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**Menopause, Andropause And Other Hormone Imbalances**  
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**How Can Looking at Photographs of Tummy Tucks Help You?**

**By Hanif Khaki**

What you're about to read is a 'labor of love'. It didn't happen easily.

Hours and hours of learning and research went into gaining this experience and compiling it in a form you can benefit from. This article was meant to be a useful, educational and instructive resource for anyone interested in this topic.

Enjoy it – and do let us know what you think.

A tummy tuck, scientifically known as an abdominoplasty, helps people who have loose skin as a result of pregnancy or weight loss to regain a more youthful appearance. Abdominoplasty is a major surgical procedure in which a surgeon cuts loose skin away, sews together separated abdominal muscles, then sews existing skin back.

When considering abdominoplasty, it helps to look at photographs of tummy tucks. Before and after tummy tuck photographs can help you determine what you can expect in terms of results. The results of an abdominoplasty vary between patients, and a lot has to do with the way the individual body heals and responds to surgery. photographs of tummy tucks can also help you to see what to expect in terms of the actual procedure. Most people have a deep-rooted fear of the unknown. It can help to look at tummy tuck photographs to see what you will go through, if you have the stomach for it.

Now, pay attention closely. What you're about to read will help you save hours of frustrating, wasted hunting, and let you hone in on some of the best material on this subject!

When you consult with a surgeon, you will find their office will be filled with photographs of tummy tucks. Because you'll be going through a lot of waiting while in the doctor's office, it is a good opportunity to have a look at tummy tuck photographs. Based on what you see, you may speak with the surgeon about any concerns you have about the procedure, the recovery, and the expectations. You might even find that abdominoplasty is not a good option for you after looking at the above photographs of unsuccessful operations.

There is also a procedure called a mini tummy tuck that might be a better option for many people. You

## How Can Looking at Photographs of Tummy Tucks Help You?

might find that a full tummy tuck is overkill. You might also find that a full tummy tuck is too expensive or is too invasive on your body. In this case, a mini tummy tuck may be your answer, as it uses a smaller incision. In a regular abdominoplasty your navel or belly button might be repositioned. A mini tummy tuck usually won't need the removal of tissue around the belly button and is usually left alone. It is usually done in the lower area of the abdomen and usually requires less skin removal and muscle repair. It is a one or two hour procedure, whereas a standard abdominoplasty can be up to six hours long.

Once your procedure is complete, you should be prepared for a prolonged recovery process. Recovery from abdominoplasty takes longer than many other cosmetic surgery procedures. In some cases, an overnight stay after the surgery is not required. However, in other cases, a hospital stay of one to two days might be required. You should be able to return to work after two to three weeks, but you'll be

discouraged from doing any strenuous activity for at least three to five weeks.

As Always, please consult with your physician for additional information on this subject and be sure to check out the wealth of insight and knowledge on this topic online.

Hanif Khaki is the acclaimed author of numerous health related articles and the founder of the popular Tummy Tuck resource site

[www.tummy-tucks.expert-health.com](http://www.tummy-tucks.expert-health.com)

### **Is a tummy tuck for me?**

**By Keith Londrie**

Is a tummy tuck for me?

Abdominoplasty, or "tummy tuck" is a major surgical procedure that removes excess skin and fat from the stomach and tightens the abdominal muscles. Many people who are unable to achieve desired results with traditional diet and exercise seek a plastic surgery tummy tuck. The tummy tuck is the sixth most popular plastic surgery procedure in the US.

There are different types of tummy tuck surgeries, and the main difference is how much work is done and how large of an incision is needed. A mini tummy tuck is only performed on the abdominal area below the belly button. A traditional tummy tuck surgery is performed on the entire abdominal area, from the lower rib cage to the top of the pelvis. When considering plastic surgery tummy tuck, it is important to meet with a qualified physician to discuss what options are best for you.

To determine if you would be a good candidate for tummy tuck surgery, ask yourself the following questions:

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Are you within about 30% of your ideal weight? If you intend to lose more weight or become pregnant, you should probably wait to have a tummy tuck.

Are you physically and emotionally healthy? The best candidates for tummy tuck surgery understand the associated risks and have the good health necessary for proper healing.

Will you have the time to allow your body to heal properly? In some cases, an overnight stay in the hospital may be required, and healing can take up to 6 months to fully recover. During that time period, with your doctor's permission you will be able to return to most normal activities.

Can you afford the cost of a Plastic Surgery Tummy Tuck? Most insurance companies won't cover the cost of the procedure. It is considered elective surgery.

Further consultation with your physician will of course be necessary to ultimately determine if a plastic surgery tummy tuck is right for you. It is important to do some research about surgeons in your area before you seriously consider a tummy tuck. Referrals can be very helpful, and quality tummy tuck surgeons tend to be concentrated in certain locales.

For example, in Newport Beach there are many qualified surgeons to select from. Similar results can be obtained in the greater Orange County as well as in New York City. Be sure to check the surgeon's credentials with the American Board of Medical Specialties and your state medical board. In short, before your research before you decide on a tummy tuck.

<http://tummy-tucks-info.info/>

provides detailed information on standard and mini tummy tucks, surgery

and recovery procedures, and other advice, including the cost of surgery.

Keith Londrie II is a renowned specialist in tummy tuck information. He provideds free information on

the subject matter at his web site at

<http://tummy-tucks-info.info>

– Vist to get your questions answered

now.

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