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Having a big belly hanging over your pants can be very frustrating, especially when no amount of dieting seems to make it go away. Most people solve this problem with strenuous exercise and single-minded discipline. But for people who have had no success with exercise or are not inclined to physical activity, what other options are there?

Short of getting your intestines shortened or your stomach reduced to limit your food intake, there are two other procedures you can undergo to reduce stomach fat: a tummy tuck and liposuction. These procedures are very different from each other, and you need to know which is which before going to a plastic surgeon. Having some background knowledge can also help you decide which procedure is best for you.

Liposuction. Liposuction is considered one of the most common procedures Americans undergo. A plastic surgeon makes minute incisions on the target areas and then proceeds to suck out the fat using a specially-designed instrument. Liposuction can be performed on the abdomen, the thighs, the knees, the calves, the cheeks, the neck, and the upper arms, and can either be done on its own or in conjunction with other procedures.

Tummy Tuck. A tummy tuck or abdominoplasty fixes sagging or lax muscles in the stomach area to improve a person's overall body image. This is usually performed following liposuction since the skin loosens after a significant amount of fat has been sucked out. With a tummy tuck, a surgeon basically takes out skin and fat to make your abdomen look firmer and smoother.

Differences. A tummy tuck Utah surgeons perform is generally considered an invasive procedure because two-foot long incisions are made to fix your abdominal skin. Tummy tucks might also relocate the belly button, which can be weird for some. Liposuction requires only minute incisions that are hardly noticeable, with non-invasive options now available.

Another major difference between liposuction and a tummy tuck Salt Lake City surgeons perform is the recovery time. With the use of a local anesthetic, liposuction recovery would last around three days. For tummy tucks, on the other hand, recovery could last as long a couple of weeks, depending on the patient's needs.

More people still prefer liposuction, but as mentioned earlier, a tummy tuck Utah surgeons carry out is best performed in conjunction with liposuction for a better and cleaner post-op image. For more information, you can visit plasticsurgeryportal.com/articles/tummy-tuck-vs-liposuction/162 or yourguidetoplasticsurgery.com/liposuction-vs-tummy-tuck.

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