

In a new article, Plastic Surgeon Tansar Mir, MD, explains the Abdominoplasty procedure

Abdominoplasty, informally known as the "tummy tuck," is a surgical cosmetic procedure to reduce the abdomen and make it appear more toned, sculpted, and firm.

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/EINPresswire.com/ -- Abdominoplasty involves the removal of surplus fat and skin from the top and bottom layers of the abdomen. This is done to achieve tighter muscles and firmer fascia for the abdominal wall. Patients with either loose or sagging tissues generally opt for this type of cosmetic surgery, and they often request the procedure after pregnancy or losing a lot of weight.



Dr Tansar Mir, New York, on television show The Doctors

To explain, medical doctor and surgeon [Tansar Mir](#), MD has published an informational article on this subject in an easy-to-understand way. The complete article will be published on the Blog of Dr. Mir at <https://tansarmirmd.home.blog/>

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Dr. Tansar Mir, Plastic Surgeon in New York

Abdominoplasty surgeries are of many subcategories, such as the partial abdominoplasty, complete tummy tuck, extended tuck, etc. The type of procedure performed heavily depends on the requirement and extent of the surgery. For instance, a complete abdominoplasty may take anywhere from 1 to 5 hours while a partial tummy tuck or a mini-tuck abdominoplasty can be finished between 1 and 2 hours.

Complete Abdominoplasty

A complete abdominoplasty, also known as a full abdominoplasty has the following procedure:

- * An incision is made above the pubic area that spans from one hip to the other.
- * The naval is freed from the remaining skin by means of another incision.
- * In order to expose the muscles and fascia, the skin is removed from the wall of the abdomen. Tightening of the muscle fascia is then done using sutures.
- * Any refinement of the transition zones is done through liposuction.
- * Excess fluid from the site is drained, and a garment or compression is applied to the site.

Partial Abdominoplasty

A partial abdominoplasty, also known as a mini abdominoplasty has the following procedure:

- * The procedure begins with a small incision that is made into the abdominal area.
- * The surgeon will then detach the skin and fat of the area (the lower abdomen). This is done in a more limited way as compared to a complete abdominoplasty.
- * The skin is then stretched, and what is considered to be excess skin is removed.
- * In some cases, the stalk of the belly button is removed from the muscle that it's attached to. It is then moved lower down on the abdomen.
- * The abdominal muscle fascia wall is sometimes tightened as well.
- * To contour the zone of transition, liposuction is performed on the area.



Dr Tansar Mir operating on a patient in a publicized case, photograph by Susan Watts, New York Daily News



Dr Tansar Mir, New York, on television show The Doctors

A screenshot of the website for Dr. Tansar N Mir, MD. The header features the name "Tansar Mir, MD" in a large, elegant font, with "PLASTIC & RECONSTRUCTIVE SURGERY" underneath. To the right, the address "521 Park Ave. New York, NY 10065" and phone number "212.606.8150" are listed, along with "ADDITIONAL OFFICE LOCATIONS" and social media icons for Facebook, Twitter, and LinkedIn. A navigation menu includes links for Home, About Our Practice, Meet Dr. Mir, Our Services, Plastic Surgery Blog, Maps & Directions, and Contact Us. The main content area features a large image of a woman's face with the text "Beautify your lips and eliminate wrinkles" in a cursive font. Below this are four smaller images showing different views of a woman's face and neck, illustrating the results of the procedures.

Website of Dr Tansar N Mir, New York

* The flap is stitched back into place.

Extended Abdominoplasty

An extended abdominoplasty is an inclusive abdominoplasty procedure that also includes a lateral thigh lift. The scars caused by this surgery run from the anterior axillary line to the posterior axillary line. The operation includes full abdominal contouring and offers more improvement of the waist, as well as of the upper sideway thigh.

As appealing as it may sound, abdominoplasty also poses some serious risks, such as excessive bleeding, fluid accumulates, skin loss, skin discoloration and/or prolonged swelling, nerve damage, and hematoma.

Other more serious complications include keloid, seroma, suture rupture, blood, thrombosis, cardiac and pulmonary complications or infections. In worst-case scenarios, death may also occur.

Recovery

The recovery process varies from person to person. Some patients are able to recover within a week; others may take up to a month. Nevertheless, whatever the time period, patients are always advised to take as much time away from work as possible, at least till they fully recover. In order to recover completely and commence a normal routine, it is suggested to avoid lifting heavy weights and crouching too much. Bruising and discomfort experienced in the first few days are considered to be normal and a part of the healing process.

In order to speed up the recovery process, a supportive abdominal binder - also called a compression garment, is used to reduce swelling, inflammation, and bruising. This binder also supports the repaired tissues. For those thinking about getting a tummy tuck, it is worth noting that complete recovery can take 3 to 6 months and the scars may take even longer to fade away.

About Dr. [Tansar Naveed Mir](#)

Dr. [Tansar N. Mir](#) is a plastic & reconstructive surgeon in New York. Dr. Mir received his Doctorate of Medicine with Recognition in Research from the State University of New York at Stony Brook School of Medicine after graduating from Franklin & Marshall College in Lancaster, Pennsylvania with his Bachelor of Arts in Neuroscience. Dr. Mir completed his internship and



BEWARE ILLEGAL BUTT INJECTIONS

Dr. Tansar Mir and his patient Mary join Dr. Oz to caution viewers about the long-term and debilitating dangers of butt injections and why surgery isn't a cure-all for botched procedures.

Dr Tansar N Mir, New York, on Dr Oz Show

residency in General Surgery at Lenox Hill Hospital, New York, NY and his residency/fellowship in Plastic & Reconstructive Surgery with the Long Island Plastic Surgical Group through Nassau University Medical Center. Dr. Mir is a double board-certified Plastic and Reconstructive Surgeon who is certified by the American Board of Surgery and the American Board of Plastic Surgery.

<https://www.linkedin.com/in/tansarmir/>

<https://tansarmird.home.blog/>

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Videos:

<https://www.youtube.com/watch?v=qSIUivE7mVo>

The Doctors Television Show: Earlier this year we met Dakota who was disfigured by black market silicone butt injections. Watch as plastic surgeon Dr. Tansar Mir performs her silicone removal surgery. To see how the procedure transformed Dakota's life, see this video.

<https://www.youtube.com/watch?v=ZJlKM5iGaSs>

Stony Brook University: Tansar Mir, MD '04 Plastic Surgeon, Tansar Mir Plastic and Reconstructive Surgery

Dr. Tansar N. Mir

Tansar Mir, MD - Plastic & Reconstructive Surgery

+ +1 212-606-8150

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