

New Jersey Plastic Surgeon Explains New Tummy Tuck Study

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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.

"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.



Dr. Andrew Miller

Learn More

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