

| fact sheet |

TUMMY TUCKS (ABDOMINOPLASTY)

What is a tummy tuck?

A tummy tuck, also referred to as abdominoplasty, is a plastic surgery procedure which removes excess fat and skin from the abdominal area.

How is a tummy tuck performed?

After anesthesia is administered, a horizontal incision is made across the pubic bone area. The shape and length of the incision varies from patient to patient, as determined by the surgeon. Then, the surgeon will meticulously remove excess fat, tissue, and skin, and repair weakened abdominal muscles. At the completion of the procedure, the skin is sutured together. Swelling may take about a week to subside, after which a much flatter, firmer tummy will be revealed.

What is the difference between a tummy tuck and a mini tummy tuck?

A mini tummy tuck requires a smaller scar and is ideal for patients who have muscle weakness and excess tissue below the navel only.



How much improvement can I expect from a tummy tuck?

Some patients may experience a significant drop in pounds, while others may lose several dress sizes. However your results are manifest, you are sure to be very pleased with a slimmer, sleeker, stronger-looking tummy.

Who would be the ideal candidate for a tummy tuck?

Ideal candidates for the tummy tuck procedure are at a healthy, stable weight; do not smoke; and have realistic expectations. Also, women who are planning to become pregnant or to lose a substantial amount of weight are advised to postpone a tummy tuck—both pregnancy and weight loss may lead to excess skin in the abdominal area, which could reverse the results of a previous tummy tuck.

How much downtime is involved?

Healing from a tummy tuck occurs over a period of two to four weeks. The scar will typically fade over a one-year period.

What are the risks?

Like any significant surgery, a tummy tuck carries certain risks. Complications of this surgery may include scarring, bleeding, infection, fluid accumulation, or anesthesia reactions. Under the care of a skilled plastic surgeon, serious side effects are extremely rare, and even mild complications can be prevented. You can learn more about all possible complications in a consultation about this procedure.

Can tummy tucks be repeated?

Yes. However, it is essential that the patient still fit the criteria of an ideal tummy tuck candidate, as described above. If the patient has gained weight due to an unhealthy lifestyle, an additional tummy tuck is not recommended. A consultation with your plastic surgeon will help you determine if a second tummy tuck is right for you.

Are there other similar treatments available?

Yes. You may find that another treatment, such as Smartlipo, LipoDissolve, or MedScuplt will suit your needs. Your doctor can help you decide which treatment will provide the optimum results.



How do I know what procedure is best for me?

Call us at (801) 595-1600 to schedule a consultation.

We are located at the south end of the Gateway Mall at 440 West 200 South, Suite 250, Salt Lake City, Utah 84101.