

Your Guide to Tummy Tuck

A tummy tuck is a procedure that tightens the midsection and can provide radical improvement in appearance. The procedure is not for everyone, so it is best to understand a tummy tuck before going forward.

What is a Tummy Tuck?

If you've tried every sit-up and stomach crunching move there is, and are still far from your goal of a flat-as-a-board belly, then a tummy tuck could be the right choice for you. A tummy tuck, also known as abdominoplasty, is a cosmetic surgery procedure aimed at removing excess flab from the abdominal area, and tightening the abdominal muscles. Like all cosmetic procedures, it's not a "one size fits all" option. A tummy tuck is not a weight loss measure and should never be treated like one. It's a procedure for people who want to firm and tone up their abdominal muscles, and have exhausted all their options. A tummy tuck is an invasive surgery, and those who elect to have it should take the time to educate themselves before making a final decision.

Who's Eligible for a Tummy Tuck?

The number one requirement for anyone considering a tummy tuck is a clean bill of health. Men and women who are in good physical condition in general are eligible for this cosmetic procedure. The best candidates for tummy tucks are women who have delivered babies and notice excessive sagging abdominal skin. A tummy tuck is also the ideal option for those who have recently lost a large amount of weight, and have loose skin around their abdominal area that is unaffected by regular exercise.

Who Should Not Consider a Tummy Tuck?

Those who have a history of heart and vascular problems are advised against having tummy tuck surgery. In addition, if you have digestive problems that might affect your eligibility for a tummy tuck. Additionally, if you plan on losing more weight, then a tummy tuck might best be deferred until you are finished with your weight loss. A tummy tuck is not a quick fix solution to weight problems, and should not be used in situations where a diet and exercise schedule can give you your desired results.

What to Expect During and After a Tummy Tuck Procedure

An abdominoplasty is usually performed under general anesthesia, although in some cases local anesthetics may also be used. The surgery can last between 2 to 4 hours. Typically, the more skin and fat to be removed, the longer the duration of the procedure.

Remember that a [Beverly Hills tummy tuck](#) is a type of surgery; that means you can expect some swelling following the procedure. Generally, prescribed painkillers are all you'll need to alleviate the discomfort during your recovery. You may also experience some degree of soreness, numbness, and bruising that may last anywhere from a few weeks to a couple of months. You'll probably also notice some general fatigue which should also correct itself in a few weeks.

The Importance of the Recovery Period After Your Tummy Tuck

If you think that having a tummy tuck means you can bounce off your surgery bed and into a bikini, think again! The incision area will be bandaged and will need to be taken care of properly to avoid infections. Your surgeon will be able to advise you regarding this. Any kind of strenuous physical activity is also a strict no-no, at least for six months after the surgery. The scars, although they will lighten considerably over time, will never completely disappear. Once you're sufficiently recovered, your surgeon will prescribe lotions that will speed up the lightening process.

A tummy tuck does not magically endow you with perfectly sculpted washboard abs. This [Los Angeles plastic surgery](#) does, however, give you a more contoured and tauter outline than before. The improvements are often dramatic, and people who have had tummy tucks are some of our most happy patients.

About the Author

Lloyd Krieger is a [Los Angeles plastic surgery](#) specialist with extensive experience doing [tummy tuck](#).