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Tummy Tuck Los Angeles - After my massive weight loss, how do I decide between a tummy tuck and a body lift? by [Beautifulfigure](#)

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To decide between a tummy tuck and lower body lift, you need to consider what body areas bother you the most. After massive weight loss, each patient loses fat differently. Some patients will lose a significant amount of abdominal fat, while other patients may not lose as much. Some patients will lose a significant amount of fat from their thighs and buttocks, while others may not. Another variable is how well the skin will contract or shrink-wrap around the area of fat loss. The amount of skin contracture depends on your age, the amount of weight loss, and the quality of your skin.

To decide between a Tummy Tuck Beverly Hills and a lower body lift, you need to consider what each procedure will do for you. Both the tummy tuck and the lower body lift will remove abdominal skin and fat. In addition, both the tummy tuck and the lower body lift involve tightening the rectus or abdominal muscles and led to a flat abdomen. However, the lower body lift goes much further than a tummy tuck.

If you are bothered by your outer hips, love handles lower back, and buttocks, then a lower body lift may be the better surgery for you. The lower body lift or 360 body lift involves an incision that extends completely around your body and removes skin and fat from your entire torso. The incision extends from just above the pubic region, around the hips, and meets in the back. The lower body lift will remove skin and fat from the abdomen, outer hips, lower back, and buttocks. This can result in a flat abdomen, contoured outer thighs, and a lifted buttock. In comparison, the tummy tuck only removes skin and fat from the central abdomen; the tummy tuck does not address the hips or the buttocks.

Another benefit of the lower body lift over the tummy tuck is the minimal chance of a dog-ear. A dog-ear is a collection of skin and fat left at the ends of the incision/scar. This can occur after a tummy tuck if the incision was too short and not enough skin and fat were removed. A tummy tuck dog-ear is usually corrected by extending the incision and removing the excess skin and fat. The lower body lift has minimal chances of a dog-ear because of the design of the surgery and the fact that there is no end to the incision. Some tummy tuck dog-ears are so large that to remove the dog-ear, the incision needs to extend further towards the back. This results in a longer incision and is sometimes called an "extended" tummy tuck. The problem with the "extended" tummy tuck is that the incision is longer, but it does not truly lift the outer thighs. In addition, an extended tummy tuck does not raise the buttocks. Usually a lower body lift is better than an extended Tummy Tuck Los Angeles because the lower body lift raises and tightens the outer thighs and buttocks.

In conclusion, if your outer hips, thighs, and buttocks bother you, the lower body lift may be a better procedure for you than a tummy tuck. The body lift is a longer and more involved procedure, but addresses more areas in a single surgery than the tummy tuck.

For more information about the lower body lift and the tummy tuck after massive weight loss, please read more on our web site at www.bodybykatzen.com. To view the lower body lift procedure, please go to "You Tube" and search for "360 body lift avi".

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