

# Tummy Tuck

Q. What is the different between a mini tummy tuck and a full tummy tuck?

A. **A mini tummy tuck:** is a surgical procedure limited to the lower abdomen below the umbilicus that corrects C-section scars, loose skin or muscles, or small areas of localized fat with liposuction.

**A full tummy tuck** (or abdominoplasty) is a major surgical procedure designed to correct skin and muscle contour conditions from the breast bone to the pubic bone. The belly button is repositioned with this operation. Limited liposuction may be done to improve the waist area.

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Q. How do I know which tummy tuck to choose?

A. Your surgeon will help you decide what tummy tuck is best suited for you and your desired body shape. A mini tummy tuck is best suited for patients who require a small amount of loose skin removed below the belly button.

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Q. Does abdominoplasty leave scars?

A. Yes, there is some scarring involved in this procedure, as the scar tends to run from hip joint, across the belly, to the opposite hip joint. The incision is made very low on the stomach so it is covered by undergarments and bathing suit bottoms. With the use of moisturizer and skin creams scars will fade over time.

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Q. Is pregnancy after a tummy tuck safe?

A. Surgeons recommend a tummy tuck after pregnancies as pregnancy is likely to undo the repairs from abdominoplasty. The stomach muscles may stretch out after giving birth, causing the stomach to return to its original state and appearance prior to surgery.

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Q. What is recovery like?

A. At least one week should be used to rest and recover from the procedure. It is vital to minimize pressure on the incisions and on the abdominal wall so activity should be minimized for at least 7-14 days. Vigorous exercise must be avoided for at least a month.

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Q. What are some of the risks?

A. In some cases, necrosis occurs: when the skin surrounding the belly button forms scars preventing blood circulation and the belly button may need to be repaired. Necrosis is much more common in smokers. Swelling, bruising and pain in the area, will decrease as time passes; infection is always a risk with surgical procedures but this diminishes as the wound heals. Excessive bleeding (hematomas) and blood clotting are a risk, but stopping all medication, including prescription drugs and herbal preparations, will lessen the risk. Be sure to check with your surgeon on this before stopping any prescribed medications.