

TUMMY TUCK

Get that Flat Abdomen and remove those stretch marks!.

A tummy tuck, which is also known as abdominoplasty, is a cosmetic operation, which is targeted at improving the appearance of the human abdomen. This surgery can be done on either a man or woman but not on kids growing children.

In the course of this tummy tuck surgery, surplus skin and fat which are extra and not needed in the stomach, are removed from the tummy. The aim is to make the stomach better in appearance, flat, firm and attractive.

For patients taking this surgery the exact area of attention for performing this surgery often differs as not everyone needs to lose belly fat in the exact same spot. According to the patient's needs a tummy tuck might be required if there is the presence of excess fat or skin around the expanse of your bellybutton or even towards the lower abdominal wall.

What most people love about this procedure is the ability to change a body image and especially, make clothes fit sexy!

To achieve this surgery, the connective tissues in the belly, mostly in the fascia generally, are constructed with closures; thus, the residual skin is then transposed to create a more toned look which makes the stomach look more striking.

Which type of tummy tuck should you consider?

There are three types of tummy tuck surgeries that can be conducted on a patient. Deciding on the type of tummy tuck surgery that is best for you can give you the best results- These three are:

Reverse tummy tuck surgery.

Mini tummy tuck surgery.

Traditional tummy tuck surgery.

If you are unsure of the one which best suits you, communicating with the doctor on appointment, will assist in resolving this.

Most times, the reverse tummy tuck surgery is determined by loose skin above the belly button. For the mini tummy tuck operation, beneath the belly button where tissue and skin is all loosely hung toward the end. However, if the skin below and above your navel is all flabby, then the traditional tummy tuck surgery is needed.

Flat Abdomen. Remove Stretch Marks.

Excess fat in the tummy can be quite annoying, especially when you have tried using multiple types of exercise to get rid of it. Belly fat is the toughest body fats to remove that are quickly accumulated within a short period.

When exercised seem tedious, or result seem unachievable with slack skin in the abdomen then tummy tuck could be your best option. If you are wondering if this surgery is suitable for you, this is what you should know:

Who is the perfect candidate of a tummy tuck surgery?

- If you have accumulated excessive stomach fat as a result of years or months of pregnancies, and you intend too lose belly fat quickly, then this surgery is perfect for you.
- It is also suitable for men and women who were once obsessed about losing weight, and who currently have excess skin or residual fat in their abdominal wall or at the lower part of it.
- Any man or woman who has gone through the aging process, thus having lost fat around the belly region and wants to tighten it.

Who shouldn't consider a tummy tuck surgery?

Due to how easy the surgery sounds, many people may believe that the operation is for everyone: however, it is not valid.

There are a number of people who are not supposed to undergo this cosmetic surgery. They include:

- Not advisable for women who plan on getting pregnant or are still having kids. It is highly recommended that this surgery should be done after a woman has stopped giving birth. The reason for this is because the tummy tuck surgery tightens the vertical belly muscles, and these muscles are normally stretched when pregnant.

However, if you happen to be perfect candidate for this beauty surgery, then the Da Vinci Plastic Surgery Clinic is the ideal place to get it done.

Who We Are

For over twenty four years, Da Vinci Plastic Surgery Clinic in Tijuana has been in the Cosmetics and Plastic Surgery industry for maximum patient satisfaction and safety, having conducted about two thousand tummy tuck surgeries. Our clinic is specialized in beauty surgeries with professional, trusted, medical personnel such as Dr. Soberanes.

Dr. Soberanes is the chief surgeon and a most experienced, board-certified plastic surgeon in Tijuana Mexico for the Tummy Tuck operation. Aside from this surgery, he is also experienced in conducting other varieties of surgeries such as Brazilian Buttlift, mommy makeover, breast augmentation surgeries, and facial plastic surgeries; all with proven results.

Da Vinci Plastic Surgery Clinic is also regarded as the best surgery clinic in Tijuana at the very heart of Mexico. Over 6,000 satisfied patients in total have undergone beauty surgery and gone home with satisfactory results.

One of the many good things about our clinic is the friendly environment which assures the patient of a positive outcome. On attendance, our staff is welcoming and ready to help fix your appointment with the doctor.

Tummy Tuck Surgery Procedure in Tijuana Mexico

It is best to have an understanding of this surgery, so you can better judge if it is best for you. Below is all you should know:

Pre-surgery consultation, including a physical examination is done to assess a patient's general medical condition.

At start of the tummy tuck surgery, the patient receiving the surgery is put under general anesthesia.

Depending on the doctor's decision, the opening could be made either around the belly button navel, or either at the hip bone, or at the side of the hip which is at the side of the body. The point is, the opening could be at the spot the doctor notices excess fat or where the patient feels it is best for them.

There will be a separation of the abdominal muscles. These muscles are put back together and then stitched together. Thus, creating a narrow or thinner waist and toned abdomen.

There will then be removal of unwanted excess skin and neatly tightened muscles.

Depending soon where the opening took place, the openings are then placed back in their normal position. And a sterile dressing is situated in the stitched area for proper healing.

In total, this surgery could take up an estimated 2 to 3 hours.

What is expected of the patients before the surgery?

As a patient who will be undergoing tummy tuck surgery, there are certain things expected of you to be done before the surgery:

- Booking an appointment with the doctor.
- Medical history.
- Conducting a physical examination.
- Stable weight.
- Quit smoking.
- Giving medication to prevent complications.

After the surgery

After the first day of the operation, there may be specific pains, which can be subdued by pain medication. The part of the abdomen which underwent the incision process will be dressed up for proper healing.

The patient is then moved from the surgical room to the resting ward by the medical staff. They will also assist in the prevention of blood clotting. Blood-Thinning medication may be prescribed for the patient also. Added to this, complete bathing is not recommended as the abdomen is wrapped up; instead, the other parts of the body will only be cleaned periodically with a damp or sponge.

For about six to seven weeks, you are expected to wear supportive abdominal garment, mostly known as an abdominal binder after the tummy tuck surgery. The doctor will also explain how to care for the scars for faster healing.

As a patient who has undergone a tummy tuck surgery, your sitting position will be very different from the usual. Recommended sitting or lying positions will be given to you to prevent the reopening of the wound or to prevent additional bleeding.

Final results

The final result will be noticeable after two to three months, though it also depends on the patient. Also, a lasting effect can be achieved if the patient also maintains a stable weight.