New Blog by Dr. Daniel Kaufman Offers Advice on When to Begin Working out after a Tummy Tuck

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New York, New York - Recovering from a tummy tuck is a lengthy process and Dr. Kaufman of Discreet Plastic Surgery explains that it may take some time before a patient can return to his or her regular workout routine. He recently posted a new blog that gives tips to help abdominoplasty patients know what exercises are safe during recovery.

The doctor explains that it is usually safe to workout the lower body and even participate in mild cardio workouts that do not overexert the core after the first month after the procedure. He also offers professional advice on when it is safe to move on to more intense workouts.

Dr. Kaufman?s blog is meant to educate his readers and prospective patients about cosmetic surgery. This includes offering valuable advice to patients as they heal after a procedure. Knowing how to recover helps the patient get everything in order before they visit the doctor so their home will be ready for them when they return.

More information about a variety of cosmetic procedures can be found on the blog at

www.discreetplasticsurgery.com. Those considering cosmetic surgery in Manhattan, can schedule an appointment with Dr. Daniel Kaufman to get setup with a tailored treatment plan.

ABOUT DISCREET PLASTIC SURGERY

Dr. Daniel Kaufman is the board certified plastic surgeon who is also the founder and medical director of Discreet Plastic Surgery. He graduated Cum Laude from Binghamton University before earning his M.D. at the State University of New York ? Downstate Medical Center. He also holds a Master of Science degree in Biomedical Engineering from the Polytechnic Institute of New York and his patients benefit from his knowledge of cutting edge technology that allows him to provide them with excellent care while delivering the results they need.

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Discreet Plastic Surgery

Discreet Plastic Surgery, PC, has offices located on Manhattan?s Upper East Side and Brooklyn?s Midwood neighborhoods. The Brooklyn office is fully accredited by the American Association for Accreditation of Ambulatory Surgery Facilities, Inc. (AAAASF)

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