

Dr. Rassael Discusses Body Image and Surgery

Dr. Hadi Michael Rassael discusses the benefits of abdominoplasty surgery and a healthy body image.

CHEVY CHASE, MARYLAND , USA,
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EINPresswire.com/ -- In a recent study by U.S. Centers for Disease Control and Prevention, 49.3 percent of people twenty and older said they are actively trying to lose weight. "It's a constant concern for most Americans, and they don't always know who to turn to for help," explained [Dr. Hadi Michael Rassael](#). "With my background and experience, I've been able to help hundreds of people feel whole again."



Dr. Hadi Rassael

Putting on massive amounts of weight, pregnancies, and aging can all cause the abdominal skin to stretch beyond its elastic limit, and oftentimes, this can hinder its ability to return to a level of normalcy that's healthy. An abdominoplasty can be a great option for removing excess skin and fat. This type of procedure can also tighten the abdominal muscle.

[Dr. Rassael](#) understands how individualize and important these procedures are, and specializes in having a detailed staff to care for your every need throughout your time with [Dr. Hadi Rassael](#).

For those patients where the sagging skin is mainly in the lower abdomen, the mini-abdominoplasty is a choice and is also a less obtrusive option, due to a smaller incision that has a more rapid recovery.

Both of these procedures can be performed with you leaving and safely returning home to recover that day. In some cases, with an abdominoplasty, liposuction is also performed simultaneously to achieve the highest level of results for each patient.

Dr. Hadi Michael Rassael will discuss all the risks and benefit of the procedure at the initial consult. Dr Rassael prides himself and his practice on making each patient feel secure and taken care of, with safety of the patient being the primary concern.

Clients that visit Dr. Rassael for this type of procedure typically have loose abdominal skin, with their muscles typically relaxed due to the constant influx of weight loss and gain.

Dr. Rassael will make you feel at home during this outpatient procedure, even checking on you during the recovery process while you are at home. While you are in moderate pain after the procedure, it will pass within 5-7 days and you can rest in comfort with oral prescriptions. The amazing benefit of this surgery is that you will be back to an active and healthy lifestyle within 4-

6 weeks.

Dr. Rassael encourages all of his patients to lead and live a healthy, robust and active lifestyle. Not only will you feel more whole and connected with yourself, but you will also heal faster, and see much greater results.

Body image is important, and Dr. Rassael is here to help you improve yours every step of the way.

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