



ABDOMINOPLASTY / TUMMY TUCK SURGERY

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Introduction

Tummy tuck surgery, also known as abdominoplasty, removes excess fat and skin and, in most cases, restores weakened or separated muscles creating an abdominal profile that is smoother and firmer.

Who is A Good Candidate for Tummy Tuck Surgery?

In general, you may be a good **tummy tuck candidate** if:

- You are physically healthy and at a stable weight
- You have realistic expectations

You are bothered by the appearance of your abdomen

What Should I Expect During A Consultation for Tummy Tuck Surgery?

During your **tummy tuck consultation**, be prepared to discuss:

- Your surgical goals
- Medical conditions, drug allergies and medical treatments
- Previous surgeries

Your tummy tuck surgeon will also:

- Evaluate your general health status and any pre-existing health conditions or risk factors
- Take photographs
- Discuss your options
- Recommend a course of treatment

- Discuss likely outcomes of the tummy tuck and any risks or potential complication

What Questions Should I Ask My Plastic Surgeon About Tummy Tuck Surgery?

Use this checklist as a guide during your **tummy tuck consultation**:

- Are you qualified & certified Plastic Surgeon?
- Am I a good candidate for this procedure?
- What will be expected of me to get the best results?
- What surgical technique is recommended for me?
- How long of a recovery period can I expect, and what kind of help will I need during my recovery?
- What are the risks and complications associated with my procedure?

Do you have before-and-after photos I can look at for this procedure and what results are reasonable for me?

What are the Risks of Tummy Tuck Surgery?

The decision to have plastic surgery is extremely personal, and you'll have to decide if the benefits will achieve your goals and if the **risks and potential complications of tummy tuck surgery** are acceptable.

You will be asked to sign consent forms to ensure that you fully understand the procedure and any risks.

Risks and others will be fully discussed prior to your consent. It's important that you address all your questions directly with your plastic surgeon.

What are the Steps of A Tummy Tuck Procedure?

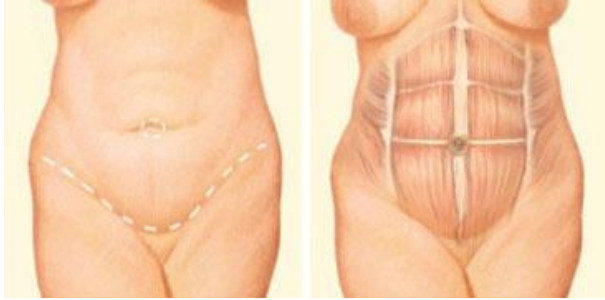
A **tummy tuck procedure** includes the following steps:

Step 1 - Anesthesia

The choices include intravenous sedation and general anesthesia.

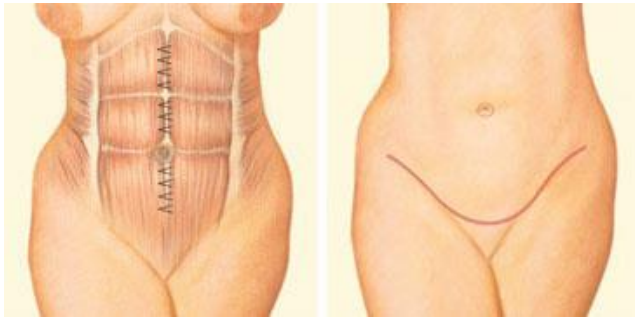
Step 2 – The incision

A full tummy tuck requires a horizontally-oriented incision in the area between the pubic hairline and belly button.



Once the abdominal skin is lifted, the underlying weakened abdominal muscles are repaired.

A second incision around the navel may be necessary to remove excess skin in the upper abdomen.



The upper abdominal skin is pulled down like a window shade. The excess skin is trimmed and the remaining skin is sutured together. A new opening for the belly button is created. The belly button is popped through to the surface and sutured into position.



Step 3 – Closing the incisions

Sutures, skin adhesives, tapes or clips close the skin incisions.

Step 4 – See the results

Your tummy tuck will result in a flatter, firmer abdominal contour that is more proportionate with your body type and weight.

What Should I Expect During My Tummy Tuck Recovery?

During your **tummy tuck recovery**, dressings or bandages may be applied to your incisions.

You will be given specific instructions that may include:

- How to care for the surgical site and drains
- Medications to apply or take orally to aid healing and reduce the potential for infection
- Specific concerns to look for at the surgical site or in your general health
- When to follow up with your plastic surgeon

What Results Should I Expect After A Tummy Tuck?

- Within a week or two, you should be standing tall and confident in your new slimmer profile. Your tummy tuck will result in a flatter, firmer abdominal contour that is more proportionate with your body type and weight.
- In women who have undergone cesarean section, the existing scars may be incorporated into the new scar.

Before & After Photo





Visual Animation



YouTube

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FOR APPOINTMENT

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