

ALL ABOUT *Abdominoplasty*

“Why Did I Wait So Long?!”

At Dermatology + Plastic Surgery, we often hear this question from patients after undergoing a tummy tuck, also known as [abdominoplasty](#). This transformative procedure is designed to remove excess fat and skin while restoring weakened or separated muscles, resulting in a smoother, firmer abdominal profile. Whether due to aging, heredity, pregnancy, or significant weight fluctuations, many people find that traditional methods like diet and exercise can't quite achieve the flat, toned abdomen they desire. That is where a tummy tuck comes in.



BEFORE



AFTER



BEFORE

AFTER

What a Tummy Tuck Can Do For You

One of the most significant benefits of abdominoplasty is how it can address concerns that even the most dedicated fitness routines may leave behind. Loose, sagging skin and a protruding abdomen are often resistant to change through exercise alone. A tummy tuck not only removes excess skin but also tightens the underlying muscles, providing a more contoured abdominal area.

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All I can say is that The entire staff is outstanding. Nothing is overlooked. The attention to detail and the professionalism exhibited demonstrates that you can receive the best medical treatment one can ever hope to receive.



Is Abdominoplasty Right For You?

It is important to understand that a tummy tuck is not a weight loss solution. It is designed for individuals who are already at a stable weight and in good health but are struggling with the appearance of their midsection. If you are planning to lose a significant amount of weight or considering future pregnancies, it may be best to postpone the procedure to ensure the best and most lasting results.

Mention this newsletter and receive a

Complimentary Consultation

with our double board certified plastic surgeons!

**\$200 value, offer valid scheduling through October*

SCHEDULE AN *Appointment*

If you are bothered by the appearance of your abdomen and feel like nothing seems to work, abdominoplasty could be the answer you have been searching for. Fill out our [online contact form](#) to schedule a consultation with our experienced surgeons at For Your Best Self in Melbourne or Indialantic, FL.

[CONTACT US](#)

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CONNECT WITH US



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