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e-book

RIPPED ABDOMEN WITH PLASTIC SURGERY

By *Mucio Porto*

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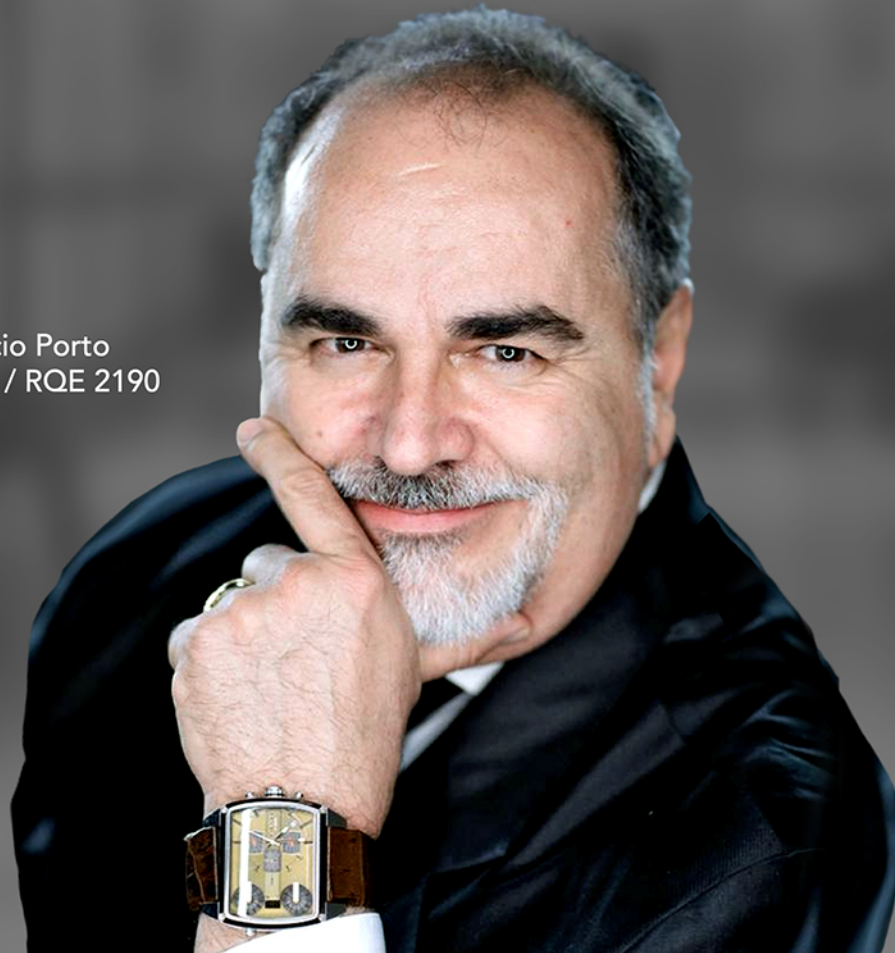
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Ripped Abdomen with plastic surgery!

I was asked this week in our office here in Brasília: Doctor Mucio, I've already tried to have a nice life at the gym doing exercises, but my abs don't give you, you know? Why can't you define?

And then I went to examine this girl. Gosh, she has a tummy tuck indication. She's had two kids, she's got a nice abs, but with a little sagging skin. And she didn't. Guys, look, I'm going to start here with a great truth, I'll just tell you. Do you have a baby? Sometimes you didn't, but in general, did you have a child? Know one thing, as much as you go to work out, most of the time, to define the abdomen the indication is plastic surgery.

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How the abdomen is formed.

The abdominal wall surrounds the abdominal cavity, functioning as a flexible covering and protecting the internal organs from damage. It is limited superiorly by the xiphoid process and costal margins, posteriorly by the vertebral column, and inferiorly by the pelvic bones and inguinal ligament.

The abdominal wall can be divided into two parts: anterolateral and posterior abdominal walls. This complex structure is formed by several layers, from superficial to deep: skin, superficial fascia, muscles and their respective fascia and peritoneum.

Evaluation

As a plastic surgeon, we need to assess whether you have excess skin, localized fat or especially diastasis, which is that removal of the abdominal muscles. We need to make an evaluation because otherwise people stay there, poor things, killing themselves in the gym and the belly doesn't improve. How can you have that flat stomach? And what is this crack talk?

Cracked, it's the defined abdomen, it's that belly you look at and you see that contour of the musculature, a nice contour, of the waist, the abdomen without excess, the abdomen let's say, anatomical.

First option, of course, you'll say, yeah, what's this guy talking about? Just because he's a plastic surgeon, he'll say it's surgery. But it's not, it's just going to the gym. Sure!

It's unbeatable, you have to go to maintain muscle tone. The problem is that when you are pregnant, when you gain skin, when you gain and lose weight, when you have a breakdown of your anatomy, it is not enough just to go to the gym. Something needs to be done to put the anatomy back in place. So, how can you get that defined abs, nice with plastic surgery? I will give you two options.

Ripped Abdomen with plastic surgery

Option 01 Plastic surgery


First option, which is the most common especially in mothers, in people who have lost weight, is plastic. Today I want to talk about how you make the abdomen have that coolest shadow of the musculature, with the plastic surgery of the abdomen.

The small abdomen, mini abdomen, or conventional abdomen surgery, which we call abdominoplasty and in the United States they call it mini makeover, or whatever it is called, it's that surgery that will put the muscle in place and remove excess fat at the same time.



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Option 01

Plastic surgery

How is it done?

In the vast majority, we put the rectus abdominis muscles back in place, those big muscles, which are on each side in the six-pack abs. So, the surgery she aims to put them back in the middle.

Do you know why?

When you get pregnant or when you gain a lot of weight, a lot of abdominal fat, this abdominal wall is pushed forward and to the sides, and the central part of your belly, your abdomen, which is a tissue that stretches, the fibrous tissue, it there is a distension that comes from inside, whether the fat and especially the uterus with the baby, causes these sutures, this line in the center will stretch, stretch and stretch and it cannot return to its place. It is when diastasis occurs, which is this removal of the musculature. Do you know what the only way to put this in place is? sewing.

Plastic! I knew that?

We cut down there. We peel off the skin with the fat and then I come from up here at the beginning of the ribs to the bottom near the pubis and I sew these muscles together, that is, I bring these two muscles together so that this belly, this wall becomes tense, structured again. in a way that it is no longer globular. Why do you get that round belly? That kinda belly, you know? Like a little ball, after a pregnancy. Because these muscles are pulled apart.



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Option 02 liposuction high definition.

If you don't have an indication for an abdominal plastic surgery and you have localized fat with a certain quality skin, cool, it's indicated for you to do high definition lipo.

High definition lipo is when you remove the excesses and make those shadows. It's the three grooves. Marking the sides of the rectus abdominis muscle and the center of the rectus abdominis muscle, in the middle above the navel.



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Option 02 liposuction high definition How is it done?

The surgery usually takes three to six hours, is performed under anesthesia and needs to be performed in a hospital environment. In the procedure, the cuts, which are usually about half a centimeter, are made for the entrance of the liposuction cannulas in the regions where the fat is drained. "Usually, small holes are drilled in the patient on the side from where more fat will be removed, to simulate the bottoms, which the muscles leave, a depression will be made. We call it a negative area.

It is worth mentioning that the procedure only offers interesting aesthetic results in people who already have little fat in the region."



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The cherry of the cake.

When I have plastic surgery, I put the muscles in place, and I remove excess skin, right? When I do a high definition lipo, I can even remove some skin, but I remove fat and I define the relief.

But there is missing content. He knows? Muscle. And you can't do that with plastic surgery, with lipo. It does not give. So the aesthetics market today offers us this option.

The cherry is the high-tech CM Slim machine. A high-intensity electric current technology to work the muscles.



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Ripped Abdomen with plastic surgery

CM Slim

How is done?

Its technology causes involuntary muscle contractions, triggering the release of free fatty acids, which break down fat deposits and increase muscle tone and strength.

This process is very similar to the way of doing physical exercises, but with a superior result, in less time and without effort.

Just 30 minutes with CMSlim is equivalent to more than 20,000 muscle contractions in the treated region. This is the path to a toned and healthy physique.


Do you have any doubt?

Click here and schedule a consultation.



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