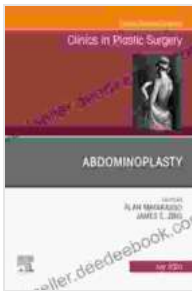


Abdominoplasty: An Issue of Clinics in Plastic Surgery The Clinics

Abdominoplasty, also known as a tummy tuck, is a surgical procedure that removes excess skin and fat from the abdomen. It can be performed for a variety of reasons, including weight loss, pregnancy, and aging. In this article, we will discuss the different types of abdominoplasty, the benefits and risks of the procedure, and the recovery process.



Abdominoplasty, An Issue of Clinics in Plastic Surgery (The Clinics: Surgery) by Mosby

★★★★★ 5 out of 5

Language : English
File size : 173074 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 240 pages



Types of Abdominoplasty

There are two main types of abdominoplasty: full abdominoplasty and mini abdominoplasty. Full abdominoplasty is a more extensive procedure that removes excess skin and fat from the entire abdomen, from the ribs to the pubic bone. Mini abdominoplasty is a less invasive procedure that removes excess skin and fat from the lower abdomen, below the belly button.

The type of abdominoplasty that is right for you will depend on your individual needs and goals. If you have a large amount of excess skin and fat, you may be a good candidate for full abdominoplasty. If you have a smaller amount of excess skin and fat, you may be a good candidate for mini abdominoplasty.

Benefits of Abdominoplasty

There are many benefits to abdominoplasty, including:

- **Improved appearance:** Abdominoplasty can help to improve the appearance of your abdomen by removing excess skin and fat. This can give you a flatter, more toned stomach.
- **Increased confidence:** Abdominoplasty can help to increase your confidence by giving you a more positive body image.
- **Improved function:** Abdominoplasty can help to improve your function by reducing the amount of excess skin and fat that can interfere with your daily activities.

Risks of Abdominoplasty

As with any surgical procedure, there are some risks associated with abdominoplasty. These risks include:

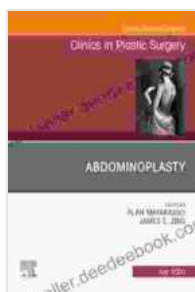
- **Bleeding:** Bleeding is a risk during any surgical procedure. Abdominoplasty is a major surgery, so there is a higher risk of bleeding than with less invasive procedures.
- **Infection:** Infection is another risk during any surgical procedure. Abdominoplasty is a major surgery, so there is a higher risk of infection than with less invasive procedures.

- Scarring: Scarring is a common side effect of abdominoplasty. The scars will fade over time, but they may be permanent.
- Nerve damage: Nerve damage is a rare complication of abdominoplasty. This can cause numbness or tingling in the abdomen.

Recovery Process

The recovery process from abdominoplasty can take several weeks. During this time, you will need to rest and avoid strenuous activity. You may also experience some pain, swelling, and bruising. Your doctor will give you specific instructions on how to care for your incision and how to minimize the risk of complications.

Abdominoplasty is a major surgical procedure, but it can be a life-changing experience for many people. If you are considering abdominoplasty, it is important to talk to your doctor about the benefits and risks of the procedure and to make sure that you are a good candidate for surgery.



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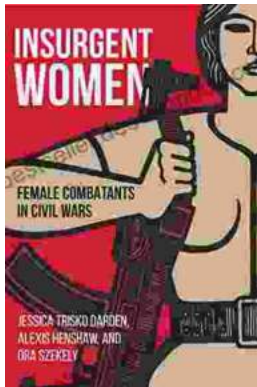
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