

The fat man in the red suit has been, delivered copious amounts of presents to the “good” children and gone. Heads and bellies have survived the Christmas onslaught, only to be inundated with more alcohol, spicy h’ordeves and fattening nibbles. So what now? The New Year stretches ahead, full of promise and inviting spare of the moment resolutions to be loudly proclaimed. What do most of us want to change? Usually something that we have been thinking about for some time but need an excuse or the motivation to fulfil that wish. Frequently, I hear about people starting on the latest dietary fad. So what will get rid of that jelly belly that has been hanging over the tight jeans? What will tone up the muscles, and give them back the flat stomach that has eluded them all these years, especially since pregnancy? Well, newsflash!!! I am sorry to say but the Atkin’s, Tony Ferguson, Pritkin’s, the low GI and the Blood Type diets with no amount of crunches on your Abflexer, exercise ball, sit up or pilates will rid you of excess skin or repair split muscles. Certainly they will help. So what will? An abdominoplasty, otherwise known as a “tummy tuck”. To remove sagging skin and excess fat from the lower and middle abdomen, is the aim of an abdominoplasty. To improve the abdomen’s appearance, function and long-term outcome, the muscles of the abdominal wall may tightened surgically during the procedure.