

e-book

What to do with flabby abdomen?

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What to do with a flabby abdomen?

Who here likes a fanny pack?

No one can handle a fanny pack, no one can handle flabby abs, or whatever you want to call it.

I hear this complaint a lot in the plastic surgery office, from men and women and look at people, amazed, they are patients who sometimes work out, who have that abdomen that is even cracked, but that gets to the bottom and then there is that soft skin.

Treating that part of the abdomen is not a must, but if you bother, the place is now.

In this ebook I will explain everything about this procedure.

Professor Múcio Porto - CRM DF 5757 / RQE 2190

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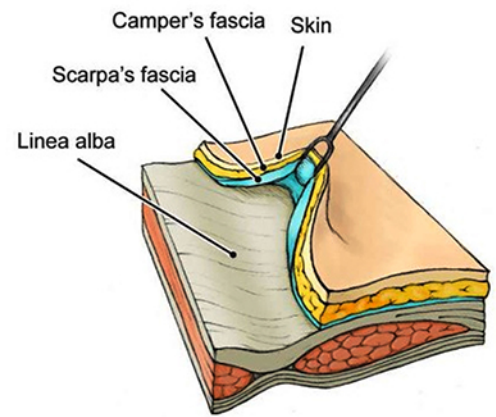
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What to do with a flabby abdomen?

How is formed the abdomen?



The abdominal wall surrounds the abdominal cavity, functioning as a flexible covering and protecting the internal organs from damage.

This complex structure is formed by several layers, from superficial to deep: skin, superficial fascia, muscles and their respective fascia and peritoneum.

The skin is the most superficial layer of the anterior abdominal wall. In pregnant women, obese people and in those with abdominal distension, it can present elongated lines called striae, usually located in the umbilical and hypogastric regions. Superficial fascia is located just under the skin and is made up of connective tissue. In the anterior abdominal wall, superior to the umbilicus, it is similar and continuous with the superficial fascia of the body and is formed, for the most part, by a layer. However, inferior to the navel, it is divided into two layers:

Camper's superficial fascia: a thicker, fatty layer that can be a varying degree of thickness. For example, it is very thick in obese individuals and very thin in people with low body fat.

Scarpa's Deep Fascia: a thinner, denser membrane that surrounds the muscular layer of the abdominal wall. It is firmly attached to the linea alba and pubic symphysis and fuses with the fascia lata (deep thigh fascia) just below the inguinal ligament.

What to do with a flabby abdomen?

Which is flaccidity?

The loss of support and “firmness” of the skin or muscle is the main characteristic of sagging. This happens when tone is lost or damaged, which is why there is a “sagging” skin appearance. This process is associated with the lack of skin support fibers or the absence of collagen and elastin.

There are two types of sagging: muscular and dermal. The difference between them, in addition to the level to which they are associated, the treatments are also different.

Muscle flaccidity is given at deeper levels, being more difficult to treat. Because it is due to the loss, itself, of the muscle support fibers.

On the other hand, dermal (or cutaneous) sagging is seen on the skin, that is, it is more superficial. And the cause may be related to a simple disorganization of the fibers, which is more easily treated.



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What to do with a flabby abdomen?

Possible causes of sagging.

Some causes are natural and relatively unavoidable, such as aging.

You can't stop this process, but you can soften its effects and hormonal imbalances, which can lead to sudden changes in the body.

Examples of this are pregnancy (which naturally affects the levels of hormones produced) and obesity.

Both have in common the sudden increase and/or loss of weight.

In addition, some other factors can cause the skin to lose its elasticity:

- Use of cigarettes and alcoholic beverages;
- Sedentary lifestyle;
- Bad eating habits;
- Low hydration (little water intake);
- Unprotected sun exposure;
- "Accordion effect" (which is when the weight is not stable, there are constant increases and/or decreases in a short period of time).



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What to do with a flabby abdomen?

surgery or treatment of sagging?

Sometimes we get people in the office, who say: look, I came to operate on my belly because I already spent a lot of money on a bunch of machines and it didn't solve anything, because the guy promised he would take it out and he didn't.

It is increasingly common this story of people spending money on aesthetic treatment, without having done an evaluation, to know the correct procedure to be done.

I'm going to give a tip to you who are now looking at your belly and thinking: is it surgery or treatment?

You're going to sit down, when you're sitting, you're going to pull down your swim trunks, or your underwear or your panties, (there's no use sitting there with your panties in the middle of your belly button), or at least naked and then you look in the mirror. When you see a fold, you know that fold, the one with the little tire, the little pouch, that goes from one side to the other and you yourself you can pull a little and notice that the skin looks like it goes there in the pubis, so this sagging has everything to be a surgery.


But nothing replaces a professional assessment.

If you don't have a real excess of skin, with muscle out of place or with a large excess of fat, today, there are several technologies available to perform an adequate treatment.



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What to do with a flabby abdomen?

Indicated treatments

ULTRAFORMER III

Ultraformer III acts on three main aspects: the end of sagging, the breakdown of localized fat and the stimulation of collagen production. This technology combines two types of ultrasound – micro and macrofocused – adjusted according to the treatment area, and which act through thermal energy, reaching the deepest levels of the skin.



CMSlim is the most advanced and intense muscle stimulator on the market, which uses HI-EMT (High Intensity Electromagnetic Muscle Trainer) technology. Its focused electromagnetic field passes through all layers of the skin and fat, directly stimulating the muscle through continuous and intense contractions, which provide muscle growth and induce fat reduction.

A close-up photograph showing a person's hand holding a white, handheld medical device (Ultraformer III) against the skin of a person's abdomen. The device has a small digital display and several buttons. The person's abdomen is the focus, with some faint markings visible on the skin.

[click to see more treatments](#)



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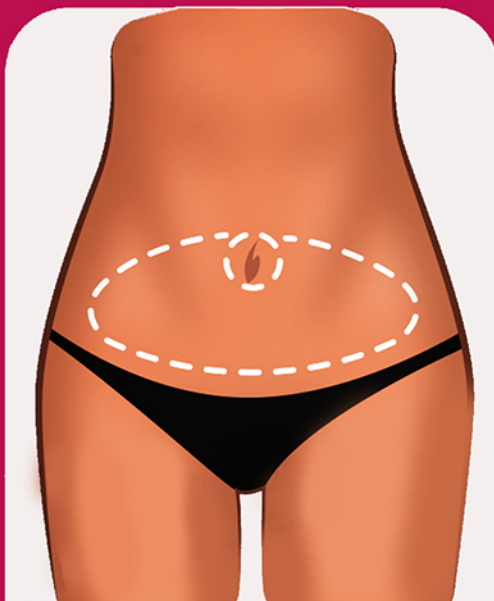
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What to do with a flabby abdomen?

Mini abdominoplasty

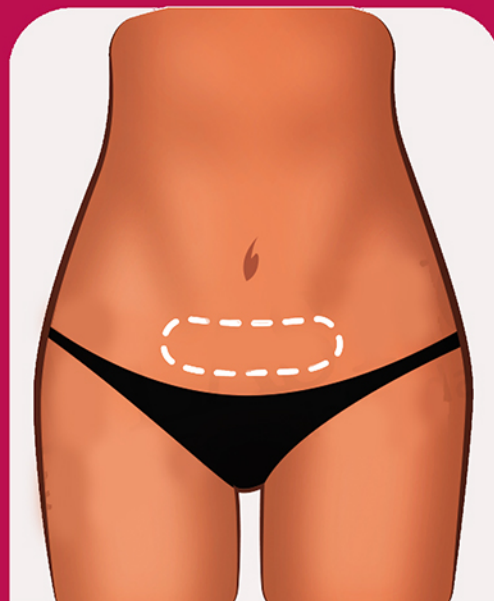
The mini abdominoplasty is a plastic surgery that helps to remove a small amount of localized fat from the lower belly, being indicated especially for those who are thin and have accumulated fat in this region or have a lot of sagging and stretch marks, for example.

This surgery is similar to abdominoplasty, but it is less complex, has a faster recovery and has few scars, as only a small cut is made in the belly, without touching the belly button and it is not necessary to sew the muscles of the abdomen.



ABDOMINOPLASTY

Remove larger areas of **sagging** and ties the abdominal muscles.



MINI ABDOMINOPLASTY

Removes little sagging, being indicated for the skinny with belly.

What to do with a flabby abdomen?

Why not do first a lipo?

I, Múcio Porto, do not. Because in the abdomen there are fat deposits. When we cut the skin and it is peeled off, and soon after, a lipo is done, we call it a flap, skin and fat flap, you know what can happen? It is possible to injure this region with lipo, it is not to pierce the intestine like people are scared to death.

And with this lesion there is a risk of necrosis. For those who don't know, necrosis is the death of cells, the skin dies, goes away, turns into a hole, months of treatment, risk of life, generalized infection, why is that? So guys, this is my decision.


My patient arrives at the office, her muscles are out of place, she has a lot of skin, she has fat. I recommend her to do the belly plastic surgery, where I cut that skin down there and sew the muscles from top to bottom and I prefer to do the lipo later. So what I recommend is to do the abdomen surgery first and then another lipo surgery.



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