

Abdominal Fat: Here Today, Gone Tomorrow

Tummy Tucks Are An Overnight Success...



BEFORE

You may be one of millions of men and women who work hard dieting and exercising, but can't seem to lose that pesky excess tummy fat. You may be a mother who has had multiple pregnancies, causing your abdominal muscles and skin to stretch, leaving sagging skin and stretch marks. Perhaps your skin has simply lost its elasticity over the years. Whatever the case may be, you deserve to look and feel your best and an Abdominoplasty, better known as a Tummy Tuck, may be the procedure that can make it happen for you.


A Tummy Tuck is a common procedure performed by skilled surgeons on millions of Americans every year. An incision is made across

the lower abdomen, from hipbone to hipbone, to allow for the removal of excess skin and fat from the middle and lower abdomen, giving you back your sexy bikini body. A "Mini" Tummy Tuck, which is a less complicated procedure, is also available to remove excess skin from below the belly button only.

Additional benefits to a Tummy Tuck include tightening of the abdominal wall, giving women the "V" shape they've always wanted, and reduction of stretch marks and caesarean section scars. The best part is that the results are immediate and scarring is minimal and hidden below the bikini line.

Often patients considering such a procedure confuse a Tummy Tuck with Liposuction. The easiest way to remember the difference is that a Tummy Tuck is removing excess skin AND fat, while Liposuction removes only excess fat. The most beneficial option is to combine the treatments into one surgery, removing the excess skin and fat from your abdominal area and removing excess fat from your hips and thighs simultaneously. This not only reduces cost and eliminates multiple healing times required by separate surgeries, but also gives you the complete slim and sleek body you desire, overnight.

Although a Tummy Tuck procedure may be considered standard, finding a well-qualified surgeon will give you the peace of mind necessary to move forward with such a procedure. Questions regarding Tummy Tucks before and after pregnancy, allowed activity levels after surgery, and if a "Mini" Tummy Tuck is right for you, are best answered by a physician with experience and credentials.

To contact a plastic surgeon who stays current with cosmetic surgery you can call the Center for Cosmetic and Reconstructive Surgery at (847) 577-6400 or visit the Website www.drkotis.com. Dr. Kotis is nationally recognized as Chairman of the Department of Plastic Surgery and Chairman of the Plastic Surgery National Conference held in Chicago. He is also an Associate Clinical Professor at the University of Illinois and a member of the American Osteopathic Board of Surgery. 



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