

Physical appearance is one measure of our health and vitality, and a flat stomach is one of those desired attributes. Unfortunately for some, no diet or exercise can reduce sagging or excess skin and bulging in the abdomen. Sometimes events such as pregnancy or weight gain followed by weight loss cause the skin and sometimes the underlying muscles to stretch and be able to return to their original shape. An abdominoplasty, also called tummy tuck, can restructure the stomach area by decreasing the excess skin and fat and tightening the abdominal muscles.

"My tummy tuck surgery got rid of the bulge and excess skin that I couldn't make disappear. I look great and my clothes fit better!"

K. Thomas, age 45

How is the Tummy Tuck procedure performed?

A gently curved incision is made horizontally along the lower abdomen. The length of the scar depends on how much excess skin needs to be removed. Through this incision, excess fat is removed and the underlying muscles are tightened. The excess skin is then removed. In some cases, an incision around the navel will be made to allow the maximum amount of skin to be removed and the navel repositioned in its proper place. In other cases, a "mini" Abdominoplasty can be performed with a smaller incision and a shorter recovery period. Whenever possible, the lower abdominal incision will be designed so that a bathing suit bottom can conceal it. Your surgeon may also be able to incorporate previous scars, like those from a Caesarean, into this new incision. Your personal consultation with your surgeon will provide you with all the details of the Abdominoplasty procedure and its options.

Schedule a consultation and discover how this procedure can benefit you!

Before



Before



After

After



Before



After

What will I look and feel like afterward?

Though every patient recovers differently, here is general outline of expectations:

- In the first day or two, you may be encouraged to get up and move around to initiate the healing process. Standing straight up is not recommended but normal walking is encouraged. Any quick movement or heavy lifting must be avoided for 4 to 6 weeks. Your surgeon will be able to prescribe medication to control any discomfort. As with all surgeries, there will be some swelling and bruising.

- During the first 5 to 10 days, bruising and swelling will reach its highest point and begin to subside. Within 7 to 10 days stitches and drainage tubes may be removed.
- After a couple of weeks, you will increase your activity. However, strenuous activities are prohibited for at least 4 to 6 weeks. You will experience a significant reduction in bruising and swelling and your results will begin to take shape.
- After several months, you resume more vigorous activities and exercise. The incision will begin to lighten and fade.