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**How Abdominoplasty Works**

*If you suffer with excess fat and abdominal skin that no amount of exercise or diet has alleviated, abdominoplasty is a good option.*

**/24-7PressRelease/** - GLENDALE, AZ, May 15, 2008 - Abdominoplasty, also referred to as a "tummy tuck", works to flatten the abdomen and tighten the muscles in the abdominal wall. If you suffer with excess fat and abdominal skin that no amount of exercise or diet has alleviated, abdominoplasty is a good option.

Situations that call for a tummy tuck:

- Family genetics have predisposed the person to excess fatty deposits in the abdomen
- There is excess fat and stretched skin from a recent pregnancy or multiple pregnancies
- The person has recently undergone gastric bypass surgery
- The abdomen is a problem area that has not responded to exercise
- The normal aging process has left the person with reduced muscle tone and sagging skin.

**Partial Abdominoplasty**

Also called the mini-tummy tuck, this procedure works below the naval rather than on the entire abdomen. There is a smaller scar than after a full abdominoplasty..

**Complete Abdominoplasty**

This procedure removes excess fat and skin from the entire abdomen and sutures the vertical abdominal muscles together. In some cases it may be necessary to relocate the naval. A scar from hip to hip and a small, horizontal one below the naval will result.

**The Recovery Process**

Abdominoplasty recovery works best for people who follow every aspect of their plastic surgeon's instructions. You will be given printed instructions before your procedure, explaining how to care for yourself during recovery. They will tell you how to care for dressings, when you can shower or bathe, how and when to begin moving around, and how to deal with discomfort or pain. You will have a pain medication prescription already filled by the time you go home to recover.

Be sure and set up your home recovery space ahead of time. Stock up on your favorite, easy-to-prepare foods (unless you have someone cooking for you). Arrange for things like walking the dog and bringing in the mail, if you live alone. Have lots of pillows and a clean, comfortable space to relax in. Gather some good books, movies, hobby supplies, a TV guide - whatever will help you pass the time and recovery with speed and efficiency.

The entire healing process varies with each individual patient. Some factors include:

- The type of abdominoplasty received
- The person's general health
- The person's ability to heal after surgery

It is important to listen to your body as you begin the healing process. It may take anywhere from a few weeks to several months for you to feel well and healed enough to resume your normal activity

**Who does abdominoplasty work for?**

People in good general health who maintain realistic expectations have the most satisfactory results. It's important too that you desire improvement in your personal appearance for your own sake, not to please someone else. Abdominoplasty works best when you and [your cosmetic surgeon](#) communicate clearly before, during and after the surgery.

[Contact Dr. Paul Angelchik](#) for more information about how abdominoplasty can work for you.