

## Alternatives to tummy tuck

Tummy tuck procedure is performed when the unnecessary skin is left in abdomen area after the losing weight. Patients who have unnecessary skin and fat on the abdomen are best treated with a tummy tuck. Still some people don't want to undergo tummy tuck and prefer to choose the alternative of it.

The potential alternative would be liposuction . People who have problems with excess skin on the abdomen also can be candidates for liposuction. But doctors say that it is not the best solution. They say that liposuction is performed to remove the fat, not the skin! Removing the excess skin from the abdomen with liposuction help when the skin and muscle is tightening results can be dramatic. In short liposuction is not recommended, because the results are unpredictable. Another alternative would be a mini tummy tuck. This procedure improves the appearance of the abdomen only. During a mini tummy tuck, a short horizontal incision is made to separate the skin between the incision line and the navel. There is one more procedure " endoscopic tummy tuck. Good candidates are those who have looseness of the abdominal wall but not loose skin or stretch marks.

If you have not decided which procedure to choose, but remember your health is the most important thing, be careful and think twice which procedure would be better. It is always good to know what the final results will be.

Recommended e-books:

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