

bodySCULPT®

Achieve a Contoured Abdomen with Tummy Tuck In New York City

Women can achieve a slim, toned and flat abdomen through Tummy tuck in New York City that can correct pot belly, sagging and a stretched abdominal region.



A flat and well-toned abdomen is something that most women desire. As part of aging, heredity, pregnancy, and major weight fluctuations women may get too much flab or excess skin in the abdomen area that doesn't respond to even strenuous exercise or diet. This could affect women's self-confidence and self-esteem. However, women can now achieve a slim and toned abdomen through the procedure **tummy tuck in New York City**. Tummy tuck, also known as abdominoplasty, is a popular plastic surgery to restore a youthful, toned appearance to the abdomen. It can correct pot belly, sagging and stretched abdominal region, flaccidity of muscles due to massive weight loss. This cosmetic surgery not only helps in achieving a well-sculpted body, but it also provides the following benefits.

Tummy Tuck Procedure

Tummy tuck focuses on correcting two main issues - excess loose skin and tighten muscles that have become loose or split following pregnancy. This procedure helps to restore weakened/separated muscles, and reshape and tighten the lower part of the abdomen.

Tummy tuck in NYC is provided using one of the three innovative body contouring devices:

- Smartlipo Triplex: It uses laser energy using three different laser wavelengths of 1440nm, 1064nm, 1320nm. This is a minimally invasive procedure that gives a smooth contour to your abdomen.
- BodyTite: This is a radiofrequency assisted liposuction device, wherein radio energy is passed through an internal cannula to an external electrode delivering focused energy into the desired areas. It tightens skin easily and provides for a toned abdomen.
- Vaserlipo: This innovative system uses ultrasonic energy that can differentiate targeted fat from other body tissues such as nerves, blood vessels and connective tissue with minimal trauma and provide a flat abdomen.

This procedure is suitable for both women and men. Women who have had multiple pregnancies and are bothered by excess fat and skin in the abdomen can opt for tummy tuck.

According to an article by NewsWire, tummy tuck could improve the quality of life even in obese patients. According to a study in the October issue of Plastic and Reconstructive Surgery®, the official medical journal of the American Society of Plastic Surgeons, **tummy tuck surgery** (abdominoplasty) yields high patient satisfaction and improved quality of life in patients who are overweight or obese despite a substantial risk of complications.

Abdominoplasty or tummy tuck is an effective procedure but people with increased body mass index may face risks in healing problems and other complications. Researchers analyzed 42 overweight patients who underwent tummy tuck procedure over a 12-year period. The patients were both women and men in the 41 - 49 age group and with BMI of 25 to 32.

Nearly half of the patients had some complications and 39 percent of the patients had minor complications. 36 patients completed follow-up surveys on an average of 15 months after their procedure. 94 percent of patients were satisfied with the results of abdominoplasty, while 97 percent stated they would choose to have the procedure again. Ninety-seven percent of patients said the procedure had improved their quality

of life and around half of patients said they lost additional weight after surgery. To minimize the chances of risk, plastic surgeons advise patients to reduce weight.

Tummy tuck is not, however, an alternative for weight loss or strenuous exercise to prevent obesity. With this plastic surgery, the patient can see a reduction and fluctuation in weight and the results are permanent too. It cannot correct stretch marks but these may be removed during the procedure. Women who have stretched muscles and skin due to multiple pregnancies can consider this procedure but it is not suitable for women who are still planning to have children. Anyone who is near their ideal weight can consider this plastic surgery.

Tummy tuck in New York City offers the treatment in diverse approaches:

- **Liposuction only abdominoplasty:** The procedure is suitable for women with localized deposits of fat in the abdominal area. This helps reshape the abdomen.
- **Complete abdominoplasty:** This procedure is ideal for women who need maximum correction. It tightens the muscles of the abdominal wall and dominant stretch marks are removed.
- **Limited abdominalplasty:** This approach is best for women with a minimal degree of skin laxity and a limited amount of excess skin.
- **Brazilian tummy tuck:** In this procedure incisions are made low on the pubic area and the procedure pulls up the pubic area. It has a medical benefit in that it can reduce the number of incontinent episodes.

If you are considering tummy tuck in New York City, find a reputable and experienced **plastic surgeon** providing the service at an AAAASF-accredited plastic surgery practice.