

## Mini tummy tuck

Partial abdominoplasty or mini tummy tuck is the most popular tummy tuck technique.

### Mini tummy tuck

Another modification of this tummy tuck is a partial abdominoplasty or mini-tummy tuck. If your problems with excess fat deposits lay below the navel you might be just a perfect candidate for mini-tummy tuck. This procedure requires less time and usually takes about two hours. It can be performed under local anesthesia on outpatient basis; hence you might be checked out from the hospital after a few hours after surgery. Mini-tummy tuck leaves you with a shorter, less visible scar and a faster healing process. In combination with middle abdomen liposuction partial abdominoplasty offers excellent tummy tuck results, which can be noticed after a shorter period of recovery. Bare in mind that abdominoplasty, no matter what technique is being used, produces a scar even though it is invisible after some time. However, endoscopic tummy tuck leaves the smallest scar out of all techniques. Unfortunately, it is suitable only to a certain group of patients.

If you have excess abdominal fat and lax muscles of the lower abdomen, but your abdominal skin is still elastic and tight, endoscopic abdominoplasty might be a perfect option for you. However, those, who have loose skin, cannot benefit from this type of the tummy tuck procedure. Endoscopic abdominoplasty is performed with the help of a small camera attached to surgical instruments, which are then guided under the skin through small incisions just above the pubic area and the navel. The fat is removed with the help of liposuction and abdominal muscles are tightened with surgical instruments, which are controlled with the help of a camera. Even though it is a minimal invasive surgery, you must understand that you will still need a recovery period and a drain to eliminate excessive fluid. The advantage of this type of tummy tuck is a smaller scar and a shorter healing period.

Recommended e-books:

- Burn fat without surgery
- 10 days easy diet
- 60 sec to weight loss success
- Weight loss
- Lose fat easily