

## Tummy tuck surgery

Since the very first abdominoplasty, had been performed the method was improved and modified. There are many variations of the type and design of incisions and the surgery technique itself.

### Tummy tuck surgery

Be aware that there are two modifications of abdominoplasty – partial and complete abdominoplasty. If an individual has fat deposits only in the area below the navel, he or she will be recommended to have a partial abdominoplasty, known as a mini-tummy tuck, which is a less complicated surgery. And if an individual needs the whole belly to be reshaped, he or she will need to undergo a complete abdominoplasty. One may also need to have a liposuction at the same time in order to achieve better results.

You may now start thinking of what the basic differences are between the mini-tummy tuck and a complete tummy tuck and how they both are performed. The basic difference is that a mini-tummy tuck involves only the lower abdomen, below the navel, whereas during a complete abdominoplasty both the middle and lower abdomen is reshaped. Being a less complex procedure, a mini-tummy tuck may in some cases be performed in an out-patient department and takes between one and two hours.

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A complete tummy tuck requires more work and hence takes longer, from two to five hours, depending on how much work needs to be done. During a complete tummy tuck a surgeon makes a large incision from hip to hip just above the pubic area. Another incision is made around the belly button in order to free it from the surrounding skin. This cut is made in order to leave the belly button in a normal place. Then the doctor detaches a large skin flap from the abdominal wall. It reveals the belly muscles, which are then tightened. The abdominal wall becomes firmer and the waistline narrower as a result of this step. Now the surgeon needs to stretch a free skin flap down to the pubic area and cut an excess of skin. The surgeon then cuts a new place for a navel and stitches it in place. Finally, the incision is sewn back together and the surgery is complete. In a mini-tummy tuck a surgeon makes a shorter cut and he may not need to move the navel. The muscles under the skin are tightened. Then a surgeon stretches the skin between the belly button and the incision and removes the excess of fat and skin.

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After the procedure, the belly button may gain a slightly different shape due to the stretching and removal of skin. General anesthesia is applied during the surgery, so that a patient is asleep and does not feel anything. In some cases, when a tummy tuck is performed in an outpatient department, a local anesthesia may be chosen. This does not cause any discomfort to a patient, since he or she still does not feel anything.

Recommended e-books:

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