
Tummy tuck

By editor

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Abdominoplasty or "**tummy tuck**" is a cosmetic surgery procedure used to make the abdomen more firm. The surgery involves the removal of excess skin and fat from the middle and lower abdomen in order to tighten the muscle and fascia of the abdominal wall.

This type of surgery is usually sought by patients with loose tissues after pregnancy or individuals with sagging after major weight loss after pregnancy or substantial weight loss, many people find their abdominal muscles are weak and the skin in that area has become looser. Despite exercise and diet, this may be difficult to shift and can cause self-consciousness and anxiety.

During the procedure the muscles can be tightened and excess skin removed, leaving a firmer flatter abdomen. Tummy tucks are becoming more popular than ever, experienced Surgeons can achieve some excellent results. The tummy tuck procedure takes around 2 hours under general anaesthetic and usually requires a 1 to 2 night stay in hospital.

There are two types of tummy tuck: partial and full. The operation will usually take place under a general anaesthetic. The length of the operation will depend on the extent of the surgery, but it could take up to three hours.



Before



After

In a partial tummy tuck, the surgeon makes a large incision across the lower abdomen. Surgeon separates the skin from the abdominal wall, removes excess fat and cuts away the excess skin. The remaining skin is then pulled down and stitched together at the line of the first incision.

For a full tummy tuck, the surgeon makes incision across the lower abdomen, just above the pubic area, from hip bone to hip bone. He or she makes a second incision to free the belly button from the tissue that surrounds it and separates the skin from the abdominal wall. Cosmetic surgeon pulls down the muscles and stitches them into their new position, removes fat deposits and cuts away the excess skin. A new hole is then cut for the belly button, and it is stitched back into place.

Finally, the surgeon pulls the remaining skin down and stitches it together at the line of the first incision.

Your surgeon will require you to stay in hospital overnight and you will need 2 weeks off work to rest. You will need to avoid heavy lifting and exercise for one month.

EuroMediCare Specialist Hospital and Outpatient Clinic

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