

Firmer, Flatter Tummy with Harley Medical Group

/EINPresswire.com/ UK (submitpressrelease123.com - press release) Pregnancy, weight loss and the natural ageing process can all cause the abdominal muscles and the skin on the tummy to become weak and loose, which can't be tightened through exercise, meaning for many people surgery is the best option to help achieve a smoother, tighter abdomen.

A popular choice to help achieve a smoother silhouette is the [tummy tuck procedure](#), which the experts at [The Harley Medical Group](#) have been offering as a solution for 30 years, and who will guide all patient's through the process, from the initial consultation, through to surgery.

The tummy tuck procedure takes around two hours and usually requires a one to two night stay in hospital. The procedure entails the Surgeon repositioning and tightening the tummy muscles, and removing any excess skin, so the abdomen is much tighter, creating a much sleeker tummy.

Following the surgery, patients are advised to rest and avoid strain on the abdomen for up to six weeks, to ensure a full recovery. Every patient will have their own, personal Nurse Counsellor throughout the whole process, who offers expert advice and guidance during every step of the journey.

Gemma Layton, Tummy Tuck patient at The Harley Medical Group, says: "Growing up, I was lucky to be naturally slim, and so was always confident with my body and how I looked. However, after having three children, my tummy skin and muscles gradually became much looser, and I became very conscious of my body, hiding my shape under baggy clothes.

I decided to have a tummy tuck after exploring my options for a couple of years. It was a big decision for me, but I'm so pleased I did it. The results are fantastic, and I feel so much more comfortable in my skin."

For information please about tummy tuck procedures as well as [laser skin rejuvenation](#) and more, visit <http://www.harleymedical.co.uk/>

Find Harley Medical on the web and social media:

Twitter: <https://twitter.com/harleymedical>

Website: <http://www.harleymedical.co.uk/>

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NOTES TO EDITORS

The Harley Medical Group is the UK and Ireland's largest cosmetic surgery provider, performing more procedures and with more clinics than any other cosmetic surgery group. It has been established since 1983 and is one of the most highly regarded Cosmetic Surgery Groups operating in the UK. It has treated over 500,000 patients to date.

The Harley Medical Group works tirelessly to maintain the highest standards in the industry for the benefits all cosmetic surgery and non-surgical patients. We are currently at the forefront of the campaign to ensure that the Government continues to regulate the use of certain laser types used in cosmetic surgery and non-surgical treatments so that patients are protected from rogue practitioners.

In 2004, The Harley Medical Group's Chairman Mel Braham, at the request of the Department of Health became a member of the department's Steering Committee, set up to oversee the introduction of new regulations covering the entire Cosmetic Surgery sector. All of The Harley Medical Group's clinics are registered with the Care Quality Commission. There are now clinics nationwide in the UK: London (Harley Street, Wimbledon, The City, Chiswick, Finchley & Watford), Marlow, Birmingham, Leeds, Brighton, Bristol, Manchester, Newcastle, Chester, Nottingham, Southampton, Cardiff, Chelmsford, Northampton, Cambridge, Maidstone, Reading, Sheffield, Liverpool, Bromley, Glasgow, Cheltenham, Leicester and Guildford.

The Harley Medical Group is renowned for introducing and pioneering most new surgical and non-surgical techniques to the UK and Irish markets. All new treatments and techniques are first thoroughly researched and tested before they are submitted for approval by the Group's Medical Advisory Board.

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