

File Created by [Blogging Rebirth](#) WP Plugin

# **Abdominoplasty Procedure for Weight Loss - Mini Tummy Tuck**

An acquaintance expressed a desire to have an abdominoplasty procedure. When she first informed us about this, we thought she was crazy and told her so. Why? Because she only weighs about 100 lbs soaking wet and works out daily. Seemed crazy to want a tummy tuck? She explained later that although she works out she has noticed that her abdominal muscles are sagging as she gets older. She wants to look her best, which is why she works out AND wants the tummy tuck.

Can't blame a lady for that can you?

The procedure she wants is called a mini-tuck where doctors create an incision, perform minimal liposuction if required, tighten the skin, then stitch closed. The belly button does not require relocation when a mini-tuck is performed.

For the recovery period, doctors insert a drain tube to remove excess fluid. The lower abdomen is then bandaged with a compression dressing. Depending on the severity of pain either prescription analgesics or over the counter pain relievers may be used. Recovery time for a mini-tuck is 2-3 weeks.

Of course, these days there is a non-invasive way to achieve the same result as a mini tummy tuck using a procedure called Cryolipolysis (or body sculpting). This procedure involves freezing the undesired layers of fat which damages them and causes them to slowly die over a period of around three months. It involves four steps.

1. Precisely controlled cooling is applied through the skin to the fat layer
2. Cooling is maintained for the required time period to damage the fat cells(usually 60 minutes)
3. Damaged fat cells begin to be naturally removed over several months
4. The natural removal of fat cells over time causes a gradual reduction of the fat layer

This procedure generally results in a loss of around 1-2 inches on the abdomen, which would clearly be enough for most people seeking a mini tummy tuck.

Another friend had an abdominoplasty procedure after two pregnancies with large babies (9 lb 13oz and 10 lb 11oz). She suffered gestational diabetes during both pregnancies which is why her babies were so large that they had to be born by Cesarean Section. Although she lost the baby weight she still ended up with excessive skin on her abdomen and was told her abdominal muscles would never recover.

As you can imagine, she had a full tummy tuck involving "baseball stitching" the damaged muscles, removing excess fat with liposuction, trimming the excess skin and stretching it tight, relocating her navel and closing the incision. Drain tubes were inserted to prevent fluid from accumulating and aid recovery. The area is then bandaged tightly with a compression dressing to support the muscles. Strong analgesics are then prescribed to regulate the pain and discomfort associated with the procedure. Recovery time for a full tummy tuck is about six weeks.

Therefore, if you are looking for a toned, flat belly, check out board-certified plastic surgeons in your area and request a consult. Discuss your options and whether you are a potential candidate for surgery. It may be one of the smartest choices you have ever make. Just imagine, ending the battle of the bulge!

Although not advised as an alternative to exercise and dietary modification, an abdominoplasty procedure may provide a solution for problem areas.

You can also find this article published on [Abdominoplasty Procedure for Weight Loss - Mini Tummy Tuck](#), and on the tag pages [Weight Loss Surgery](#).