

Sat, 25 Apr 2009

12:35 AM

## The Ideal Candidate For A Tummy Tuck And Liposuction

<http://www.tummy-tuck.biz/></a></p>

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<p>The Consumer Guide To Plastic Surgery shows that while some cosmetic plastic surgery procedures leveled off from 2004 to 2005, the tummy tuck (abdominoplasty) procedure increased a dramatic 26 percent (according to the American Society of Plastic Surgeons). That continues a steady gain in popularity in the United States of 115 percent since 2000. You too may be a candidate for this tried-and-true cosmetic enhancement.</p>

<p>The ideal candidates for <a title="tummy tuck" href="http://www.tummy-tuck.biz/">tummy tuck</a> surgery are patients in relatively good physical shape, but have excess skin or fat in the abdominal area that is resistant to exercise. This includes the laxity of underlying muscles due to pregnancy which makes it very difficult for mothers to return their abdominal area to a flat appearance. For these women, the skin and muscles have stretched beyond the point where they can naturally return to their normal location and shape.</p>

<p>In <a title="Beverly Hills tummy tuck" href="http://www.tummy-tuck.biz/">Beverly Hills tummy tuck</a> patients include candidates who have lost a lot of weight through diet and exercise or bariatric surgery, and have excess skin in the abdominal area. The normal aging process can also cause skin to sag or lose elasticity, making many older patients in tummy tuck candidates.</p>

<p>Fat deposits accumulate under everyone's skin. The best candidates for liposuction may have bulging and flabby areas of the body from these fat deposits, especially the abdomen, arms, thighs, and neck. Even in people who eat a healthy diet and stay physically fit, these fat deposits can persist. They can result from genetic factors, body chemistry, and other causes.</p>

<p>The ideal candidates for liposuction are physically fit, exercise regularly, and are not more than 20 pounds overweight. People with very localized, exercise-resistant fatty deposits may obtain the best results. Be aware that the flabby appearance of the area being treated may not disappear completely. Crash diets before or immediately after this plastic surgery procedure are not recommended.</p>

<p>You are also an ideal candidate if you have made a good effort to eliminate the fatty deposits through extensive exercise and diet. You may have spent an inordinate amount of time on exercise programs or with excessive diets just to reduce or eliminate one final, persistent bulge. Some bulges are simply exercise-resistant, and liposuction may provide a solution. In addressing larger body areas, patients can work with doctors to determine if you are a good candidate for procedures involving <a title="liposuction for plus size"

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4:01 AM

## Beverly Hills Tummy Tuck- Body Contouring After Pregnancy

Body contouring procedures are very popular among women after pregnancy. Los Angeles mothers are often frustrated with stubborn fat areas of the tummy, thighs, hips, and arms which are resistant to exercise and dieting. During their cosmetic surgery consultation new mothers often share their frustrations of not being able to fit into their pre-pregnancy clothes. Liposuction of the arms, thighs, hips, and abdomen is performed with a variety of techniques throughout Southern California. Tummy tuck procedures of the abdomen are among the most popular techniques used in Los Angeles. For patients who need an intensive tummy tuck Los Angeles specialists in some cases recommend liposuction by ultrasound, laser, chemical injections, and vibration techniques. The efficacy of Ultrasonic Liposuction and these other techniques is widely debated and is associated with higher complication rates.

Pregnancy changes a woman's body in many ways. There is redistribution of the body fat as a result of change in the levels of estrogen, progesterone, testosterone, as well as thyroid and gonadal hormones. These hormonal and metabolic changes make it very hard to lose excess body fat which is stored in the deep fat pockets. Therefore, at this time the only solution for restoring one's younger size and shape is to have a tummy tuck or liposuction of abdomen, flanks, thighs, or hips.

Losing weight after pregnancy can sometimes have unpredictable results, such as losing breast volume and facial fullness which makes women look older. Beverly Hills tummy tuck plastic surgeons observe that this highly effective procedure can give a woman a balanced figure and youthful appearance while preserving fat in other areas. In fact, after pregnancy tummy tucks and liposuction of the abdomen, hips, and thighs can also be combined with fat grafting of other areas which are deficient in fullness and volume, such as the buttocks and the face. Fat injection of the face after pregnancy fills the deep naso-labial folds, lower eyelid hollows, forehead wrinkles and frowns. Fat grafting of the buttocks, or Brazilian Buttock

Augmentation, is combined with liposculpture of the flanks and hips in order to give a women an hourglass figure, as well as a “perky butt”.

While many women who have unwanted fat after pregnancy can benefit from liposuction in Beverly Hills, there are others who are not a candidate for liposuction. These are mothers who rather need a tummy tuck after pregnancy. A Los Angeles Tummy Tuck/High Tension Abdominoplasty combines tummy tuck with liposuction of the flanks in order to remove loose hanging lower belly skin folds and stretch marks, as well as contouring the waist, and lifting the thighs and buttocks.

Dr. Sean Younai is a Board Certified Plastic Surgeon Beverly Hills who is originator and master of the High Tension Abdominoplasty technique. He receives patients at the California Center for Plastic Surgery from Northern as well as the Southern California region. Some of these cities are Beverly Hills, Los Angeles, San Francisco, San Jose, Santa Barbara, San Diego, Santa Monica, Hollywood, Burbank, Sherman Oaks, Encino, Calabasas, Woodland Hills, Thousand Oaks, Westlake Village, Pasadena, Glendale, Valencia, Palmdale, Stockton, Fresno, Bakersfield, and Oxnard.

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Healing from a tummy tuck

New moms are reluctant to hear that their stomachs should be back to normal in about six months or so. Their hopes are up high and generally around the third month they begin to think to themselves am I really going to go back to normal this feels normal. The truth about it is that most women who will regain their original shape after giving birth will do so soon after in about three or so months. After having a child it is very difficult to have one's body return to the before baby shape or a different shape at all. One must get on a diet and commit to exercise and even then most women find that they still have unwanted stretch marks and a saggy abdomen. A saggy abdomen may cause one to bundle up even during the summer. The only way to rid of a saggy abdomen is by having a Los Angeles tummy tuck.

Tummy tuck surgery is extensive surgery but patients often find that the surgery is well worth the result. During the tummy tuck Los Angeles procedure the surgeon will make one incision from hip to hip and then remove the excess skin and fat. He will then cut out the belly button and completely separate the tissue from the wall and then replace the belly button in a new position so that the stomach looks natural.

Tummy tuck surgery is often second guessed because it is such an extreme procedure. One should expect to be very sore and have a considerable amount of down time. Most patients do not return to work or a normal schedule for about two to three weeks after surgery. Depending on how the surgery went or how extensive the procedure was the patient may or may not have to stay in the hospital overnight. Immediately after Tummy tuck Beverly Hills surgery patients will experience swelling in the abdomen area for several days. He or she will also experience pain in which the surgeon will prescribe narcotics for the first few days and then other medication for the rest of the period.

After enough healing time has passed surgeons suggest that one exercises. Taking slow walks around the room or home one is staying in is enough to help prevent blood clots. After about a month of healing one should be moving with more ease, and about 2 months later he or she should be able to engage in any activity or exercise. By this time patients should see great results from their Beverly Hills tummy tuck but will not be fully healed for about six months.

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