



JEFFREY SCHREIBER, MD, FACS
BALTIMORE PLASTIC AND COSMETIC SURGERY CENTER
BOARD CERTIFIED PLASTIC SURGEON

Expert Advice on Tummy Tuck Recovery

August 23, 2017

August 23, 2017 - PRESSADVANTAGE -

Baltimore, MD, July 6, 2017 - Seeing a plastic surgeon in Baltimore for a tummy tuck is an excellent way to get rid of loose skin following weight loss or to make some final touch-ups on the results of diet and exercise. Aside from choosing the right surgeon, another one of the most important aspects of having a successful tummy tuck is recovering properly.

It is important to stay as comfortable as possible following a tummy tuck in Baltimore. This includes during trips to the bathroom. Since most toilets have a low seat that is uncomfortable for recent tummy tuck patients, a toilet seat booster is recommended to avoid unnecessary squatting.

Additionally, sitting and napping in a recliner is very useful during recovery. Not only does it keep the patient comfortable, it also mimics the position the patient was in during the tummy tuck and is the preferred way for patients in recovery to sleep. Similarly, staying bent at the waist is more comfortable so walking with a cane or walker immediately after the procedure is recommended.

The drain and binder can cause some discomfort so placing gauze near the drain and between the hip bone and binder adds to the comfort. Compression shorts also keep the binder in place, adding to overall comfort, but it is necessary to cut a hole in them for the drain.

Dr. Jeffrey Schreiber performs everything from facial rejuvenation to a tummy tuck in Baltimore, MD. Those who have any questions regarding cosmetic surgery, including a facelift in Baltimore, and would like to schedule a consultation, call Baltimore Plastic Surgery at (410)205-1846.

About Baltimore Plastic Surgery

Dr. Jeffrey Schreiber is an award-winning plastic surgeon at Baltimore Plastic Surgery. He received his B.A. in Biology as well as his MD at the University of Missouri-Kansas City where he was also a Phi Kappa Phi Honor Society member. A general surgery internship at Johns Hopkins Hospital brought him to Baltimore. Later, he had an integrated general surgery and plastic surgery residency at Johns Hopkins Hospital and University of Maryland plastic surgery program. He has written numerous articles and was awarded an Upjohn for clinical research.

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For more information about Baltimore Plastic Surgery , contact the company here: Baltimore Plastic Surgery
Dr. Jeffrey Schreiber (410) 205-1846 doctor@baltimoreplasticsurgery.com 10807 Falls Rd #101
Lutherville-Timonium, MD 21093

Baltimore Plastic Surgery

Dr. Schreiber shares his expertise in Baltimore cosmetic surgery & is pleased to offer his patients the most up-to-date cosmetic surgery techniques for the face, breasts, and body.

Website: <http://www.baltimoreplasticsurgery.com/>

Email: doctor@baltimoreplasticsurgery.com

Phone: (410) 205-1846

