



Tummy Tuck (Abdominoplasty)

A tummy tuck is a procedure to remove excess skin and fat from the tummy area to create a flatter, younger looking and more taut appearance. People find that even with diet and exercise that they cannot achieve the flat stomach that they have always wanted. Many people choose to combine a tummy tuck with liposuction to help them to achieve that new slimmer waist. You can decide if this is an option for you during your consultation with your surgeon. There are two different ways of doing a tummy tuck and again the best method for you will be decided during your consultation.

Frequently asked questions:

Who is abdominoplasty for?

What can I expect?

What does the surgery involve?

What will recovery be like?

What are the possible risks or complications?

Who is abdominoplasty for?

A tummy tuck is for anyone who has loose skin around the stomach area that they cannot shift through diet or exercise. Quite often people who have lost a lot of weight will have loose folds of skin around the stomach area and this operation is ideal for them. It is also for used for women who have stretched skin and muscles after being pregnant and who have no more plans to have children. A tummy tuck can restore confidence to people who feel self conscious due to a flabby overhanging stomach.

What can I expect?

You can expect a slimmer waist with a flatter and tauter appearance. You can expect excellent slimming and shaping results enabling greater self-confidence. The results are usually long lasting as long as you follow a balanced diet and exercise. If you do put on weight following the surgery fatty bulges can appear.

What does the surgery involve?

A tummy tuck is done under general anaesthetic and requires an overnight stay in hospital and usually lasts for 1-2 hours. In most cases an incision is made from hip to hip just around your bikini line. An incision is also made to free your tummy button. Loose skin and fatty tissue are removed, any damaged abdominal muscles are repaired and a new hole is cut for your tummy button. The incisions are then sutured closed.

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Many people choose to have liposuction at the same time as their tummy tuck to create an even smaller waist.

What will recovery be like?

There will be swelling and possibly bruising of the abdominal area for the first few days after surgery. Your surgeon will prescribe you pain medication to control the pain. You will need to rest well and to wear a support garment. You should plan to have 2 -3 weeks of work and you should not do any strenuous exercise for at least 6 weeks.

What are the possible risks or complications?

Abdominoplasty is generally done without complications. All surgery however does carry an element of risk. Complications can include an unexpected reaction to the anaesthetic, bleeding, infection or clot formation. These risks are minimised by experienced surgical technique, specialist care and by using highly qualified surgeons and nursing staff.

Complications that can be associated with abdominoplasty are numbness of the abdominal area; this is usually temporary but in very rare cases can be permanent.

The risks are also minimised by making sure that you are in good general health before your operation. Your consultation with your surgeon will give you advice on how best to achieve this as well as letting you know of any risks which may apply to you.