

Abdominoplasty (Tummy-Tuck)

Also known as the “tummy tuck,” abdominoplasty is a surgical procedure designed to remove excess skin and fat from the abdomen and tighten the muscles of the abdominal wall.

About the Procedure

An abdominoplasty takes approximately two hours to perform, during which time, you will be under general anesthesia. To begin, a horizontal incision is made between the pubic hairline and the navel; the incision is as low and short as possible, with size dependent on the degree of correction required. Via this incision, weakened muscles are tightened and excess fat, tissue, and skin are eliminated. Finally, the belly button is brought out through a new opening, and all incisions are closed with sutures placed *under the skin only for minimal scarring* (staples are NOT used). Following the procedure, you will spend a couple of hours in our comfortable and spacious recovery suite, after which, you are free to return home under the supervision of a friend or family member.

Why Beautologie?

The doctors at Beautologie place the utmost importance on the comfort and safety of patients; we reduce risks by using the newest and least invasive, minimal incision techniques and our trademark post-operative care, which includes healing scars via months of specialized follow-up treatments (at no additional cost); depending on your genetics, most scars fade to merely a pencil-thin, white line, low enough to be covered by pants, a skirt, or swimsuit. Rather than simply spot treating only the belly area, we often utilize liposuction to firm and flatten the belly *and* hips, leaving you with a flat abdomen from the bottom of your breasts through the pubic area and beyond—the pubic area and inner-thighs can also be concurrently lifted for a result more smooth and shapely than your standard tummy tuck. Of equal importance, our doctors understand that cosmetic surgery requires serious consideration. We encourage patients to ask questions, as we are extremely empathetic to patient concerns and inquiries.

Results

This procedure can dramatically reduce the appearance of a protruding stomach, eliminate most stretch marks in the front of the abdomen; reverse the effects of pregnancy, weight gain/loss, and aging; and re-contour the front and back of the abdomen to achieve a smoother, tighter, and more slender midsection. Men and women who have had a tummy tuck report a significant boost in self-confidence and feeling more attractive in their own skin; for many, an abdominoplasty provides a long-awaited resolution to feelings of insecurity and embarrassment regarding their bodies. An abdominoplasty can help you look the way you feel, facilitating a healthier and happier you.

Am I a Candidate?

You are likely a candidate if:

- You are over 18 and in good health
- You have excess skin and fat in the “love handles” and/or above the belt line (i.e. the area that usually hangs or bulges when wearing pants or swimwear)
- You have attempted weight loss and exercise, but have been unsuccessful in achieving your desired results
- You have realistic expectations about the outcome of surgery
- You are not considering becoming pregnant (if so, procedure should be postponed until after pregnancies)
- You are not planning a significant weight loss (if so, procedure should be postponed until after desired weight has been lost)
- Your weight is appropriate for this procedure (will be determined by the physician)

Abdominoplasty can be successfully used to:

- Help reclaim your pre-pregnancy belly and/or eliminate stretch marks, umbilical hernias, or weakening of the abdominal wall
- Remove excess skin resulting from significant weight loss (via gastric-bypass or traditional methods)
- In this case, surgical removal is the only method capable of eliminating the remaining loose skin
- Help reverse an accumulation of fat in the midsection due to aging

We invite you to make an appointment for a complimentary evaluation of your status.

During your consultation, we will be able to provide you with realistic goals and expectations.



-Before-

-After-



-Before-

-After-

“Dr. Shah and your wonderful staff: I feel more beautiful and better about myself than I ever thought I could. Big thanks.”

T.S.



-Before-

-After-



-Before-

-After-

“Thank you so very much for improving my appearance and my self-esteem. I love the results and my clothes fit so much better. Thank you very much!”

J.C.



-Before-

-After-



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The Initial Consult

Your safety and the success of your procedure are highly dependent on your candor during the initial consultation; therefore make sure to answer all questions thoroughly and honestly. Your surgeon will likely discuss:

- Medical history, current conditions, and drug allergies
- Your reasons for undergoing the surgery including expectations and desired outcome
- Current use of medications, vitamins, and herbal supplements and past and present use of alcohol, tobacco, and drugs
- Previous surgeries
- Your current weight and diet/exercise program

During your consult, your surgeon will evaluate your general health, pre-existing conditions, and risk factors; examine the area; and discuss potential outcomes of surgery as well as risks and possible complications (if you have any health issues or are over 45 years of age, an exam/approval from your primary care physician will be required). Remember, the consultation is your chance to ask questions and voice your concerns—the **Beautologie doctors are happy to take as much time as necessary to provide answers to any and all of your questions.**

What the Procedure Won't Do

A tummy tuck is not designed to be used in place of weight loss or an exercise program. Additionally, although the outcome is considered permanent, your results can be significantly diminished by a substantial weight gain or pregnancy following the procedure. Finally, stretch marks are eliminated only when they are located on an area of skin that is excised during surgery.

Costs of Surgery

The costs of a tummy tuck are not covered by insurance and will vary depending on the experience of the surgeon and the complexity of the procedure. *Remember, a procedure offered significantly below market value is usually a sign of inexperience or cutting corners on the part of the surgeon.* Additionally, don't forget to budget for all of the associated costs including anesthesia fees, medications, post-surgery garments, and medical tests. **For your convenience, Beautologie offers patient financing plans that are extremely affordable. You will find the costs of procedures at Beautologie very comparable to those of surgeons with similar expertise.**

About Recovery

Following your procedure, dressings and bandages will be used, and you will be wrapped in an elastic support band or compression garment to minimize swelling and facilitate healing. Also, a small, thin tube may be used to drain any fluid that collects after the surgery. Upon discharge, you will be given specific instructions describing how to care for the incision, how to take prescribed medications (for pain and to reduce the risk of infection), follow-up procedures, and what to look for at the site of the incision. *All procedures benefit from our excellence in post-operative care, which includes follow-up visits for as long as necessary as we diligently fade the incision with specially designed tapes and creams.* Within two to four weeks following your procedure, swelling will start to subside, and you will be able to stand comfortably upright, ready to show off your new look. It will take a total of 6 months to a year for all the swelling to resolve, to patience is importance with this procedure.

Please feel free to discuss all of your recovery concerns with your surgeon, including:

- Which medications will I be prescribed?
- When/how will my dressings and bandages be removed?
- When/how are my stitches removed?
- When can I resume work/normal activity/exercise?
- When do I start my follow-up care?

**Remember, your abdominoplasty is an outpatient procedure; you will need someone to drive you home from our center, as well as to stay with you for at least the first night after surgery.*

Risks of Surgery

We are proud to say that we have a flawless record regarding serious surgical complications. However, no procedure is 100% risk free. The doctor and his staff will explain, in detail, any risks associated with your procedure, as well as ask that you read and sign consent forms to make certain you fully understand such risks. As you will notice, we go above and beyond to prevent all complications. However, many post-operative occurrences are in your hands: You must plan an appropriate amount of time for recovery and limit your activities. Again, we encourage you to ask any and all questions regarding potential complications and how you can minimize the chance of their occurrence.

Possible risks of abdominoplasty include:

Scarring (most often caused by genetic scar syndromes or not following post-operative care instructions); bleeding (hematoma); infection and poor wound healing (very rare and reduced by the pre- and post-operative antibiotics and careful care of the patient); fluid accumulation; skin loss; blood clots; numbness and other changes in skin sensation; standard anesthesia risks; skin discoloration and/or prolonged swelling; death of fatty tissue found deep in the skin (fat necrosis); major wound separation; asymmetry; recurrent looseness of skin; pain, which may persist; deep vein thrombosis or cardiac and/or pulmonary complications; persistent swelling in the legs; nerve damage; possibility of revisional surgery (very rare, as Beautologie boasts one of the lowest rates in the business).

