



Tummy Tuck (Abdominoplasty)

What is a Tummy Tuck?

A Tummy Tuck, also known as abdominoplasty, removes excess fat and skin and in most cases, restores weakened or separated muscles creating an abdominal profile that is smoother and firmer.

Who may be a good candidate for Tummy Tuck?

- You are physically healthy and at a stable weight (BMI <32)
- You have realistic expectations
- You are a non-smoker
- You are bothered by the appearance of your abdomen

What a Tummy Tuck cannot do

- A tummy tuck is not a substitute for weight loss or an appropriate exercise program.
- Although the results of a tummy tuck are technically permanent, a positive outcome can be greatly diminished by significant fluctuations in your weight. For this reason, individuals who are planning substantial weight loss or women who may be considering future pregnancies are advised to postpone a tummy tuck.
- A tummy tuck cannot correct stretch marks, although these may be removed or somewhat improved if they are located on the areas of excess skin that will be excised.

Will I have to stay overnight at the hospital?

A Tummy Tuck is routinely an outpatient surgery, so you will go home the same day.

What will my restrictions be after surgery?

- Weight lifting restrictions are 5-10lbs the first week, and then you can add 5lbs each additional week.
- You will need to refrain from swimming or submerging in a tub for at least 4 weeks.
- You will be in a body compression garment for 8 weeks post-surgery to assist with swelling and healing.
- You will need to sit/sleep with a pillow under your knees for the first couple of weeks to take the tension off your abdominal muscles.
- You can drive after 48 hours from completion of anesthesia or 8 hours after taking pain medication.
- You may shower 48 hours after surgery.

How long will I need to take off work for recovery?

Typically, you will need to take off 2 weeks from work. The muscle work prevents you from standing in an upright position for the first 2 weeks. Depending on the type of occupation you have, you may want to plan for taking another week off or modifying your schedule for another week.

Where are my incisions and what type of care do they need?

A standard full tummy tuck requires a horizontally oriented incision in the area between the pubic hairline and belly button; the shape and length of the incision will be determined by the amount of excess skin. A second incision will be around the navel. You will have steri-strips or white tape over your incision that you will leave intact. You will only need to pat your incisions dry and put your garment back on, no other care is necessary.

How long can I expect to be swollen?

The swelling is typically the worse on day 3-4 and will considerably go down over the next few weeks. After 6-8 weeks post op most of your swelling will be resolved. After 3-4 months the swelling has almost completely resolved, and this is a good time to start looking at new clothes. At 6 months you are fully healed, and you should not expect any changes after this time period.