Abdominoplasty (Tummy Tuck)

If you have excess skin and fat (usually a result from multiple pregnancies or weight loss) that you’d like removed for a flatter abdomen, you may want to consider a plastic surgery procedure called a tummy tuck or abdominoplasty.

A tummy tuck restores a fit and youthful appearance to the abdomen.

How does a tummy tuck work? With this cosmetic surgery procedure, a horizontal incision is made in the pubic hairline. Then, excess skin and fat can be removed and weak abdominal muscles can be tightened. The length of the scar depends on the amount of excess skin that needs to be removed.

A mini tummy tuck surgery requires a smaller scar and is ideal for patients who have muscle weakness and excess tissue below the navel only. During a consultation, the correct cosmetic surgery procedure for each individual patient can be discussed. Healing from a tummy tuck occurs over a 2-4 week period and the incision scar will typically fade over a one-year period.

Breast Augmentation

For women who desire more breast fullness, a breast augmentation (also called breast enhancement) is a terrific choice. It will not only improve your image, it can boost your self-esteem. This plastic surgery procedure remains one of the most popular and common procedures in the country.

Breast enlargement can enhance breast volume in women who have a naturally small cup size or who have lost volume after childbearing or weight loss. Breast implants can also be used for breast reconstruction after a mastectomy.

The implant used during breast augmentation surgery—either saline or pre-filled silicone—is placed either below the muscle or behind the breast tissue.

Healing from breast augmentation surgery takes approximately 2 weeks, but some degree of swelling may persist for up to 4 weeks after the plastic surgery procedure. The incision, which can be made under the breast, in the armpit or around the areola, ultimately fades over the course of a year.

For additional information or to schedule a free consultation, call us at (801) 595-1600.

Dr. Bryan Sonntag

has been practicing in the plastic surgery field for over 16 years. His experience extends to all aspects of cosmetic and reconstructive surgery. Dr. Sonntag is board certified by the American Board of Plastic Surgery and a current member of the Utah State Plastic Surgery Society.