# New Jersey Plastic Surgeon Explains New Tummy Tuck Study

August 4, 2012

EDDISON, NEW JERSEY (RPRN) 08/04/12 — Obtaining a flatter stomach is the most obvious benefit of undergoing a tummy tuck. However, it was suggested in a recent study published in the Plastic and Reconstructive Surgery journal that it could have psychological advantages as well.

A plastic surgeon from Kansas named Dr. Eric Swanson conducted a study that assessed the quality of life for 360 patients who underwent liposuction and/or tummy tucks, also known as abdominoplasty, to eliminate excess fat. Around 60 percent of the patients only had liposuction performed, while 35 percent underwent a combination of liposuction and tummy tuck. The remaining patients only had a tummy tuck.

85 percent of the patients were women with an average age of 42. Overall, 86 percent reported an improved sense of self-esteem and 70 percent reported improved quality of life.

"People have these procedures done because they are looking to improve their self-image," said Dr. Shain Cuber, a plastic surgeon in New Jersey. "Now science backs their reasoning and its not surprising to me because patients often feel more confident about themselves when they see their results."

Patients who underwent liposuction and a tummy tuck in NJ said they would undergo the surgery again and 99 percent said they would recommend it to others.

A tummy tuck is performed to remove excess skin and fat in the abdominal region. An incision is made below the bikini line to tighten the muscles and bring them closer together. In New Jersey liposuction helps removed stubborn pockets of fat around the abdomen area. The result is a smaller waist and a tighter abdomen. Recovery time is anywhere from 10 days to three weeks.

Dr. Andrew Miller

"For people who are unhappy with the way their mid section looks, these procedures can transform your body and even your mind," said Dr. Cuber, who also offers breast enhancement surgery and thigh lift at his clinic.

**Learn More**

To find the best NJ facelift surgeon for your tummy tuck procedure, contact Associates in Plastic Surgery by visiting www.AssociatesinPlasticSurgery.com or calling toll-free at 1-800-924-6397.

**About Us**

Associates in Plastic Surgery offers the latest advances in plastic surgery with five convenient locations in New Jersey and New York. Their staff of highly experienced professionals is dedicated to their patients well-being with state-of-the-art facilities and free consultations.

*© 2012 Master Google and Associates in Plastic Surgery. Authorization to post is granted, with the stipulation that Associates in Plastic Surgery and Master Google are credited as sole source. Linking to other sites from this*

*press release is strictly prohibited, with the exception of herein imbedded links.*

*You may also link back to this post at RushPRNews.com.*

**Media Contact Name:** Andrew J. Miller
**Media Phone:** 2126612563
**Media Web Address:** http://www.associatesinplasticsurgery.com

---

Filed Under: BREAKING NEWS, Lifestyle, PRESS RELEASE

RUSH PR NEWS newswire and press release services at rushprnews.com / Anne Howard annehowardpublicist.com

Content- Legal Responsibility - All material is copyrighted - You may repost but you MUST link back to the original post on your page and acknowledge Rush PR News as the news source. Rush PR News is not legally and/or morally responsible for content of press releases, opinions expressed or fact-checking.

Rush PR News cannot be held legally responsible for material published and distributed through its newswire service or published in its press-room and therefore cannot be sued for published material. Third-party must be contacted directly to dispute content.

Rush PR News is not the contact for material published.