

Thu, 18 Aug 2011

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## Tummy Tuck Los Angeles Abdominoplasty

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<div class="separator" style="clear: both; text-align: center;">

<a href="http://www.tummy-tuck.biz/" imageanchor="1" style="clear: left; float: left; margin-bottom: 1em; margin-right: 1em;" title="tummy tuck"></a></div>

The tummy tuck is a cosmetic surgery that involves firming up the abdominal area. It removes excess fat and skin from the middle and tightens the muscle and fascia of the abdominal wall. It is a popular option for people who have loose tissue after pregnancy or a major weight loss. It is available in many places and there are several excellent physicians who specialize just in the tummy tuck. A **<a href="http://www.tummy-tuck.biz/tummy-tuck-los-angeles.htm" title="tummy tuck Los Angeles">tummy tuck Los Angeles</a>** is one of the places it is easiest to find a great surgeon. The Los Angeles area is known as being the home of the most cosmetic surgeons in the nation.

There are several levels of procedure and selection depends upon the needs of the individual. A **<a href="http://www.tummy-tuck.biz/tummy-tuck-los-angeles.htm" title="Los Angeles tummy tuck">Los Angeles tummy tuck</a>** can be a complete procedure, partial, or combined with other services. The complete procedure takes care of the entire abdominal area. The partial is about the same procedure except on a more limited basis. An extended abdominoplasty (tummy tuck) is an abdominal procedure plus work on the lateral thighs. High Lateral procedures use methods that work on a vertical as well as horizontal tightening which is much more effective. Circumferential procedures do the abdomen and the buttock lift. Other combinations include whatever procedure the patient desires such as liposuction, breast reduction or lift, etc.

The **<a href="http://www.tummy-tuck.biz/" title="cosmetic tummy tuck">cosmetic tummy tuck</a>** is a very invasive surgery. It is considered safe but is rife with risks and potential complications that can be life-threatening. Infection and blood clots are a serious potential risk following surgery. There is quite a bit of pain and lots of drainage following surgery. Patients are encouraged to move around as much as possible and as soon as they can to avoid clots that may cause many other problems. Skin necrosis is another potential risk that requires additional surgery to correct.

<a

href="http://maps.google.com/maps?hl=en&q=Tummy+Tuck+Expert+16055+Ventura+Blvd.+%23100+Encino,+CA+91436.++Phone:%28818%29+386-1222&rlz=1B3GGHP\_enIN433IN433&um=1&ie=UTF-8&sa=N&tab=wl" imageanchor="1" style="clear: left; float: left; margin-bottom: 1em; margin-right: 1em;" title="tummy tuck"></a>

Recovery can be quick and uneventful if doctor's directions are followed carefully. Smokers may be asked to quit before and for the recovery period to speed recovery. The recovery period depends upon the intricacy of the procedure. It can take anywhere from one week to four to recover and patients will need to take some amount of time off work. Patients are asked to refrain from heavy work after a **<a href="http://www.tummy-tuck.biz/" title="tummy tuck">tummy tuck</a>**. There will be bruising and discomfort for many weeks afterward. A compression garment helps to minimize swelling and bruising and supports the area. Full recovery takes up to six months and scars continue to fade after that.</div>

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Wed, 21 Dec 2011

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## THE MOST RECENT IN TUMMY TUCK PROCEDURES

Tummy tuck or abdominoplasty procedures have evolved greatly over the years and are one of the most popular and successful cosmetic surgery procedures available today. A tummy tuck is a surgery to remove excess skin and fat from the abdomen, which may have accumulated subsequent to pregnancy, obesity or age. A tummy tuck can give one a tauter, slimmer waist and flatter abdomen.

The laxness of the abdominal muscles and fascia is corrected by folding the excess tissue and suturing it. In a full tummy tuck procedure, the abdominal muscles and connective tissue or fascia that may have become stretched out or lax over time are also tightened. A mini-tummy tuck only removes excess or redundant skin and fat.

Patients aspiring for a tummy tuck must be in good health and not have any active diseases or serious pre-existing medical conditions. It is important to have good skin elasticity. They should also have realistic expectations about the outcome of the surgery. Communication with ones' surgeon is crucial in reaching ones' goals and in understanding what can be realistically achieved. A tummy tuck is not a scar free surgery.

Tummy Tuck Los Angeles

surgeons use tummy tuck techniques that use the smallest incisions possible and that leave scars in a place that will be covered by a standard bikini. There are many different types of tummy tuck procedures. The type that is best suited for one depends on whether one needs to have muscles tightened, skin tightened, fat removed, or a combination of any of these factors.

Patients in

Los Angeles Tummy Tuck

centers discuss the incision types, techniques and placements with their surgeon at their abdominoplasty consultation.

A mini-tummy tuck can be resorted to if only skin and fat removal is desired and not the tightening of muscles or the repositioning of the naval. A mini-tummy tuck usually leaves a shorter scar than a full one. A full tummy tuck is reserved for people with very lax muscles and excess amounts of skin to be excised. In a full tummy tuck the surgeon makes an incision across the lower abdomen just above the pubic bone, usually from hip to hip. This incision is usually placed so that a bikini bottom would hide it. An incision is also made around the belly button. Usually, all the skin and fat around below the belly button is removed. The fascia and rectus abdominus muscles are tightened by folding the fascia along the centerline of the abdomen. This brings the separated muscles together. The skin above the belly button is then pulled down and the incision is closed. A new opening is also made for the belly button. Usually, one or two drains are placed under the incision to allow fluids to drain for a few days. In a Cosmetic Tummy Tuck, Liposuction is often combined with standard tummy tuck procedures to obtain spectacular results.

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