

## **Fleur de Lis Tummy Tuck**

***Surgery to remove significant excess skin and fat from the stomach, for improved contour. Fleur de Lis Tummy Tuck consists of both horizontal and vertical incisions and is a technique used in cases of extreme weight loss.***

### **Quick glance guide to Fleur de Lis Tummy Tuck surgery**

**Procedure Time:** 3 hours

**Recovery:** 4-6 weeks. Back to work from 2 weeks depending on your job

**Anaesthetic:** General Anaesthetic

**Hospital stay:** Yes

**Treats:** Substantial excess skin and fat from the midsection

### **What is a Fleur de Lis Tummy Tuck?**

Fleur de Lis Tummy Tuck, also known as a weight-loss abdominoplasty, is a cosmetic procedure that targets the entire midsection. It is designed to remove significant excess skin and fatty tissue from the tummy. This surgery is an ideal and highly transformative option for those with significant excess loose skin, following extreme weight loss.

Unlike a traditional tummy tuck, the Fleur de Lis tummy tuck focuses less on the scar. Whilst every effort is made to produce a neat scar, surgeons focus their attention on reshaping the abdomen so that patients can feel more comfortable during every-day activities or in the clothes that they wear.

### **How is a Fleur de Lis Tummy Tuck Performed?**

During a Fleur de Lis tummy tuck, the surgeon makes two incisions - a horizontal one in the lower abdominal area (similar to a traditional tummy tuck) and a vertical incision that runs up the middle of the stomach. Like a traditional Tummy Tuck, an incision will also be made around the belly button. This procedure is named after the shape of the incisions made during the surgery, which resembles the design of a Fleur de Lis symbol.

Excess skin and fatty tissue are removed, and the underlying muscles are tightened. This procedure is more extensive than a standard tummy tuck, so it can involve a longer recovery. After the surgery, patients wear compression garments to support the healing process and achieve a smoother, firmer abdomen.

### **What is the Recovery for a Fleur de Lis Tummy Tuck?**

Recovery from a Fleur de Lis Tummy Tuck is more comprehensive and extended compared to a traditional tummy tuck due to the additional incisions and extensive tissue removal involved. The typical recovery period for a tummy tuck is approximately six weeks. However, some individuals

might experience a slower or quicker return to normal activity. It's important to note that the pace of recovery can vary among patients.

In the initial days post-surgery, patients may experience discomfort, swelling, and bruising in the treated area, managed with prescribed pain medication. Compression garments support healing and reduce swelling. Light activity is encouraged, while strenuous exercise is gradually reintroduced as advised by the surgeon. Most individuals can return to work within two weeks, depending on their job's physical demands. The incision scar will fade over several months, with final results taking time as swelling subsides, leaving a smoother, firmer abdomen and improved body contour.

### **Why choose Bella Vou for your Fleur de Lis Tummy Tuck?**

Bella Vou offers clients a uniquely individual approach to cosmetic surgery. The state-of-the-art clinic provides the very latest surgical, cosmetic, and aesthetic treatments in a chic, comfortable, and welcoming environment in the heart of the beautiful historic town of Royal Tunbridge Wells. Bella Vou is dedicated to providing satisfaction, the highest standards of care, and a very personal touch throughout the client journey. The highly-skilled, professional staff are passionate about helping people achieve their desired results and making their experience enjoyable and hassle-free.

Bella Vou's leading cosmetic surgeons are recognised by the most highly-regarded aesthetics and cosmetic surgery associations, including the UK Association of Aesthetic Plastic Surgeons (UKAAPS). The clinic and leading-edge operating suite are approved and inspected to ensure the highest standards of patient care, cleanliness, and infection control.

Bella Vou offers competitively priced packages of care with no hidden extras. The clinic is confident in the staff's skills and professionalism and provides a benefit warranty to provide patients with peace of mind. If there is a problem or complication, the client will be looked after throughout, without any extra charges.

Bella Vou combines cutting-edge treatment and clinical excellence with the luxury, comfort, and discretion of a spa and the hospitality of a five-star hotel.

### **Your Fleur de Lis Tummy Tuck journey at Bella Vou**

#### **1. Free, no-obligation consultation**

Bella Vou offers every client a free consultation with an expert, accredited cosmetic surgeon. There's no obligation to proceed to treatment; it's an opportunity to discuss any concerns and receive an impartial professional opinion.

The plastic surgeons will assess your love handles, the volume of fat and the amount of excess skin before suggesting a bespoke treatment plan targeted to your needs.

## **2. Meet your surgeon**

You will be offered an appointment to meet your surgeon again before proceeding to surgery. This will give you a chance to find out more about the procedure, your recovery, and to ask any questions you may have. The consultant will talk you through the Fleur de Lis procedure and take time to address all your concerns.

## **3. Preparation for Fleur de Lis Tummy Tuck surgery**

You'll be given individual pre-treatment or pre-operative advice to reduce any complications and support your speedy and healthy recovery.

It's important to let your specialist know if you're on any prescription or over-the-counter medications. You may be asked to stop taking aspirin or anti-inflammatory tablets, which can increase the risk of bruising. It's also essential to stop smoking cigarettes and e-cigarettes before and after treatment because they can disrupt the healing process.

On the day of your treatment, the team at Bella Vou will welcome you, give you a gown to wear and escort you to the state-of-the-art treatment suite.

## **4. What happens during Fleur de Lis Tummy Tuck surgery**

Fleur de Lis Tummy Tuck is carried out under General Anaesthetic and on average, takes around three hours to perform.

The surgeon makes two incisions - a horizontal one in the lower abdominal area (similar to a traditional Tummy Tuck) and a vertical incision that runs up the middle of the stomach. Like a traditional Tummy Tuck, an incision will also be made around the belly button.

Excess skin and fatty tissue are removed, and the underlying muscles are tightened. This procedure is more extensive than a standard tummy tuck, so it can involve a longer recovery. After the surgery, patients wear compression garments to support the healing process and achieve a smoother, firmer abdomen.

## **5. Recovery from Fleur de Lis Tummy Tuck surgery**

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and reduce swelling. Light activity is encouraged, while strenuous exercise is gradually reintroduced as advised by the surgeon. Most individuals can return to work within two weeks, depending on their job's physical demands.

Your surgeon will check your progress at regular intervals to ensure that you are healthy and happy with your results. The Bella Vou staff are always available if you have any questions or concerns between appointments.

## **FAQs**

### **How is a Fleur de Lis Tummy Tuck different from a Traditional Tummy Tuck?**

A Fleur de Lis Tummy Tuck distinguishes itself from a Traditional Tummy Tuck in several key aspects.

Notably, the incision pattern of a Fleur de Lis Tummy Tuck includes both a horizontal incision, akin to a traditional tummy tuck, as well as a vertical incision forming a "Fleur de Lis" shape, enabling comprehensive removal of excess skin and fat in both horizontal and vertical dimensions. This procedure is particularly tailored for individuals who have undergone substantial weight loss or possess significant upper and lower abdominal skin laxity. In contrast, a Traditional Tummy Tuck primarily addresses excess skin and fat below the navel with a single horizontal incision, resulting in a generally quicker recovery and less extensive scarring.

The choice between these two techniques depends on individual needs and the extent of surplus skin and fat in specific abdominal regions, necessitating consultation with a board-certified plastic surgeon for personalised guidance.

### **Who is a good candidate for a Fleur de Lis Tummy Tuck?**

Ideal candidates for a Fleur de Lis Tummy Tuck have typically undergone substantial weight loss, resulting in excess skin and fat in both upper and lower abdominal areas. These individuals should have achieved a stable weight and maintained good health, with no chronic medical conditions that could pose surgical risks. We recommend candidates to be non-smokers due to the impact of smoking on the healing process.

Realistic expectations about the procedure's outcomes are crucial, as it can offer a more contoured appearance but may involve visible scarring. Ultimately, a consultation with a board-certified plastic surgeon is imperative to assess an individual's specific needs and determine their suitability for a Fleur de Lis Tummy Tuck.

### **What are the benefits of a Fleur de Lis Tummy Tuck?**

A Fleur de Lis Tummy Tuck provides a range of valuable benefits for eligible candidates. Foremost, it offers a comprehensive solution for contouring both the upper and lower abdominal

regions, addressing excess skin and fat in both horizontal and vertical dimensions, ultimately enhancing the overall appearance. Beyond aesthetics, it boosts body confidence and self-esteem, making individuals feel more comfortable in their bodies. Especially beneficial for those who've experienced significant weight loss, this procedure improves post-weight loss results and alleviates health issues associated with excess abdominal skin. The results are often long-lasting when coupled with weight stability and post-operative care. Additionally, the surgery may enhance abdominal muscle tone and improve the fit of clothing, contributing to a more satisfying overall appearance and well-being. It's essential for potential candidates to carefully weigh the benefits against the surgery's associated risks and recovery, consulting with a qualified plastic surgeon to make an informed decision aligned with their unique needs and objectives.

### **How much is a Fleur de Lis Tummy Tuck in the UK?**

The cost of Fleur de Lis Tummy Tuck (Abdominoplasty) is based on your individual needs and circumstances. At Bella Vou, Fleur de Lis Tummy Tuck surgery prices start from £13,695.00. *This cost includes all precare, aftercare, General Anaesthetic, overnight stay, two compression garments and three manual lymphatic drainage (MLD) therapy sessions.*