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There are many exercise people do to get a toned and firm abdomen. Even after all hard works and diet if you still feel disappointed, cheer up! Tummy Tuck surgery is out there to fulfill your wish. The medical science has devised technique to remove extra fats and skin to make abdomen flat and firm.

The tummy tuck surgery is a highly individualized process. So, one should do through research before undergoing the surgery. This procedure should not be considered as an alternative to weight loss. The tummy tuck surgery has following categories:

a. Complete Tummy Tuck surgery- Under complete tummy tuck surgery, an incision is made from hip to hip (just above the public part) and another incision is made to free the naval from surrounding skin.

b. Partial Tummy Tuck surgery- partial surgery is done focusing on skin and fat of lower abdomen.

c. Extended Tummy Tuck surgery- It is the complete abdominoplasty which also includes a lateral thigh lift.

d. High lateral tension tummy tuck-Under this procedure, apart from lateral tightening horizontal tightening of skin is also performed.

e. Combination Procedure- Under this surgery a lower body lift is performed.

The recovery after tummy tuck surgery depends on the overall health. Those who were in good physical condition before surgery will make relatively faster recovery. Generally, it takes 3 to 6 months to recover completely. However, fading of scars takes almost over a year.

The tummy tuck surgery involves certain risks like: bleeding, visible scars, suture rapture, nerve damage, skin loss, pain (that may persist), persistent swelling in the legs, death (very rare) etc. So, it is a One should consider consulting a certified doctor before undergoing this surgery and carry out all the instructions to make itself fit for the surgery.

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For more information on a tummy tuck, check out the info available online; these will help you learn to find the a tummy tuck surgery!

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