

Mini Tummy Tuck

Focusing on the lower abdomen, this minimally invasive surgery removes excess skin and fat between your navel and pubic area.

Quick glance guide to Mini Tummy Tuck Surgery

Procedure Time: 2 hours

Recovery: 4-6 weeks. You may be able to return to work after 2 weeks

Anaesthetic: General anaesthetic

Hospital stay: Yes

Treats: Excess skin and fat from the lower abdominal area

What is a Mini Tummy Tuck?

Mini Tummy Tuck surgery, also known as a partial abdominoplasty or skin-only abdominoplasty, is a cosmetic procedure that targets the lower abdomen. It is designed to remove excess loose skin and fatty tissue from the area between the navel (belly button) and the pubic area. This surgery is an ideal option for individuals with mild loose skin, and it is known for its quicker recovery compared to a full tummy tuck. The goal of a Mini Tummy Tuck is to achieve a smoother, firmer lower abdomen, resulting in improved body contour. It is a popular choice for those looking to address specific concerns in the lower abdominal area.

How is a Mini Tummy Tuck Performed?

During a Mini Tummy Tuck, a small incision is made just above the pubic area, allowing the surgeon to access the lower abdomen. Excess skin and fatty tissue are removed, and the underlying muscles may be tightened if necessary. Unlike a full Tummy Tuck, the belly button isn't affected during this procedure, which means it remains in its natural position and there is no scar around the navel; the only visible scar is hidden below the knicker line and is much shorter than a traditional Tummy Tuck scar - similar to that of a Cesarean scar.

This procedure is less extensive than a full [tummy tuck](#), so it typically takes less time and involves a quicker recovery. Since it focuses on the lower abdomen, it is an ideal option for individuals with mild loose skin in that area. The incision is strategically placed to minimise visible scarring. After the surgery, patients wear compression garments to support the healing process and achieve a smoother, firmer lower abdomen.

Why don't we use drains?

Traditionally, after a tummy tuck, surgeons use drains to collect the fluid that builds up between the layer of repaired muscle and the abdominal tissue. The drains empty into external collection chambers which patients monitor and empty many times over the course of several days. Over

time, the skin and muscles come together and begin to heal, but until that point, the drains are important to prevent seroma (i.e. fluid accumulation under the skin).

Our Tummy Tuck doesn't require drainage as stitches are made between the abdominal wall and the belly to allow the fluid to escape, preventing it from collecting in the space between. Avoiding the use of drains also minimises the risk of infection, results in faster healing times and reduces discomfort after the procedure.

What is the Recovery for a Mini Tummy Tuck?

Recovery from a Mini Tummy Tuck is relatively quicker and less extensive compared to a full tummy tuck. The typical recovery period for a Mini Tummy Tuck is approximately six weeks. However, some individuals might experience a quicker return to normal activities, sometimes as early as two weeks. 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 a week or two, 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 lower abdomen and improved body contour.

Why choose Bella Vou for your Mini 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 Mini Tummy Tuck 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 for Mini Tummy Tuck 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 Mini Tummy Tuck Journey at Bella Vou

1. Free, no-obligation consultation

Bella Vou offers free consultations with expert and accredited plastic surgeons to discuss whether a Tummy Tuck is right for you. The consultation is an opportunity to discuss your concerns and whether a Tummy Tuck is the right procedure to help you achieve the appearance you desire.

They also offer innovative new techniques like Vaser Liposculpture, Renuvion skin tightening, and BodyTite treatments that can provide smaller scars, quicker recovery, and a better cosmetic result.

Bella Vou will always give you an honest and impartial professional opinion

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 Mini Tummy Tuck procedure and take time to address all your concerns.

3. Preparation for Mini Tummy Tuck surgery

The staff at Bella Vou will advise you on any pre-operative preparations to reduce your risk of infection and help your recovery.

You may be asked to stop taking aspirin or anti-inflammatory medication, which can increase the risk of bleeding. It's important to stop smoking cigarettes and e-cigarettes, which can impede the healing process.

You should continue to shower daily, as usual.

You will be advised about the time to start fasting in preparation for your general anaesthetic. On the day of your surgery, you'll be welcomed to Bella Vou and checked into one of our beautifully appointed recovery suites before being escorted to the state-of-the-art operating

4. What happens during Mini Tummy Tuck surgery

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underlying muscles may be tightened if necessary. Unlike a full Tummy Tuck, the belly button isn't affected during this procedure, which means it remains in its natural position and there is no scar around the naval; the only visible scar is hidden below the knicker line and is much shorter than a traditional Tummy Tuck scar - similar to that of a Cesarean scar.

This procedure is less extensive than a full [tummy tuck](#), so it typically takes less time and involves a quicker recovery. Since it focuses on the lower abdomen, it is an ideal option for individuals with mild loose skin in that area. The incision is strategically placed to minimise visible scarring. After the surgery, patients wear compression garments to support the healing process and achieve a smoother, firmer lower abdomen.

5. Recovery from Mini Tummy Tuck surgery

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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.

FAQs

How is a Mini Tummy Tuck different from a Traditional Tummy Tuck?

Mini tummy tuck surgery and full tummy tuck surgery (abdominoplasty) differ primarily in terms of the extent of the procedure and the area of focus.

In a Mini Tummy Tuck, a smaller incision is used, usually above the pubic area. It targets excess skin and fat in the lower abdomen, offering a faster recovery, typically lasting 2-6 weeks, and is best suited for those with mild to moderate lower abdominal concerns. Conversely, a full tummy tuck requires a longer incision, spanning from hip to hip, and includes more extensive muscle repair to address abdominal muscle separation. It focuses on the entire abdominal area and entails a longer recovery period, usually around 6-8 weeks or more. It is recommended for individuals with more substantial excess skin, fat, and muscle separation.

The choice between a Mini Tummy Tuck and a full tummy tuck depends on the patient's specific needs, the extent of correction required, and the surgeon's recommendations. Consulting with a board-certified plastic surgeon is crucial to determine the most suitable procedure for an individual's goals and anatomy.

Who is a good candidate for a Mini Tummy Tuck?

An ideal candidate for a Mini Tummy Tuck typically presents with mild to moderate excess skin and fat in the lower abdominal area, seeking improvement in this specific region. They should be in good overall health without medical conditions that could hinder the healing process and maintain a stable weight, as significant fluctuations may impact the procedure's long-term results. Realistic expectations are crucial, and candidates should understand the limitations of the surgery. Non-smokers are preferred, as smoking can impede healing and raise the risk of complications. Candidates should not be planning future pregnancies, as pregnancy can affect the results. Moreover, their commitment to post-operative care, including wearing compression garments and attending all follow-up appointments, is essential. Consulting with a board-certified plastic surgeon is the most reliable way to determine candidacy and receive a personalised treatment plan tailored to individual needs and goals.

What are the benefits of a Mini Tummy Tuck?

A Mini Tummy Tuck offers a range of benefits, making it an attractive choice for individuals seeking abdominal improvement. Notably, it involves a smaller incision than a full tummy tuck, resulting in less conspicuous scarring. This procedure focuses on the lower abdomen, efficiently addressing localised excess skin and fat, rendering it particularly well-suited for individuals with mild to moderate concerns in that area. A key advantage is the swifter and less extensive recovery compared to a full tummy tuck, allowing patients to resume their regular activities sooner. While less comprehensive, a Mini Tummy Tuck can include some muscle tightening, contributing to improved muscle tone in the lower abdomen. The outcome is a smoother, firmer lower abdomen, enhancing the overall body contour and often leading to increased self-confidence. Additionally, the procedure minimally disrupts the navel area, maintaining its natural position, and offers a level of customization to align with individual needs and desired outcomes. Determining the appropriateness of a Mini Tummy Tuck hinges on the individual's unique circumstances and aspirations, highlighting the importance of consulting with a board-certified plastic surgeon to make an informed decision.

Can a Mini Tummy Tuck be combined with Any Other Procedures?

Yes, a Mini Tummy Tuck can often be combined with other cosmetic procedures or treatments to enhance overall body contouring. Common combinations include liposuction and Vaser to address excess fat in surrounding areas, such as the hips or flanks, or a breast augmentation or lift for a more comprehensive Mommy Makeover. The specific combination of procedures depends on individual goals and the patient's overall health, as determined through consultation with a board-certified plastic surgeon.

How much is a Mini Tummy Tuck in the UK?

The cost of a Mini Tummy Tuck (Abdominoplasty) is based on your individual needs and circumstances. At Bella Vou, Mini Tummy Tuck surgery prices start from £6,786.50 and *include*

all precare, aftercare, General Anaesthetic, overnight stay, two compression garments and three manual lymphatic drainage (MLD) therapy sessions.