

# Procedure Information

---

## Tummy Tuck



Making you, more you

This information has been provided to enhance your understanding of Tummy Tuck surgery prior to an initial consultation with a specialist consultant plastic surgeon. Many clients find it useful to note down questions they have thought of whilst reading this treatment guide. We recommend that read this advice and if you are unsure about anything then please do not hesitate to contact us.

General enquiries: 01892 257357 (Mon - Fri, 9am - 5pm).

For out of hours emergencies and at weekends, please call 07753 211771.

## Introduction

Tummy tuck surgery is most commonly sought to remove excess skin and fat where diet and exercise alone hasn't left you feeling comfortable with your appearance and where the abdominal muscles have separated, a tummy tuck may provide relief from poor posture and lower back ache. Other patients have this procedure and, in most cases, to repair separated abdominal muscles, which can contribute to poor posture and back ache. A tummy tuck is effective in treating both concerns. A tummy tuck may also be combined with liposuction for greater contouring.

Women and men opt for tummy tuck surgery:

- If they have excess skin and separated muscles (for women this is usually the case after having children)
- As part of a hernia repair
- To remove unwanted stretch marks or scars
- If they have loose skin after earlier weight loss
- If due to ageing, they may have loose skin around the abdomen
- If a stubborn area may persist that they are unable to shift through exercise

The causes of a flabby abdomen can be:

- Accumulation of fat
- Poor elasticity of the skin
- Excess skin after weight loss or pregnancy
- The stretching of the inner girdle of connective tissue and muscles which hold the internal organs in place, and is responsible for tone and the appearance of the abdomen

A tummy tuck is a safe and effective cosmetic procedure to re-shape the abdomen and achieve a flatter, slimmer and more confident you, so that you can look and feel comfortable in and outside of your clothes.

### Some good questions to ask your consultation

- Am I a good candidate?
- Where and how will you perform my surgery?
- How long is my recovery likely to be and will I need help following my surgery?
- What are the associated risks and complications?
- How do you deal with complications?
- Do you have before and after photos of your patients?

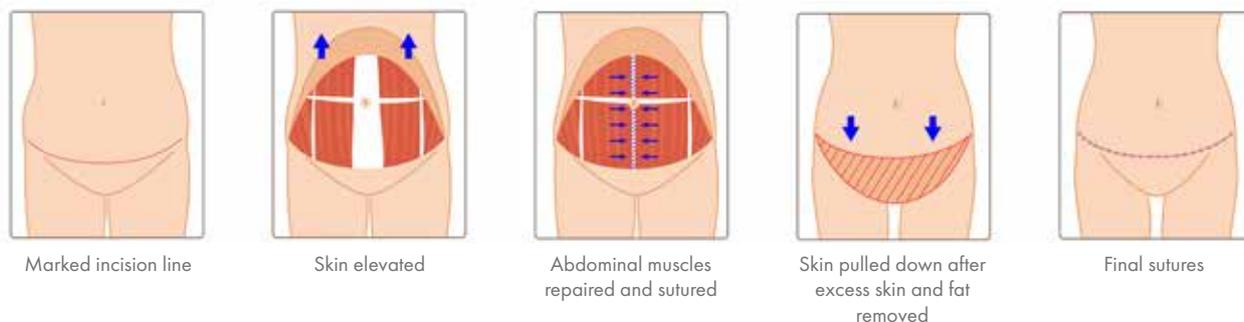


## The Procedure

### Full Tummy Tuck

This surgical approach is the most common as it provides the greatest improvement in abdominal shape. Performed under general anaesthetic and requiring typically a one night stay in hospital, the full tummy tuck is for those patients with excess fat, significant skin laxity and separation of the muscles.

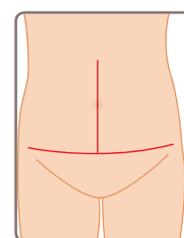
An incision is made from hip to hip and the excess fat and skin removed from the belly button to just below the bikini line. The abdominal muscles are tightened to leave the patient with a well-defined tummy, the belly button repositioned in a new flatter tummy with a neat, circular scar. The incision from hip to hip is then closed, leaving a long scar usually below the underwear line.



### Weight-loss Tummy Tuck (fleur-de-lis)

For patients who have experienced significant weight-loss, the fleur-de-lis approach is usually recommended.

This approach is designed to remove and tighten loose tissue in a vertical and horizontal dimension. An incision is therefore made horizontally from hip to hip, with a vertical incision above and below the belly button.

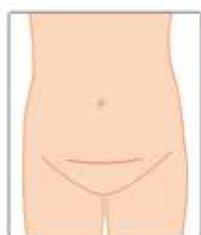


'Fleur-de-lis' marked incision line

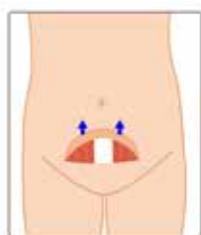
### Mini Tummy Tuck

When there is only a small amount of excess skin, a lesser or mini tummy tuck is recommended. Performed under general anaesthetic, patients usually spend a night on the hospital ward.

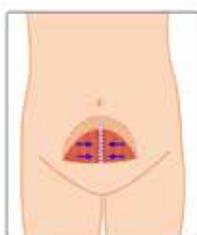
During the surgery, a wedge of skin and fat is removed from the lower abdomen, leaving a horizontal scar above the pubic area, below the underwear line. No incision is made around the belly button, and the result is less dramatic than the full tummy tuck.



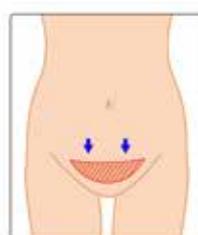
Marked incision line



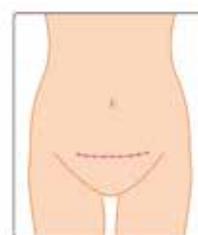
A small area of tissue is removed



Abdominal muscles repaired and sutured



Skin pulled down after excess skin and fat removed



The area is closed leaving a short, neat scar



*“Amir is a magician and artist as well as a surgeon! I had a fleur-de-lis abdominoplasty after major weight loss and abnormal growths on my abdomen and it has changed my life. Fabulous after care, brilliant before and during surgery and I cannot thank him enough!”*

*- Lauren, 27*

## The Recovery

Recovery is usually straightforward with mild discomfort and abdominal tightness for the first couple of weeks. Any tightness and swelling is effectively alleviated with gentle massage and exercise after the second week of recovery.

“  
*Massage combined  
with gentle exercise  
accelerates recovery.*”



In most cases, patients do not have difficulty sleeping, however, we advise lying with the upper body slightly elevated, to relieve tension on the abdomen and to place a plump pillow under the knees to prevent strain on the lower back.



We advise patients shower on the morning after surgery and encouraged to do so daily, this is key in reducing the risk of infection. The tape on the incisions may be gently patted dry or dried with a blow-drier on the cool setting.



It is important to walk soon after surgery to keep the blood flowing and prevent clots from forming, we do not use drains, making this more comfortable. Activity can be increased gradually as comfort allows, however, premature over-activity or muscle straining can delay healing.



Driving is usually comfortable and safe after the second week of recovery, however, this does vary from patient to patient therefore, our nurses advise patients at their first follow-up consultation, at 7 days post surgery.



In general, patients are able to return to work 2 weeks after surgery unless their job involves rigorous activity.



It is important to avoid heavy lifting and rigorous gym work-out for the first 6 weeks. Swimming and bathing may also be resumed at this stage of recovery.

*“The team at Bella Vou could not be more friendly and professional. You are treated with respect and confidentiality. Most of all, Amir is a top-notch surgeon!”*

*“My tummy was looking flabby and old. I am so glad I did something about it. I am so much happier and confident about myself. Should have done it sooner.”*



# Pre & Post Tummy Tuck Examples



Before surgery



6 months after surgery



This mole is no longer present as all skin from just above the belly button to the bikini line has been removed.

Before surgery



6 months after surgery



Before surgery



6 weeks after surgery



Before surgery



4 weeks after surgery



6 months after surgery

The redness on the incision line settles to become skin coloured and sits neatly below the line of the under garment.

### FAQ

Your journey starts with first being well informed. Here are a few of the most commonly asked questions to our surgeons.

What precautions should I take before surgery?

- Stop smoking at least 6 weeks before surgery.
- Stop taking herbal supplements and/or aspirin 10 days before and after surgery (if on prescription aspirin, please seek your GP's advice as both inhibit the body's natural ability for blood to clot (which can cause scars to breakdown).
- Take a shower on the morning of admission to hospital.

How soon after surgery can I shower?

In order to reduce the risk of infection, we encourage you to shower the morning after surgery. We do not use drains, which makes this much easier. Bathing and swimming are not safe (in terms of risk of infection) until patients are at week 6 in their recovery period.

When are the results of the surgery visible?

Almost straight away. Although it can take between 6 and 12 months for the swelling to settle completely, the improved skin, muscle tone and overall shape are clearly visible.

When will I be able to drive?

Driving is usually comfortable and safe after the second week of recovery. However, this does vary from patient to patient therefore our nurses will advise at your first follow-up consultation, 7 days after your surgery.

Will the stitches be removed?

No, all stitches are absorbable and will be hidden under the skin (giving a neater scar).

How soon can I return to normal activities?

Patients are usually able to return to work after 2 weeks, as long as your work does not require intense physical exertion. Vigorous exercise and activity can be resumed at 6 weeks after surgery, however, we advise you to check with the clinic nurse at your 6 week follow-up.

If I still have a stone of weight or more to lose, am I still able to proceed with surgery?

Yes, but if you are currently dieting towards a goal, then it's important (for optimal results and to avoid disappointment) to lose the extra weight first. If you are not likely to be losing a substantial amount of weight, then you can have the procedure. It is best however to be at or near your realistic weight first.

How often do I need to return to the clinic following my surgery?

Although we invite patients to contact us with any concerns or questions, the usual follow-up schedule is as follows:

- 1 week post-surgery with our specialist nurse
- 6 weeks post-surgery with your surgeon
- 6 months post-surgery with our specialist nurse

We provide all patients with an emergency contact number and are able to provide assistance at any time during recovery, night or day.



Please do not hesitate to contact us if you have any questions, queries or concerns.

T 01892 257357 E [hello@bellavou.co.uk](mailto:hello@bellavou.co.uk) W [www.bellavou.co.uk](http://www.bellavou.co.uk)  
Market House, 45-47 The Pantiles, Royal Tunbridge Wells, Kent, TN2 5TE

