



let's talk
tummy tucks

Tummy Tucks

Benefits Beyond the Cosmetic

An abdominoplasty removes excess fat, skin, and tissue and often restores or tightens the abdominal muscles, creating a flatter, more toned looking tummy. Patients report feeling more confident in their clothes, workout wear, and swimsuits and enjoy having more options when shopping for these items. You may not realize that a tummy tuck can provide non-cosmetic benefits including...

- **Improve muscle tone with tightening of the abdominal wall or repair of a muscle defect.** For instance, a weakened abdominal wall caused by childbirth or massive weight loss can cause the belly to stick out (aka "pooch"). In some cases a ventral hernia can occur, where the intestine or abdominal tissue actually breaks through a weakened abdominal wall.
- **Improve posture and alleviate back pain.** Improved core stability gained by tightening the abdominal muscles results in better posture and can help alleviate certain types of back pain.
- **Eliminate rashes and skin breakdown** resulting from abdominal folds.
- **Improve Stress Urinary Incontinence (SUI).** According to the American Society of Plastic Surgery, studies suggest a tummy tuck may help with Stress Urinary Incontinence (SUI), a bladder control problem that results in uncontrollable

leakage triggered by coughing/sneezing, exercising, or even laughing.

Did you know insurance plans often cover abdominoplasty surgery or a portion of the surgery, if medical necessity criteria are met? Our experienced staff will review your situation and insurance policy to see if your surgery might be covered.



Ladies
nite
invite

March 1st, Waycross Office
1905 Tebeau Street | 912.285.4366

Ladies Nite Out: a big hit!

On Tuesday, February 6th, we hosted our very 1st Ladies Nite Out in our St. Simons Island office! We had a great turnout and had so much fun giving away fabulous drawings and special pricing. Thanks to all who made it out. We are already looking at the calendar to plan our next event!



FREEZE AWAY FAT!

Get the skinny on CoolSculpting®
The World's #1 Fat Reduction Treatment

Join our CoolEvent

February 20th, Brunswick Office
2500 Starling Street, Suite 603 | 912.280.9977



Specials & Events

Get **\$200 OFF** CoolSculpting packages with your gym membership card

Get **\$75 OFF** Laser photofacials, sublative and sublime laser treatments*

*Conditions apply; limited time only

CoolEvent in Brunswick

Feb 20th at 5:30 pm

2500 Starling Street, Suite 603

Ladies Nite Out in Waycross

Mar 1st at 5:30 pm

1905 Tebeau Street

Renue
Plastic Surgery