New Blog by Dr. Daniel Kaufman Discusses How Long One Should Wait to Have a Tummy Tuck after a C-Section

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New York, New York - Tummy tucks are a popular part of a mommy makeover and Dr. Kaufman of Discreet Plastic Surgery explains that while they can be used to put the finishing touches on a body improved by diet and exercise, there must be some time to recover from a C-section before the procedure. He explains that many new mothers are so eager to get their pre-pregnancy body back that they do not safely consider the amount of time needed to recover from childbirth before undergoing cosmetic procedures.

The doctor tells readers that it is important to wait at least six to twelve months after a C-section before having a tummy tuck. He then goes on further to suggest ways a woman who just gave birth can prepare her body for cosmetic surgery.

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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