

New Concepts On Abdominoplasty And Further Applications



New Concepts on Abdominoplasty and Further Applications by Juarez M. Avelar

★★★★☆ 4 out of 5

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Abdominoplasty, or tummy tuck, is a surgical procedure used to remove excess skin and fat from the abdomen. This can result in a smoother, tighter abdomen and a more contoured waistline. Abdominoplasty has been performed for many years, and there have been several advances in the techniques used to perform the procedure.

Traditional Abdominoplasty

Traditional abdominoplasty involves making a horizontal incision across the lower abdomen, just above the pubic area. The excess skin and fat are then removed, and the remaining skin is tightened. This technique is effective at removing large amounts of excess skin and fat, but it can also result in a long scar.

Newer Abdominoplasty Techniques

Several newer abdominoplasty techniques have been developed in recent years. These techniques are designed to minimize scarring and improve results. Some of the most popular newer abdominoplasty techniques include:

- **High-definition (HD) liposuction:** HD liposuction is a technique that uses suction to remove fat from specific areas of the body. This technique can be used to create a more contoured abdomen with more defined muscle groups.
- **Periumbilical abdominoplasty:** Periumbilical abdominoplasty is a technique that involves making a smaller incision around the navel. This technique is less invasive than traditional abdominoplasty and results in a shorter scar.

Benefits of Abdominoplasty

Abdominoplasty can provide several benefits, including:

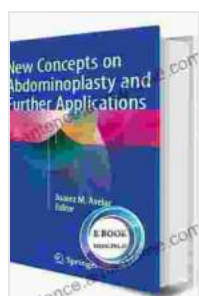
- A smoother, tighter abdomen
- A more contoured waistline
- Reduced back pain
- Improved posture
- Increased self-confidence

Limitations of Abdominoplasty

Abdominoplasty is a major surgery, and there are some potential risks and limitations to be aware of. These include:

- **Scarring:** Abdominoplasty can result in a long scar that may be noticeable. However, the scars from newer techniques are less noticeable than those from traditional abdominoplasty.
- **Bleeding:** Abdominoplasty can involve significant bleeding. This is why it is important to choose a surgeon who is experienced in performing the procedure.
- **Infection:** Abdominoplasty is a surgical procedure, and there is a risk of infection. This risk can be minimized by following the surgeon's instructions for post-operative care.

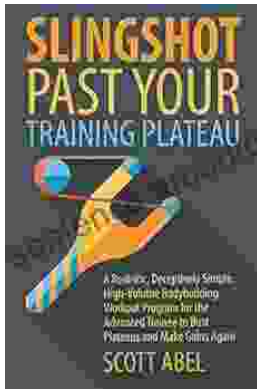
Abdominoplasty is a safe and effective procedure that can help to improve the appearance of the abdomen. There have been several advances in the techniques used to perform abdominoplasty in recent years, and these newer techniques are less invasive and result in less scarring. If you are considering abdominoplasty, it is important to consult with a qualified plastic surgeon to discuss your goals and expectations.



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