



A GUIDE TO A

# TUMMY TUCK

FROM LEADING BOARD-CERTIFIED PLASTIC SURGEON

Dr. Rolando Morales Jr.

# Tummy Tuck

A toned, sculpted abdomen is a goal for many individuals, but factors like pregnancy, significant weight loss and aging can lead to excess skin, stubborn fat and weakened abdominal muscles that no amount of diet and exercise can fully correct. A tummy tuck is a surgical body contouring procedure designed to restore a firmer, flatter and more youthful midsection.

For those considering a tummy tuck, choosing the right surgeon is crucial. [Dr. Rolando Morales](#) is a renowned, board-certified plastic surgeon in Houston known for his precision, artistry and expertise in body contouring procedures. His patient-centered approach and advanced surgical techniques allow him to deliver exceptional results while ensuring a natural-looking, balanced abdominal contour.

If you're thinking about a tummy tuck but want to learn more about the procedure, recovery, results—and how to enhance them—this guide will provide all the details you need to make an informed decision.

## What Is A Tummy Tuck?

A tummy tuck (abdominoplasty) is a meticulously planned surgical procedure designed to sculpt and contour the abdomen by removing excess skin, tightening abdominal muscles and eliminating stubborn fat deposits.

During the surgery, Dr. Rolando Morales employs advanced surgical techniques to create a flatter, firmer stomach while ensuring natural-looking, proportionate results. Each tummy tuck is customized based on the patient's unique needs, whether they require muscle repair, extensive skin removal, or additional contouring techniques like ab etching.

## Meet Dr. Rolando Morales

When considering a tummy tuck, choosing a highly skilled plastic surgeon is key to achieving safe, beautiful and lasting results. Dr. Rolando Morales is a leading board-certified plastic surgeon known for his expertise in body contouring, tummy tucks and post-weight-loss surgical transformations.

- Board-certified expertise in body contouring and aesthetic surgery
- Precision in muscle repair and skin tightening for natural-looking results
- Customized approach to address each patient's unique body and goals
- Minimally visible scarring techniques to enhance healing and final appearance
- Advanced post-surgical care and patient support to optimize recovery

### Professional Honors & Awards

**2023** - Editor's Choice in Body Contouring for his innovative technique titled "Subfascial/Intramuscular Dual-Plane Gluteal Implantation and Supplemental Fat Grafting: A Novel Technique for Buttock Augmentation," published in the Aesthetic Surgery Journal, Newsweek's Top Plastic Surgeon

**2022** - Named among Newsweek's Top Plastic Surgeons and recognized as a Texas Super Doctor

**2021, 2022, 2023** - Featured again in Newsweek's Top Plastic Surgeons

**2020** - Honored with the MyFaceMyBody Awards and listed among the Ultimate 100 Global Aesthetic Leaders; Houston Society of Plastic Surgeons: 2020 President

**2019** - Recognized as a Texas Super Doctor, featured in Houston Modern Luxury's "Power Players" Top Doctors, and acknowledged as a Top Houston Doctor in Plastic Surgery; Houston Society of Plastic Surgeons: 2019 Treasurer

## 5-Star Reviews From Real Patients

“I absolutely enjoyed my experience with Dr. Morales and his team. I had abdominoplasty to correct muscle separation from having children and c-sections. He was very understanding of my concerns and his team was caring. My first priority was to get the muscles repaired but his eye for aesthetics left me in awe of his work. I feel and look better than I thought I would. Overall great experience.” - V.V.

“Dr. Morales performed multiple procedures on me after my weight loss of 100 lbs. I could not be happier with the results. Thank you Dr. Morales for your expertise. Wonderful doctor and the kindest, most caring staff in Houston.” - R.W.

“Let me just say that Dr. Morales & his team are the absolute best. His professionalism speaks volumes, from the consultation to continued support post-op. Not only does he make you feel comfortable, he truly listens to your concerns & does not recommend things that you don't need or wouldn't benefit from. He has your best interest at heart to where you feel beautiful in your own skin. I've had such a wonderful experience that I've recommended several of my friends to him.” - M.R.

## What Can It Improve?

A tummy tuck is a popular choice for men and women who struggle with loose skin, stubborn fat and weakened abdominal muscles—issues that often occur due to:

### POST-PREGNANCY CHANGES

Pregnancy stretches the skin and abdominal muscles, often leaving permanent laxity that cannot be reversed with exercise alone. Women seeking to regain a firmer, tighter midsection often choose a tummy tuck to repair separated muscles (diastasis recti) and remove excess skin.

### SIGNIFICANT WEIGHT LOSS

After losing a large amount of weight, many individuals are left with loose, hanging skin that prevents them from fully enjoying their results. A tummy tuck helps remove excess skin and refine the contours of the abdomen, providing a more sculpted and toned appearance.

### AGING & SKIN ELASTICITY LOSS

As we age, skin loses elasticity and begins to sag. Some individuals experience fat accumulation in the lower abdomen, even if they maintain a healthy weight. A tummy tuck can restore a youthful contour and tighten the skin, reversing the effects of aging.

### STUBBORN FAT

For some individuals, no matter how much they exercise, they struggle with excess fat and skin around the abdomen. A tummy tuck removes this fat, tightens the skin and creates a flatter, more defined abdominal profile.

### PREVIOUS SURGERIES OR C-SECTIONS

Women who have had multiple C-sections or previous abdominal surgeries often notice excess skin, bulging, or uneven contours. A tummy tuck can smooth and refine the area, restoring a more proportionate shape.

## Who Is A Good Candidate?

The best candidates for a tummy tuck with Dr. Morales include:

- Women post-pregnancy who want to restore their pre-baby figure
- Men or women who have lost a significant amount of weight and have loose, excess skin
- Individuals struggling with stubborn lower belly fat and weakened abdominal muscles
- Patients in good health, at a stable weight and with realistic expectations

# Tummy Tuck Procedures Performed by Dr. Morales

## TRADITIONAL TUMMY TUCK

A traditional tummy tuck is a transformative body contouring procedure designed to remove excess skin and fat while tightening the abdominal muscles for a firmer, more sculpted midsection. By addressing both the skin and muscle structure, a tummy tuck helps create a flatter, more contoured abdomen, restoring confidence and improving overall body proportions. While this procedure is primarily performed for aesthetic reasons, it also offers functional benefits, like improved posture and core strength, particularly for patients with muscle separation (diastasis recti).

## HOW A TUMMY TUCK WORKS

The tummy tuck procedure involves several key steps, each aimed at achieving a smoother, firmer abdominal contour:

### Muscle Repair & Core Strength Restoration

One of the most important aspects of a tummy tuck is muscle tightening, particularly for individuals who have experienced diastasis recti (separation of the abdominal muscles). This condition is common after pregnancy or significant weight fluctuations and can cause:

- A protruding or “pooch-like” abdomen
- Lower back pain and poor posture
- Weakened core strength

Dr. Morales carefully realigns and sutures the separated abdominal muscles back together, restoring core stability and improving the overall strength and function of the midsection. This not only enhances the aesthetic contour of the abdomen but also provides patients with better posture and support in daily activities.

## SKIN & FAT REMOVAL

Loose, sagging skin and stubborn fat pockets are often concentrated in the lower abdomen, making them resistant to exercise. During the procedure:

- Excess skin is excised to remove laxity and restore firmness.
- Liposuction may be incorporated to refine contours and eliminate unwanted fat deposits.
- Stretch marks located on the removed skin may be significantly reduced or eliminated, depending on their position.

By removing excess skin and fat, Dr. Morales sculpts a more toned and youthful abdominal shape.

### RE-DRAPING THE SKIN

Once the underlying muscles are repaired and excess skin is removed, the remaining skin is carefully re-draped over the abdomen for a smooth, firm appearance. This process is key to avoiding unnatural tightness or irregularities, ensuring a natural-looking result that complements the patient's body proportions.

Dr. Morales is known for his precision in skin repositioning, helping patients achieve a balanced, sculpted abdominal contour.

### BELLY BUTTON REPOSITIONING

Since a tummy tuck involves pulling the skin downward, the belly button (navel) must often be repositioned to ensure it looks natural. Dr. Morales takes great care in reshaping and placing the belly button so that it:

- Maintains a natural, aesthetically pleasing shape
- Is symmetrically positioned in relation to the rest of the abdomen
- Avoids an overly "artificial" or stretched look

A well-placed belly button is a hallmark of high-quality tummy tuck results, and Dr. Morales prioritizes achieving a subtle, refined appearance.

### INCISION PLACEMENT

Dr. Morales strategically places a low, horizontal incision from hip to hip, ensuring it remains:

- Concealed within the bikini line, so patients can wear swimsuits and underwear confidently.
- As discreet as possible, healing into a thin, well-hidden scar over time.
- Proportionate to the patient's anatomy, so results look natural.

### TUMMY TUCK REVISION

A tummy tuck revision is a corrective procedure performed for patients who have previously undergone abdominoplasty but are dissatisfied with their results or have experienced unexpected changes over time. Whether due to complications from the original surgery, aesthetic concerns, or new developments like weight fluctuations or aging, a revision tummy tuck is designed to refine and enhance the overall abdominal appearance.

This procedure can correct persistent skin laxity, muscle weakness, noticeable scarring, or irregular contours, providing patients with a more symmetrical, natural-looking and balanced midsection. Since revision surgery involves working around existing scar tissue and prior surgical alterations, it requires a high level of expertise, precision and experience to achieve optimal results.

Dr. Rolando Morales specializes in tummy tuck revisions, using advanced techniques to refine previous surgical work and address each patient's unique needs.

# How A Tummy Tuck Revision Works

Dr. Morales evaluates your concerns, reviews prior surgical results and develops a customized revision plan. This may involve addressing skin laxity, muscle separation, scar correction, or contouring issues.

## INCISION PLACEMENT & SCAR REVISION

Whenever possible, Dr. Morales uses the original tummy tuck incision to minimize additional scarring. If scar revision is needed, he carefully reshapes and improves the appearance of previous scars.

## MUSCLE REPAIR & TIGHTENING

If abdominal muscle separation (diastasis recti) has recurred or wasn't fully corrected in the initial surgery, Dr. Morales tightens and reinforces the muscle wall for improved core strength and a flatter abdomen.

## EXCESS SKIN REMOVAL & CONTOURING

Any remaining loose skin is carefully removed and the skin is re-draped smoothly over the abdominal area to create a natural, firm appearance.

## LIPOSUCTION FOR ENHANCED DEFINITION (IF NEEDED)

Many patients benefit from liposuction to sculpt the waistline and refine body contours, especially if excess fat remains in the flanks or upper abdomen.

## BELLY BUTTON REPOSITIONING (IF NECESSARY)

If the first tummy tuck left the belly button looking unnatural or misaligned, Dr. Morales reshapes and repositions it for a more proportionate look.

## CLOSING THE INCISIONS & RECOVERY PROCESS

Sutures are placed with precision to minimize scarring and patients are given a customized post-op plan to ensure optimal healing and long-term results.

# Why Do Patients Seek Tummy Tuck Revision?

There are several reasons why patients may choose to undergo a tummy tuck revision with Dr. Rolando Morales:

## UNSATISFACTORY AESTHETIC RESULTS FROM A PREVIOUS SURGEON

Not all tummy tucks are performed with the same level of precision and artistry. Some patients may find that their results were uneven, asymmetrical, or did not meet their expectations. Common concerns include:

- Bulging or irregular contouring
- Excess skin that was not fully removed
- A high or uneven scar placement
- A belly button that looks unnatural or misshapen

## DEVELOPMENT OF NEW SKIN LAXITY OVER TIME

Even with a successful tummy tuck, natural aging, pregnancy, or weight fluctuations can lead to loose skin reappearing. If skin laxity returns after an initial tummy tuck, a revision can help restore tightness and definition.

## COMPLICATIONS FROM THE INITIAL SURGERY

Some patients experience medical or cosmetic complications after their first tummy tuck, including:

- Excessive scarring or scar placement issues
- Skin irregularities like “dog ears” (folds of skin at the incision site)
- Muscle laxity recurrence (especially in cases of diastasis recti)
- Residual fat deposits that were not properly contoured

# Enhancing Results With Corset Contour

For those seeking a dramatic waist reduction and ultra-defined hourglass shape, Dr. Rolando Morales' Corset Contour technique is a highly specialized rib remodeling procedure designed to permanently narrow the waistline. Unlike traditional body contouring methods that rely solely on skin removal and muscle tightening, Corset Contour works by reshaping and repositioning the lower ribs to create a smaller, more sculpted waistline.

When combined with a tummy tuck, Corset Contour enhances both the vertical and horizontal contours of the torso, providing a flatter stomach with a significantly cinched waist. This procedure is especially popular among patients who desire an extreme yet natural-looking hourglass figure, particularly after pregnancy, weight loss, or genetic predisposition to a wider waistline.

## What Is Rib Remodeling?

Unlike traditional tummy tuck techniques that primarily address loose skin and muscle separation, Corset Contour focuses on narrowing the bony structure of the waist itself. This technique involves rib remodeling, where Dr. Morales carefully reshapes and repositions the lower ribcage 11 & 12 to achieve a dramatic inward curve at the waist. Key components of Corset Contour include:

### RIB CONTOURING & REMODELING

By carefully reshaping the lower ribs, the waistline can be permanently narrowed, creating a more snatched, cinched appearance.

### WAIST REDUCTION THROUGH INTERNAL SUTURING

In addition to rib contouring, Dr. Morales strategically sutures the abdominal muscles inward, further compressing and tightening the waistline from the inside out.

### ENHANCED WAIST DEFINITION

The procedure creates a pronounced contrast between the upper and lower abdomen, enhancing the hourglass effect.

### PERFECT COMBINATION WITH A TUMMY TUCK

While a tummy tuck removes excess skin and tightens the core, Corset Contour adds an extra level of waist definition that cannot be achieved with muscle repair alone.

# Abdominal Etching

Abdominal etching is an advanced liposculpture technique designed to enhance the definition of the abdominal muscles, creating a sculpted, six-pack appearance. Dr. Rolando Morales, a leading plastic surgeon in Houston, specializes in high-definition body contouring techniques like ab etching, offering patients customized results tailored to their unique anatomy.

## How is Ab Etching Performed?

Dr. Morales performs abdominal etching using a specialized form of liposuction to selectively remove fat deposits along the natural contours of the abdominal muscles. The procedure involves:

### MARKING THE MUSCLE STRUCTURE

Before surgery, Dr. Morales carefully maps out the patient's natural muscle lines to enhance their definition.

### LIPOSUCTION & PRECISION SCULPTING

Using small incisions, he employs power-assisted or ultrasound-assisted liposuction to remove fat around the rectus abdominis and oblique muscles.

### REFINEMENT & SYMMETRY

Unlike traditional liposuction, which focuses on fat removal, ab etching selectively sculpts fat to create sharper muscle outlines.

The procedure is typically performed under general anesthesia and takes about 1-2 hours. Patients can expect some swelling and bruising, but results begin to show as healing progresses.

## Benefits of Ab Etching

- Creates a more defined, athletic appearance with enhanced muscle visibility for a natural-looking six-pack
- These sculpted definition remains as long as the patient maintains a stable weight
- The procedure is minimally invasive with small incisions and minimal scarring
- Ideal for individuals who are already fit but struggle with stubborn fat concealing muscle definition and can be combined with tummy tuck for even more dramatic, lasting results

# The Tummy Tuck Process

## CONSULTATION

The journey begins with an in-depth consultation at Dr. Morales' Houston clinic. During this session, Dr. Morales conducts a comprehensive evaluation of your abdominal area, assessing factors like skin elasticity, muscle integrity and the presence of excess fat. He takes the time to understand your medical history, lifestyle and specific aesthetic goals.

This collaborative discussion allows Dr. Morales to determine the most appropriate surgical approach, whether it's an initial tummy tuck or a revision procedure. He also provides detailed information about the surgery, addresses any concerns and sets realistic expectations for the outcomes.

## PREPARATION

Proper preparation is crucial for a successful surgery and recovery. In the weeks leading up to the procedure, patients are advised to maintain a stable, healthy weight and engage in regular physical activity to enhance overall fitness.

Dr. Morales recommends discontinuing smoking at least several weeks before surgery, as nicotine can impede the healing process. It's also important to avoid certain medications and supplements that may increase bleeding risk. Dr. Morales will provide a comprehensive list of substances to avoid.

Arranging for assistance during the initial recovery period is essential, as activities will be limited. The night before surgery, patients should ensure they get adequate rest, avoid eating or drinking after midnight and prepare a comfortable recovery area at home with essentials like pillows, medications and easy access to necessities.

## SURGERY

On the day of surgery, patients are admitted to the surgical facility, where Dr. Morales and his team perform final assessments and markings on the abdominal area to guide the procedure. The surgery is conducted under general anesthesia to ensure comfort.

For a standard tummy tuck, Dr. Morales makes a horizontal incision between the hip bones, strategically placed to be concealed by most undergarments and swimwear. Through this incision, he removes excess skin and fat and tightens the underlying abdominal muscles to create a firmer, flatter abdomen.

In cases of tummy tuck revision, the procedure may involve additional steps to address issues from a previous surgery, like correcting uneven contours, minimizing noticeable scarring, or reinforcing muscle repairs. The complexity of revision surgery often requires meticulous dissection and advanced techniques to achieve the desired outcome.

# Recovery

Recovery from a tummy tuck or revision is a gradual process that demands patience and adherence to post-operative guidelines. Immediately after surgery, patients are monitored in a recovery area before being discharged home with detailed care instructions.

- Common experiences during the initial recovery phase include swelling, bruising and discomfort in the abdominal area
- Patients are advised to wear a compression garment to support the healing tissues, reduce swelling and help the skin conform to the new contours
- Dr. Morales emphasizes the importance of rest and limited movement during the first few days
- Light walking is encouraged to promote circulation and reduce the risk of blood clots
- It's normal to experience difficulty standing fully upright during the initial stages of recovery due to tightened abdominal muscles and healing tissues
- Patients should avoid strenuous activities, heavy lifting and exercises that strain the abdominal muscles for at least six weeks
- Dr. Morales schedules follow-up appointments to monitor progress, remove sutures if necessary and provide guidance on scar care to minimize visibility
- Adhering to a balanced diet, staying hydrated and refraining from smoking are crucial to support the healing process
- Most patients can expect to return to light activities and work within two to four weeks, with a gradual resumption of more vigorous activities as advised by Dr. Morales

## How Long Do Results Last?

A tummy tuck or tummy tuck revision can provide long-lasting results, but maintaining them requires a commitment to a healthy lifestyle. The excess skin removed during surgery does not return and the tightened abdominal muscles remain firm, but other factors—like weight fluctuations, pregnancy, or aging—can still impact the outcome over time.

For most patients, results last for many years, especially when they stay close to their post-surgical weight and follow a fitness routine that supports core strength. However, it's essential to understand that while a tummy tuck creates a firmer, flatter abdomen, it does not prevent future weight gain or completely halt the aging process.

Fat cells can still develop in the midsection if you gain weight. While a tummy tuck removes excess skin and tightens the abdominal muscles, it is not a substitute for weight loss surgery.

### What Happens If You Maintain Your Weight?

For individuals who maintain their weight after surgery:

The sculpted shape achieved from the tummy tuck remains intact.

- The skin remains tight and smooth, as there is no additional stretching from weight fluctuations.
- Clothes and swimsuits continue to fit better, enhancing overall body confidence.

### What Happens If You Gain Weight?

While some fat cells are permanently removed during a tummy tuck (especially if combined with liposuction), it does not prevent future weight gain. If you gain a significant amount of weight, here's what can happen:

- Fat can accumulate and may redistribute to other areas like upper abdomen, flanks (love handles), back or thighs
- While the lower abdomen may remain relatively flat, new fat deposits could create imbalances in body shape
- Large weight fluctuations post-surgery can stretch the remaining skin, potentially undoing the results of the procedure.

### PREGNANCY & WEIGHT FLUCTUATIONS

Pregnancy or significant weight gain/loss can reverse the improvements from a tummy tuck. This is why Dr. Rolando Morales recommends waiting to undergo a tummy tuck until:

- You are finished having children (pregnancy stretches the abdominal muscles and skin, leading to potential re-separation of the muscles)
- You have reached and stabilized your goal weight to ensure long-lasting results

# How to Maintain Tummy Tuck Results

A tummy tuck provides dramatic body contouring benefits, but long-term results depend on maintaining a healthy lifestyle. While the procedure removes excess skin and tightens muscles, your daily habits determine how well your new shape lasts. Here's a detailed guide on how to preserve your results and additional procedures that can further refine your look.

## MAINTAIN A STABLE WEIGHT

One of the biggest threats to long-lasting tummy tuck results is weight fluctuation. Gaining or losing a significant amount of weight can stretch the skin and alter your abdominal contour.

## AVOID RAPID WEIGHT FLUCTUATIONS

Drastic weight gain can lead to new fat deposits in surrounding areas like the flanks, upper abdomen, or back, while extreme weight loss can cause skin laxity over time. Aim for a consistent, sustainable weight within a 10-15 pound range of your post-surgical weight.

## FOLLOW A NUTRITIOUS, BALANCED DIET

A diet high in lean proteins, fiber, healthy fats, and complex carbs supports muscle tone and metabolism while preventing excess fat storage. Avoid highly processed foods and excess sugar, which contribute to weight gain and inflammation.

## STAY HYDRATED

Drinking plenty of water improves skin elasticity and keeps your skin firm and hydrated, reducing the chances of sagging.

## EXERCISE REGULARLY

A tummy tuck tightens muscles and removes excess skin, but it doesn't prevent future fat accumulation. Staying active enhances your results and keeps your core strong.

## CORE-STRENGTHENING EXERCISES

Since your abdominal muscles were repaired, keeping them engaged and strong is essential. Try exercises like planks, bridges, and Pilates to maintain muscle tone. Avoid high-impact ab workouts until cleared by Dr. Morales.

## CARDIO WORKOUTS TO PREVENT FAT ACCUMULATION

Regular cardiovascular exercise like walking, running, swimming, cycling, or HIIT helps burn fat and boost circulation. Aim for at least 150 minutes of moderate cardio per week.

## STRENGTH TRAINING FOR MUSCLE DEFINITION

Incorporate full-body resistance training to enhance muscle tone and preserve your newly contoured shape. Squats, lunges, and weight training help define your waistline and overall physique.

# Follow Proper Post-Surgical Care

Your healing process plays a huge role in the final outcome of your tummy tuck. Proper aftercare ensures that the skin and tissues heal correctly, leading to smoother, more natural-looking results.

## WEAR YOUR COMPRESSION GARMENT

This helps reduce swelling and ensures that the skin adheres properly to the new contours. Follow Dr. Morales' recommended wear schedule to prevent fluid buildup.

## FOLLOW DR. MORALES' POST-OP INSTRUCTIONS

Adhering to specific post-surgical care instructions, including avoiding strenuous activities for several weeks and using recommended scar treatments, helps ensure optimal healing.

## BE PATIENT WITH SWELLING

While initial results may be visible within 6-8 weeks, final results take several months to fully appear as swelling subsides and tissues settle.

## AVOID SMOKING & EXCESSIVE ALCOHOL

Lifestyle choices directly impact the quality and longevity of tummy tuck results.

## SMOKING NEGATIVELY AFFECTS SKIN ELASTICITY

Some patients choose additional procedures to refine, maintain, or further enhance their results.

## CONSIDER TOUCH-UP OR ADDITIONAL PROCEDURES

Some patients choose additional procedures to refine, maintain, or further enhance their results.

## LIPOSUCTION FOR ADDITIONAL REFINEMENT

If fat accumulates in the flanks, back, or upper abdomen after a tummy tuck, liposuction can help sculpt and refine these areas, creating a more streamlined silhouette. Many patients opt for Lipo360, which targets the entire midsection for 360-degree body contouring.

## BREAST LIFT OR AUGMENTATION (MOMMY MAKEOVER)

A tummy tuck is often combined with a breast procedure to fully restore the body after pregnancy or weight loss. Options include:

- Breast lift (mastopexy) to correct sagging
- Breast augmentation for volume restoration
- Breast reduction for balance and proportion
- A Mommy Makeover often includes a tummy tuck + breast surgery for a full-body transformation

# Follow Proper Post-Surgical Care

## AB ETCHING

Dr. Morales is a leader in abdominal etching, helping men and women achieve a more sculpted, defined midsection. By meticulously enhancing the natural muscle contours, he creates the appearance of a toned, athletic core. Ab etching is perfect to add to a tummy tuck for those seeking waist remodeling and abdominal definition

## NON-SURGICAL SKIN TIGHTENING

Over time, skin elasticity naturally decreases, but non-surgical treatments like radiofrequency (RF) or laser skin tightening can help maintain firmness without additional surgery. These treatments stimulate collagen production, helping keep the skin taut and youthful.

## CORSET CONTOUR

As mentioned previously, Corset Contour is a signature procedure offered by very few plastic surgeons, but Dr. Morales is pleased to offer this transformative procedure for truly stunning results! For those who desire an even more sculpted, hourglass figure, rib remodeling is an advanced procedure that reshapes and refines the lower ribcage, resulting in a snatched, sculpted waistline.



## Connect With Dr. Morales Today!

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If you're ready to begin your journey to the abs you've always dreamed of, connect with Dr. Morales today by [scheduling your consultation](#).

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