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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Tummy Tuck Recovery Time

By Arturo Ronzon

Abdominoplasty, popularly known as Tummy Tuck is a surgical operation for reshaping a disfigured lower stomach. This problem generally occurs after pregnancy in women and after a gastric bypass surgery in men. The procedure is similar to other surgeries and the recovery time depends upon the complexity of the operation in accordance with a particular case.

Patients are likely to feel some pain in the swollen operated area in the first couple of weeks, this will obviously be controlled by your after surgery prescriptions but there are things the patient can take care of to ensure a speedy tummy tuck recovery.

The tummy tuck recovery period generally lasts for a few weeks unless you are overweight and smoke. Mainly the central part takes longer time. For a faster tummy tuck recovery period you must make sure you don't stretch or strain the abs as this triggers fluid accumulation thereby delaying the tummy tuck recovery. Tummy tuck recovery can be divided into three stages:

1. In the first stage of the tummy tuck recovery stage is the post-operation care for which you have to remain in the hospital. The period may vary from a few hours to three-four days depending upon the complexity of the operation.
2. The second stage starts when you reach home. Patients are prescribed bed rest for a certain period.
3. The last stage starts with maintenance of your new abs, your surgeons will most certainly give you an exercise and dietary schedule which will control optimize the tummy tuck recovery phase, it involves mild exercises and reduces swelling, prevents blood clots and tones the muscles.

In case there is infection around the operation site and experience severe pain call your surgeon or doctor immediately. Some patients may also experience difficulty in breathing, if there is any breathing difficulty, consult your doctor immediately.

Tummy tuck recovery time depends a lot on your own fitness. If you have strong abs then you may recover in about two weeks but for others it may take a little longer. After the surgery the patient may have to wait for six months for the swelling and scar tissues to disappear.

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Tummy Tuck Recovery

Thinking of Getting A Tummy Tuck?

By Hanif Khaki

It's no secret most people hate the mere thought of exercising and dieting. Most will give up long before seeing any measurable results. Those with above average will power are among the few that will be successful in losing weight. However, once the desired weight has come off, the journey is far from over. Most skin loses it's elasticity and it's ability to "snap back". This is due to the loss of a considerable amount of fat, which leaves behind loose skin. Those visions of looking like a swimsuit model quickly disappear when most realize they may instead look like thin people in baggy clothing. Fortunately, you can get that tight, youthful-looking skin with a tummy tuck operation.

A tummy tuck is a surgical procedure whereby the existing skin is cut out and the remaining skin is stretched out over the area to be tightened. The tummy tuck is then complete once the skin is sewn back on.

If you're thinking of getting a tummy tuck, there are certain criteria which must be met. Your overall health must be good. You shouldn't undergo a tummy tuck if you are currently suffering from any kind of illnesses or if you have a serious pre-existing medical condition. You should also expect realistic results after your tummy tuck. Although outstanding results can be achieved, you may not look quite the same as the model in the swimsuit catalog whose skin was never stretched to begin with. With that in mind, a tummy tuck will virtually eliminate all the loose skin that used to stretch during the times you were larger, and you may in fact look and feel quite attractive in that swimsuit.

While these factors may be an important consideration prior to surgery, you may want to give equal consideration to certain factors after the surgery has taken place. Don't expect to be able to just walk out of the hospital and go to a photo shoot. Recovery time after a tummy tuck can be weeks to months, even though most should be able to resume normal activities within a few weeks. Patience is extremely important. Post-pregnant women often undergo a tummy tuck to get rid of the stretched skin resulting from pregnancy. Before doing so, be absolutely sure that you are done with having children. If you were to become pregnant after a tummy tuck, you will undo everything done from surgery, plus risk additional damage from the surgically operated area.

If you're too impatient and want immediate results, you might find yourself extremely stressed during recovery. This may not be in your best interest, as stress hinders full recovery and will only prolong the time required. If you have pre-existing mental or emotional conditions, you may want to think twice about undergoing surgery. The effects of the recovery and the anesthesia can exacerbate emotional problems and will also hinder recovery.

The above is just a sampling of some considerations to be aware of prior to undergoing a tummy tuck

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operation. Please be sure to check the wealth of additional resources available to you to get the complete picture.

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



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