

Tummy Tuck

Surgery to remove excess abdominal skin and create a flatter, smoother, tighter tummy

What is a Tummy Tuck?

A Tummy Tuck or abdominoplasty is an operation to tighten and reshape the abdominal area. The specialist surgeons remove any excess skin and fat and tighten the underlying muscles to create a flatter, smoother, and more toned tummy.

During a Tummy Tuck, extra skin is excised, so that any stretch marks or scars in the area are cut away. Tummy Tuck surgery can effectively regain your abdominal tone and shape, and significantly improve your self-esteem.

Why have a Tummy Tuck?

Age, pregnancy, and weight loss can make the midriff loose, wrinkly, and saggy. Some people develop a fatty overhang over the lower abdomen and mons pubis. Excess skin can be uncomfortable and unsightly, in or out of clothing. A Tummy Tuck can get rid of excess skin and tighten your tummy so that it looks toned, flat and firm.

If your tummy is affecting your confidence, the cosmetic surgeons at Bella Vou can help. Cosmetic surgery is not just about the operation; it's about your wellbeing. We understand that your physical appearance can affect you emotionally as well as physically.

A Tummy Tuck can rejuvenate your abdomen, smooth your silhouette, and boost your body image.

What happens in abdominoplasty surgery?

Tummy Tuck surgery is performed under general anaesthetic. You will stay in hospital overnight to maintain your comfort and monitor your recovery. The correct procedure for you will depend on your body and the results that you want to achieve.

Standard Tummy Tuck

A standard or full Tummy Tuck is the procedure most frequently performed at Bella Vou. The whole abdomen up to the ribcage is reshaped and, if necessary, the six-pack muscle underneath can also be tightened and repaired.

You will be left with a long curved scar from hip to hip. The surgeons place the scar as low as possible so that it is hidden in the bikini line. There is also a scar around the belly button, which is hidden in the rim of the navel.

Mini Tummy Tuck

In a mini Tummy Tuck, the surgeon removes excess skin and fat from below the belly button but doesn't tighten the muscles. It is often performed to treat fatty deposits, fullness, and overhang above the pubic area. The scar is shorter, similar to that from a Caesarean section. There is no umbilical scar, and the recovery is usually significantly quicker.

How long is the recovery following Tummy Tuck surgery?

You will stay on the ward overnight following Tummy Tuck surgery. The following day you will be able to go home with pain-relief and a supportive pressure garment to reduce pain, bleeding, and swelling.

It takes around six weeks to recover from a Tummy Tuck fully; however, after two weeks, you may feel ready to return to work. From four to six weeks, you can reintroduce exercise, gradually increasing activity as you regain fitness, strength, and confidence.

Quick glance guide to Abdominoplasty

Procedure Time: 2 hours (1 hour for a mini tuck)

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

Anaesthetic: General anaesthetic (local for a mini tuck)

Hospital stay: 1 night

Treats: Excess fat and skin in the abdominal area

Your Tummy Tuck journey at Bella Vou

Free, no-obligation consultation

Bella Vou offers every client a free consultation with an expert, accredited plastic surgeon, with no obligation to proceed to treatment. 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 want.

Bella Vou also offers innovative, new techniques for treating loose skin and excess fatty tissue. The experienced plastic surgeons can advise on whether Vaser Liposculpture, together with either Renuvion skin tightening or BodyTite treatment may provide smaller scars, quicker recovery, and a better cosmetic result.

Bella Vou will always give you an honest and impartial professional opinion. Mr Amir Nakhdjvani says:

'We make sure that we advise people correctly about whether surgery is right for them. We treat everyone as if they were our family. We might turn people away, suggest alternative treatments, or we may suggest that they go to a different specialist at another establishment. If someone is uncertain about an operation,

we're happy to see them several times, without a consultation charge. At Bella Vou, we never pressurise people or try to sell procedures. It's always about giving an honest opinion and honest advice.'

Meet your surgeon

You will be offered a further appointment with your consultant before proceeding to surgery. This will give you a chance to find out more about the Tummy Tuck, your preparation, and recovery.

Preparation for 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, given a gown to wear and escorted to the state-of-the-art operating theatre.

What happens during Tummy Tuck surgery?

Tummy Tuck surgery is performed under general anaesthetic. The surgeon cleans the skin then makes incisions from hip to hip and around the belly button. The surgeon will place the scars carefully so that they are hidden in the skin's natural folds and creases.

Your consultant will separate the skin from the tissues below, then realign the abdominal muscles. They'll cut away all the excess fat and skin, create a new hole for the belly button and then stitch this in place.

Finally, the surgeon will pull the skin so that it is smooth and tight, then stitch the wound closed using sutures that are absorbable and do not need to be removed.

Recovery from a Tummy Tuck

You will stay on the ward overnight following Tummy Tuck surgery. The following day you will be able to go home. It's important to arrange for a friend or family member to pick you up and escort you. You will be given pain-relief and a supportive pressure garment to reduce pain, bleeding, and swelling.

It takes around six weeks to recover fully; however, after two weeks, you may feel ready to return to work. From four to six weeks, you can reintroduce exercise, gradually increasing activity as you regain fitness, strength, and confidence.

You'll wear the pressure garments day and night during your recovery. These support the scar, reduce swelling and bruising, and help you stay comfortable.

The staff at Bella Vou will carefully monitor your recovery. After a week, the wound care specialist and nurse will check your scar. At around six weeks, your surgeon will check your progress, and at six months, the nurse and wound care specialist will see you again to ensure that you remain healthy, well, and happy with your results. However, if you have any questions or concerns, the staff at Bella Vou are always on hand to offer support, day and night.

FAQs

How long will the swelling last?

The swelling can last 3 to 6 months before you can see the final result of your surgery.

When will I be able to drive after Tummy Tuck surgery?

This is a very common question and the answer varies between individuals. Once your pain has subsided, and you feel that you can do an emergency stop without losing control of your car, you should be able to drive again. In general, it is a few weeks after the operation before people feel ready to drive again.

How soon will I be able to see the results of the surgery?

Almost straight away, you will be able to see an improved skin and muscle tone.

How soon can I take a shower after a Tummy Tuck?

You can shower the next morning and daily after that without disturbing the dressings until you see your surgeon for your follow up.

How soon can I have sex after a Tummy Tuck?

A Tummy Tuck is fairly major surgery. It's important to keep your heart rate and blood pressure down for three-weeks post-op, not to stretch the incision site, and not to lift anything that would cause stress on the incision.

It's important to wait at least three weeks before having sex, this is to allow swelling to settle and reduce the risk of developing a haematoma or seroma post-operatively. Wounds generally are healed by two weeks but the overall strength of a wound does not reach its maximum until four to six weeks. After this time it will be less of a risk and probably more comfortable for you.

We also advise that you consider your position during intercourse so that it will be less traumatic on the wounds. Avoid the missionary position. With the female on top

is probably the least uncomfortable with respect to the wounds, whether the male or female has had the Tummy Tuck.