

B1-TUMMY TUCK



B. BODY LIFTS

B.1. Tummy Tuck/Abdominoplasty

Abdominoplasty is the medical name of tummy tuck; it is a surgical procedure done under general anesthesia that improves the shape of the abdomen and the waist.

It consists of tightening the abdominal muscle and removing the excess skin in the abdomen. This procedure is particularly popular among individuals who have experienced significant weight loss, women after pregnancy, or those with loose abdominal skin due to aging or genetics.

This procedure leaves a scar on the lower abdomen that goes from left hip bone to right hip bone and around the umbilical.

Indications for Tummy Tuck

- **Excess Skin and Fat:** Individuals with sagging skin and fat in the abdominal area that has not responded to diet and exercise.
- **Muscle Separation:** Patients with diastasis recti (separation of abdominal muscles) often experience a protruding abdomen

that can be corrected with a tummy tuck.

- **Post-Pregnancy Changes:** Women who have had multiple pregnancies may find their abdominal muscles stretched and skin laxity, leading to a desire for restoration.

- **Significant Weight Loss:** Individuals who have lost a large amount of weight may have excess skin and fat that requires surgical intervention.

Benefits of Tummy Tuck

- **Improved Abdominal Contour:** Creates a flatter, more toned appearance by removing excess skin and fat.

- **Tightening of Abdominal Muscles:** Restores weakened or separated muscles, leading to a firmer abdominal wall.

- **Enhanced Self-Confidence:** Many patients experience improved body image and self-esteem after surgery.

- **Reduction of Stretch Marks:** If located on the lower abdomen, stretch marks may be removed along with excess skin.

The Tummy Tuck Procedure

1. Consultation:

- A careful consultation with a Brazilian board-certified plastic surgeon to discuss goals, medical history, and any concerns. The surgeon will evaluate the abdomen and recommend the best surgical approach.

2. Anesthesia:

- The procedure is performed under general anesthesia.

3. Incision Placement:

- The surgeon will make an incision in the lower abdomen that goes from left hip bone to right hip bone. An

additional incision is done also around the umbilical.

4. Excess Skin and Fat Removal:

o The surgeon will lift the skin flap, remove excess fat and skin, and tighten the abdominal muscles. The remaining skin is then pulled down, and the incisions are closed.

5. Navel Reconstruction:

o The belly button may need to be repositioned to create a natural appearance after the skin is tightened.

6. Closure:

o The incisions are closed with sutures, and the procedure typically takes about 2 to 5 hours, depending on the complexity of the case.

Recovery After Tummy Tuck

· **Initial Recovery:** Swelling, bruising, and discomfort are common in the first few days. Pain can usually be managed with prescribed medications.

· **Downtime:** Most patients can return to light activities within 3 weeks, but more strenuous activities should be avoided for about 8 to 12 weeks.

· **Lymphatic drainage:** Patients need to schedule lymphatic drainage sessions helping to reduce the edema and the excess fluid in the body and this to help the skin conform to its new contours, beginning as soon as the patient can tolerate.

· **Compression Garments:** Wearing a compression garment is usually recommended to support the abdomen and reduce swelling during the healing process.

· **Follow-Up Care:** Regular follow-up appointments with the surgeon are essential for monitoring healing and ensuring optimal results.

Risks and Considerations

- **Scarring:** While the surgeon aims to place incisions in inconspicuous areas, some scarring will remain, and its visibility can vary based on skin type and healing.
- **Complications:** Potential risks include infection, bleeding, blood clots, and poor wound healing.
- **Changes in Sensation:** Temporary or permanent changes in sensation around the incision area or belly button may occur.
- **Not a Weight Loss Procedure:** Tummy tuck is not intended for weight loss and is best suited for individuals at or near their ideal weight.
- **Results:** While body contouring can significantly enhance appearance, maintaining results requires a healthy lifestyle, including diet and exercise

