

Dr. Michael Diaz Breast and Body Specialist Series**With Abdominal Rejuvenation, Liposculpture or Tummy Tuck, start the summer with a new you**

The summer will be fast upon us. Many women look to this time to plan rejuvenation of their breast and bodies. In this series we will illustrate some of the more commonly performed procedures of the summer season.



Dr. Michael Diaz

can team up to perform facial procedures simultaneously with abdominal rejuvenation. Because these procedures can be completed in under two hours they are outpatient. The recovery will vary according to the technique but most patients are back to their usual activities in about a week.

The most commonly performed procedure for abdominal rejuvenation is an abdominoplasty (also known as a “tummy tuck”). This procedure tightens and helps flatten the abdomen by removing the excess flabby skin. The stretched muscles are tightened by suturing them together in the midline, creating a “corset” which helps flatten the pooch and narrow the waistline. I perform the muscle tightening in two layers to provide a longer lasting, smoother result.

The original belly button is repositioned to a more natural, youthful position and shape. The pubic area is also shortened and elevated to the dimensions and position of youth. Some patients also have some improvement in their upper thighs. Because the changes can be dramatic and comprehensive it is easy to see why this is the most popular technique.

Some patients may only need to correct the lower abdominal pooch. For these patients a mini-abdominoplasty (“mini-tummy tuck”) is a good option. It uses a smaller incision to remove the excess skin below the belly button. The pubic area is raised and the muscles are tightened to complete the rejuvenation of the lower abdomen.

Mini-tummy tucks are often performed in conjunction with liposculpture of the sides to help define the waist. Many times the incision is only a bit longer than an existing C-section

scar. This is an excellent option for women who are unsatisfied with the depressed scar resulting from a C-section. Because the amount of surgery is less, recovery is often quicker.

Liposculpture of the abdomen can help remove unwanted pockets of fat. After a dilute anesthetic is injected, long thin wands called “cannulas” are used to strategically remove the unwanted pockets of fat. The anesthetic solution decreases bruising and provides post-operative discomfort relief. This technique works well for love handles, hip rolls, saddle bags and side rolls. It can also improve the side along the breast (“bra fat”) that is accentuated when wearing a bra.

This procedure can be performed either under general or twilight anesthesia. After the procedure a garment is worn that helps shape the abdomen, and provides support and comfort. Because most patients have stretched muscles and loose skin, liposculpture is usually incorporated with a tummy tuck or mini-tummy tuck.

Not all tummy tucks are created equal

Although tummy tucks are very common, not every tummy tuck is the same among patients. A tummy tuck is an operation that can be easily overdone, leading to an unnatural boxy look with an obvious scooped-out lower abdomen.

I believe that a tummy tuck should not only flatten the abdomen but should accentuate the female form and highlight natural, youthful, sexy curves. Blunting of feminine curves or scooping/scalloping of the lower abdomen are to be avoided. I endeavor to maintain these curves both in the front

view and side views as well. In order to achieve this I adjust my technique as necessary to satisfy the needs of your individual body. Even though I perform the muscle-tightening corset repair in two layers, I am very conscious to not overdo the correction and to preserve the natural curves.

I plan the procedure with the aid of your favorite underwear or bikini bottom, although final scar placement cannot be guaranteed. My goal is to get my patients to wear two-piece bathing attire after this procedure. Even if you don't wear two pieces now, wouldn't it be great if you could?

Tummy Tucks: changes you can feel

The rejuvenation of the abdomen through a tummy tuck or mini-tuck leads to changes that are not only visual but tactile as well. The skin feels tighter, thinner and more youthful. Because the abdominal muscles are tightened, some patients feel their core stronger and have reported improvement of back pain/weakness. Most patients feel their clothing fitting better and looser; it's not uncommon to go down a few dress sizes.

Elevating the pubic area also exposes the most intimate areas of a woman's anatomy, which has improved the sex lives of many very happy patients! Although the visual changes can be dramatic, the tactile changes are an oft overlooked benefit as well.

Abdominal rejuvenation can help reverse the changes of a life well-lived. Any patient considering this or other techniques should set up a consultation with Dr. Diaz. Appointments can be arranged calling 321-308-0698 or visiting www.DiazBreastandBody.com.

Start the Summer with a New You! ♦

Abdominal Rejuvenation 101:

The ravages of age, fluctuations in weight, and pregnancy can have a significant toll on a woman's shapely forms. The abdominal skin is stretched creating flab and excess skin rolls. The abdominal muscles and lining are stretched leading to a “pooch.” Because it is caused by stretching and not muscle tone, this pooch will not improve with sit-ups. Pockets of fat (love handles, hip rolls, saddle bags) develop that are resistant to diet and exercise.

The belly button is flattened or covered by loose overlying abdominal skin. The pubic area (mons pubis) is stretched and descended. Although diet and exercise can help with weight loss and toning, many of these changes will require surgical correction.

A variety of procedures can help reverse these changes, including tummy tuck, mini-tummy tuck, and liposculpture. These procedures can be combined with other cosmetic techniques like breast enhancement, facial surgery, or with insurance-based surgeries like tubal ligation, hysterectomy, or hernia repair.

My partner Ross Clemons, M.D., a facial plastic surgery specialist, and myself