



Are you a good candidate for a tummy tuck?

Description

Remove excess fat and skin to achieve aesthetic and medical goals

A **tummy tuck**, also known as **abdominoplasty** is a relatively safe procedure that allows men and women to achieve their aesthetic and medical goals, but it's essential to determine if you're a good candidate.

The procedure is becoming increasingly popular among men and women who want to remove excess fat and skin and strengthen weak abdominal muscles. It allows patients to restore their confidence by achieving a toned tummy.

According to a March 2019 study by [Plastic and Reconstructive Surgery](#) medical journal, the first to use quantitative methods to identify factors affecting patient satisfaction in cosmetic surgery, the authors found that a majority of patients reported an improved sense of self-esteem after abdominoplasty.

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Tummy tucks are most common among people whose bodies have undergone dramatic changes from weight loss, medications, or pregnancy. If you're interested in a tummy tuck, determine if these signs resonate with you.

Here are five signs you're ready for a tummy tuck:

1. You're Financially Capable

It would be best to be financially capable of paying for a tummy tuck before you plan your treatment. The best way to determine if you're financially ready is by finding out the cost of a tummy tuck at different clinics. The prices may vary depending on the geographic location, type of tummy tuck, surgeon's expertise, and individual needs.

The [cost of a tummy tuck in Toronto](#) and other cities in the GTA can range from \$4,000 to \$15,000. You will need to go for a consultation to determine the accurate cost, depending on your needs and the location.



2. You've Lost a Significant Amount of Weight

People who've lost a significant amount of weight generally deal with loose skin, hindering one's confidence. If you're looking to tone your tummy after weight loss, a tummy tuck might be the ideal option.

For better results, you can also combine a tummy tuck with other procedures, such as [liposuction](#). Adding liposuction to your tummy tuck allows the surgeon to address exercise-resistant fat concurrently, eliminating loose skin and repairing muscle tissue. Your final decision depends on your expectations from the procedure and your financial status.

3. You Experience Muscle Weakness

Losing a lot of weight and being left with excess skin and muscle laxity can result in discomfort among many people. Sometimes, diet and exercise cannot repair these issues, so you may need a more prominent solution. If you want to strengthen your abdominal muscles for better posture, improved appearance, and comfort, you could opt for a tummy tuck.

4. You're in Overall Good Health

You must be in good health when seeking a tummy tuck to avoid complications during surgery or recovery. Although the surgery is low risk, any significant underlying issues, such as connective tissue and autoimmune disorder, can affect your recovery.

You can enjoy a tummy tuck's many aesthetic and [medical benefits](#) if you're in overall good health. Some medical benefits include reduced back pain, better urinary incontinence control, and ventral hernia correction.

5. You Have Realistic Expectations

Although a tummy tuck can effectively tone your abdomen to improve its appearance, it's important to have unrealistic expectations from the procedure. Tummy tucks are not designed to help you achieve drastic weight loss goals. If you have unrealistic expectations, you might be disappointed by the results, causing unnecessary stress to your body and mind.

If you think you're a suitable candidate for a tummy tuck, consult a reputable clinic to confirm if the procedure is right for you.

Image: Karolina Grabowska – Pexels

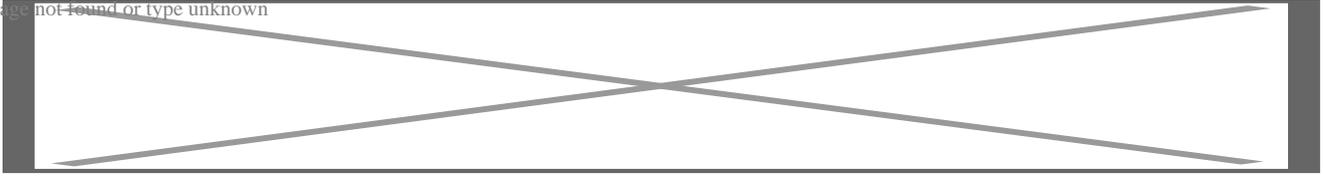
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Date Created

June 2022