

Tummy Tuck Should Be Considered After Pregnancy Only On the Recommendation of Doctor

Tummy tuck is a superb way to lose that extra weight for a woman that she has gained during pregnancy. Also known by the name of abdominoplasty, this surgery can give a woman a perfect waistline. It can give a woman the same slim figure that she had before pregnancy.

The stomach of a woman gets stretched beyond a point when she is pregnant especially during the later months. You always desire to have that perfect figure after pregnancy but somehow are not able to achieve that through weight loss. You no longer need to cut on carbs and fats and can simply achieve flat abs with an abdominoplasty procedure.

After the delivery, the skin and the muscles start drooping. Some women also develop stretch marks in their abdominal areas. It is very important that you should not undergo through this process soon after you give birth to the baby. It is essential that you take the advice of a physician and get guidance whether you are fit to undergo the surgery.

When a woman decides about having a tummy tuck operation after pregnancy, it will help her in losing some weight but it should only be done with prompt medical consultation. If this option does not work, then the best way to reduce flab is to go for the surgery. You should always contact a certified physician or a professional plastic surgeon that can perform the surgery with ease.

The tummy tuck should only be done in a hospital where the whole process may take a period of 1 to four hours.

A surgical center can also be a nice place for the operation to take place. In this procedure, just like any other tummy tuck surgery, a slit is made in the abdomen to eradicate the accumulated fats and skin tissues. You can also take the advice of a plastic surgeon because he/she will only be able to tell you what is the best procedure for you according to your overall health condition. The procedure involves making two slits; one from hipbone to the other hipbone followed by another to segregate the navel from the stomach muscles.

It aims to free the midriff from the extra tissue to facilitate removal of the excess skin. The abdominal muscles are later strengthened through stitching and then closed. As opposed to this, the mini tummy tuck only aims at the lower abdomen whereas the full tummy targets both the middle and lower portions tuck procedure.

A tummy tuck for pregnant women is like a cosmetic surgery procedure where an incision is made into the midriff in the lower abdomen. A complete tummy tuck surgery takes a period of two to 5 hours whereas a mini tuck can have a smaller duration of one to 2 hours. So, what are you waiting for, get a tummy tuck procedure and get rid of your sagging stomach muscles.

About the Author

Check out some medical sites to find out if [tummy tuck surgery](#) is suitable for pregnant women. Also gain knowledge on the whole [tummy tuck procedure](#).

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