

*Aura*

ADVANCED SKIN CARE  
& PLASTIC SURGERY

# TUMMY TUCK

## What is a Tummy Tuck?

Also known as an abdominoplasty, a Tummy Tuck is a surgical cosmetic procedure that removes excess skin and tissue specifically from the abdominal region. The goal of a Tummy Tuck is to tighten and create a smoother abdominal contour.

## Candidates for Tummy Tucks include those who are:

- In general good health
- Nonsmokers
- Frustrated with loose, sagging skin left over from pregnancy or a major weight loss
- Committed to a healthy lifestyle to avoid undoing the effects of a Tummy Tuck
- Women who no longer want children or are past child-bearing age

## Who is a Good Candidate for a Tummy Tuck?

Tummy Tucks are popular among both men and women, especially those who's abdominal muscles and skin have been stretched out by excess weight or pregnancy.

Tummy Tucks do not remove stubborn areas of fat. Liposuction is the procedure of choice to remove fatty tissue and are often added to a Tummy Tuck if needed.

# HOW IS A TUMMY TUCK DONE?

## Before the Procedure

### Meet with a Surgeon

First, you will need to meet with a board certified plastic surgeon. This is important because board certified plastic surgeons must meet rigorous qualifications and standards to receive their certification after completing four years of medical school and several more years of residency. Be wary of physicians who are certified by medical boards other than plastic surgery as they do not have the same extensive training.

## The Procedure

### Anesthesia & Sedation

For your comfort during the procedure, anesthesia or sedation will be administered. During the pre-op visits you and the surgeon will decide which will be the best option for you.

Once the procedure has been completed, you'll be held in the recovery room until you wake up from the anesthesia or sedation.

Unless you are staying in a special post-op suite or the hospital, you will need to arrange for someone to drive you to and from surgery and stay with you the first few nights to help you recover.

### Tummy Tuck Technique

After anesthesia or sedation has taken effect, your surgeon will likely make a horizontal incision in the lower abdomen near the hairline of the pubic region. Excess skin is removed, abdominal musculature and lower layers of tissue are tightened and then secured with sutures. If excess skin above the belly button needs to be removed, an incision around the navel will be made.

## During your surgeon visit

During your visit with the surgeon, you will discuss your issues and concerns. A good surgeon will carefully listen to your desired outcome and help you know if a Tummy Tuck is the right procedure for you.

# WHAT IS RECOVER FROM A TUMMY TUCK LIKE?

## **After the Procedure is Complete**

After your Tummy Tuck procedure, you'll likely have some form of compression garment or bandage to keep the skin tight and reduce swelling. Your surgeon will give you specific post-operative care instruction so be sure to follow them closely. Follow up appointments are usually schedule within a few days to monitor your healing.

Medications may be prescribed to help with pain and inflammation.

## **As you Recover over time**

Rest and avoidance of any activities that cause pain are strongly recommended for optimal healing.

Pain typically subsides within 1-2 weeks, but soreness and swelling may be present for a few weeks.

**Do not resume exercise or other physical activity until cleared by your surgeon.**

# WHAT ARE THE RESULTS & BENEFITS OF A TUMMY TUCK?

## **Results & Benefits**

### **After the bandages have been removed**

After the bandages have been removed, a noticeable difference in the treated areas can be seen. However, final results may not be fully visible until after all the swelling has resolved, usually after a few weeks.

To achieve optimal Tummy Tuck results, be sure to follow all post-operative instructions and keep follow-up visits.

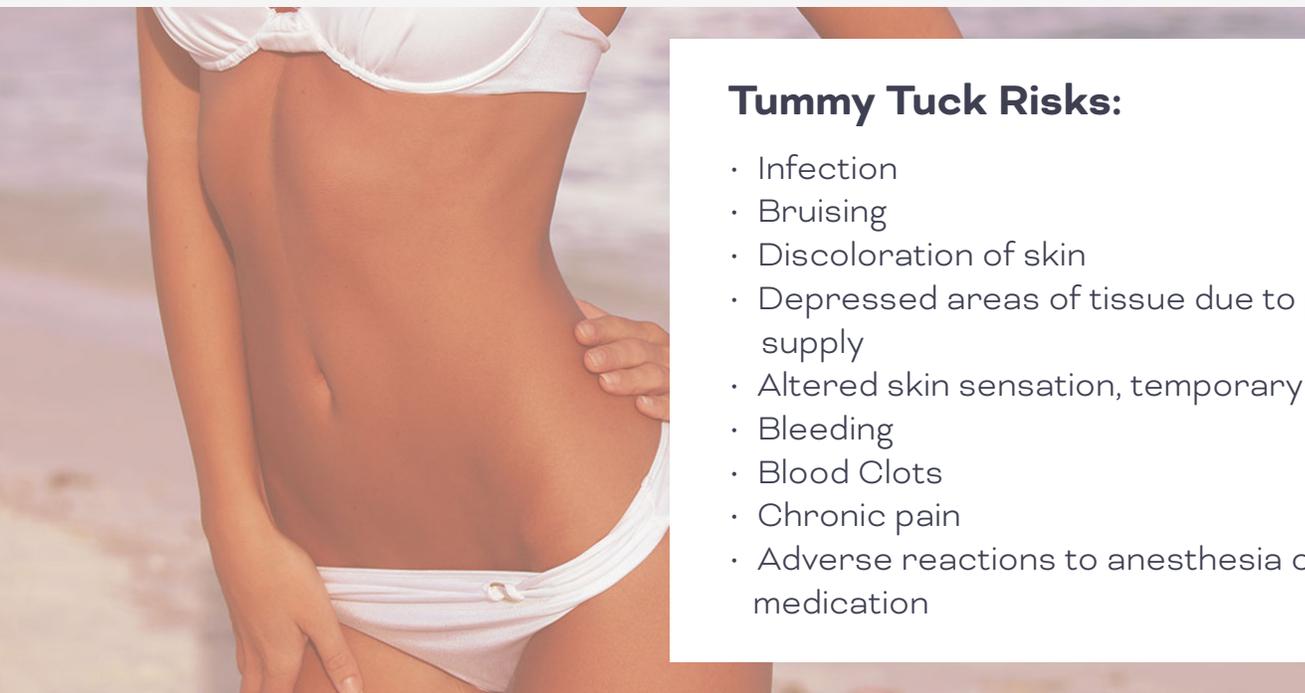
## Benefits of a Fat Transfer:

Tummy Tucks are incredibly rewarding. Those who have lost a significant amount of weight or women who have saggy skin from past pregnancies can finally shed the unsightly left over skin and enjoy a tighter, more attractive waistline. The results of a Tummy Tuck can be long-lasting unless major weight gain occurs.

# WHAT RISKS COME WITH A TUMMY TUCK?

Risks are present with any type of procedure or medical treatment. Knowing what risks you may face will help you weigh the pros and cons so you can make the right decision for you.

Your surgeon will go over risks that may be more specific to you but in general there are some risks associated with Tummy Tucks.



### **Tummy Tuck Risks:**

- Infection
- Bruising
- Discoloration of skin
- Depressed areas of tissue due to poor blood supply
- Altered skin sensation, temporary or permanent
- Bleeding
- Blood Clots
- Chronic pain
- Adverse reactions to anesthesia or sedation medication

# LIST OF QUESTIONS TO ASK DURING CONSULTATION

- ❓ Is the surgeon a Board Certified Plastic Surgeon?
- ❓ Are there any steps I can take to help me prepare for my surgery?
- ❓ What surgical technique would be best for me?
- ❓ Are there abdominoplasty before-and-after photos of individuals with a similar body type as mine so I can see what a similar outcome might be for me?
- ❓ Are there any risks and complications specifically associated with my breast augmentation procedure?
- ❓ Will I be going home afterward or staying overnight?
- ❓ Will I be given any medication after the surgery?
- ❓ How should I expect to feel immediately following and for the first few days after the procedure?
- ❓ What will the bandages and dressings be like and for how long will I have to wear them?
- ❓ What is the typical time-frame for recovery?
- ❓ What daily activities should I avoid during recovery and for how long?
- ❓ Will I need help during my recovery? What kind and for how long?
- ❓ Is there a number I can call in case complications arise?
- ❓ How often will follow up visits be?
- ❓ Will stitches need to be removed? If so, when?
- ❓ What's the expected time-frame for healing? When can I expect to see the final results?
- ❓ Where will the surgery be performed?
- ❓ If it is a hospital, is it accredited by the Joint Commission? You can check at [www.qualitycheck.org](http://www.qualitycheck.org)
- ❓ If it is an office-based surgical facility and not a hospital, is it accredited by a nationally or state-recognized accrediting agency? Specifically, the Accreditation Association for Ambulatory Health Care (AAAHC) and The Joint Commission? You can check at <http://www.aaahc.org/>