

## **Abdominoplasty; When Diet and Exercise No Longer Work.**

I see many patients with our physicians yearly who are confused about their loose skin and its ability to retighten with diet and exercise. A common complaint I hear is “I work out with a trainer and I have a very healthy diet and I can’t get my stomach to look the way it used to”. Skin has the ability to stretch with pregnancy and weight gain, but it doesn’t always have the ability to retract to its former state. The underlying abdominal muscle wall can also stretch causing separation of the muscles, which results in the abdomen protruding outward. Most personal trainers are not aware of this, and while they have your best interests at heart, they are not medically trained professionals and have often given advice to our patients to just keep up their exercise regimen and the results they desire can be achieved.

This frustrates patients, and the situation commonly concludes with the person losing interest in the exercise routine and diet that they feel has “failed them”. The truth is, it hasn’t failed them, but often it can only take them so far in achieving their goals.

Abdominoplasty, or tummy tuck removes excess fat and skin and restores weakened or separated muscles. This creates an abdominal profile that is smoother and firmer, enhancing your body image and confidence. Tummy tuck differs from liposuction as it removes both the excess skin AND underlying fatty tissue whereas liposuction removes only the underlying fatty tissue and requires good skin tone for the best results.

I would encourage anyone who feels frustrated that their exercise and diet regimens are not achieving the results they desire to research abdominoplasty and see if they are a candidate for this procedure.