

TUMMY TUCK (ABDOMINOPLASTY)

ABOUT THE PROCEDURE

Abdominoplasty, commonly known as a “tummy tuck,” is a procedure designed to remove excess skin and fat from your abdominal area. It also involves tightening the underlying (rectus) muscles so that you are left with as flat a tummy as possible.

Age, weight changes and pregnancy can leave you with a less than flat abdomen that no amount of exercise and diet can fix. That sagging belly is due to the muscles on either side of your belly button stretching and separating due to weight gain or pregnancy. This can cause a rounding out of your abdomen and potentially increase lower back pain. If you were to do 1000 sit-ups, it still would not give you those washboard abs because the fascia around the muscles is torn and stretched. An abdominoplasty not only tightens and repairs this weakness but also removes the excess skin and fat from your belly button to your pubic bone.

ARE YOU A GOOD CANDIDATE?

Tummy tucks are commonly performed on both men and women. The best results are achieved on patients who have excess skin and fat concentrated in the abdomen, and/or have a protruding abdomen that is out of proportion with the rest of the body. It is best if you are close to a good weight as this procedure is not intended to achieve weight loss but to instead improve body contouring.

POST-OPERATIVE INSTRUCTIONS

- The average time off work is 6 weeks.
- During the first two weeks, you need to limit activity but you are encouraged to walk.
- Don't do any activity that increases your blood pressure for a minimum of 6 weeks after surgery.
- Adjust the binder as needed to make it more comfortable.
- Do not shower until drains come out – usually day 5-7 post-op.
- If the dressing falls off or becomes soiled, please remove it and replace with new dressing (e.g. a maxi pads work well for replacement dressings).
- Massage scars postoperatively to help minimize scarring (see general post-op instructions scar management).
- All the stitches are dissolving.
- Call my office to make an appointment for 3-6 days after surgery.

DRAIN CARE

- Empty your drains once a day or both morning and evening and record the amount removed.
- The nurse will show you how to do this before you leave the hospital.
- If one of the drain tubes becomes blocked, it may leak around the drain site. Simply reinforce the base with a dressing (e.g. maxi pad) and call my office; if after hours, then call my office the next day.

COMMON POST-OPERATIVE EXPERIENCES

- Burning or itchiness around surgical site is normal.
- Swelling (especially around the pubic area or lower abdomen) and/or bruising is normal and will settle over time.
- You may have an altered stream when urinating. This will return to normal in a few days.

OUTCOME

- See general post-op instructions.