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AESTHETICS
— AND —
PLASTIC SURGERY

FAQ's about Mini or Full Tummy Tuck/Abdominoplasty

What is an abdominoplasty? Abdominoplasty, commonly called a tummy tuck, creates a flatter, toned abdomen by reducing excess abdominal skin and tissue. An abdominoplasty may include:

- Correction of diastasis, a condition in which the abdominal muscles have vertically become separated
- The correction of excess skin and fat of the upper and lower abdomen through an incision that may be several inches in length or extend from hip to hip, at or above the pubic area, and may also require an incision around the belly button
- A mini-tummy tuck is the correction of limited excess skin confined to the central portion of the lower abdomen. It requires an incision at or just above and the length of the pubic region and may be shorter in length

Why might an abdominoplasty be recommended for me? Reshaping disproportionate curves or reducing unwanted fat and skin cannot always be attained through weight loss and exercise alone. Abdominoplasty may help you reshape body features that cannot be enhanced any other way. Abdominoplasty can dramatically improve the shape and proportion of your upper and lower abdomen, enhancing your appearance and your self-esteem.

Who is a candidate for abdominoplasty? Women and men of various ages and from many circumstances choose abdominoplasty. These factors generally define good candidates for abdominoplasty procedures:

- You can clearly define why you want the surgery
- You understand what abdominoplasty can and cannot accomplish
- You accept the risks of abdominoplasty and your responsibilities as a patient
- You are healthy, emotionally secure and you're stable
- You accept that you will need to make healthy lifestyle choices to maintain the results achieved by abdominoplasty
- You have realistic expectations and are willing to accept minor asymmetries

What should I know about abdominoplasty surgery?

- Abdominoplasty is performed on an out-patient basis
- Abdominoplasty is performed under general anesthesia
- Scars are normal after surgery and may be concealed by normal clothing and lingerie
- Recovery from abdominoplasty may take 1-2 weeks, but you will be up and active the day of surgery
- Results are long-lasting, but weight loss/gain or pregnancy can change your results and normal aging and gravity may effect your outcomes over time
- You will need a capable adult with you for 24 hours after surgery

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