

Summary

Standard Abdominoplasty (Tummy Tuck)

Why? It is a surgical procedure that removes excess skin from the stomach area. This procedure is performed on women and men. This procedure re contours the tummy and hips. A complete health history is taken and a physical is done to determine which procedure is appropriate for the patient. Weight fluctuations contribute to looseness in the skin. It helps to restore weak muscles.

How does it relate to the skin? –Muscles in the abdomen become loose and they do not return to their normal strength. The surgeon cuts excess skin and tightens the rest of the skin. Skin elasticity, muscle tone, weight, and diet are all considered with patient's surgery. A factor to be brought up with the surgeon is keloid scarring. In a standard abdominoplasty the surgeon makes the incision near the belly button and another from the hip to hip. The skin is tightened and the excess is removed. A new opening is made for the belly button. Drains are placed under the skin and excess fluid will drain for a few days. A tummy tuck will not correct stretch marks, although these may be removed or somewhat improved if they are in the area of the procedure.

Where does it typically occur? – Women have this procedure after being pregnant and, weight loss. Men also have this procedure to get rid of the fat around the abdomen. In women who have had cesarean births the existing scars might be incorporated into the new scar.

What causes this? –If diet and exercise do not help the patient they may opt for this surgery. Abdominoplasty is a big surgery and leaves scarring and quite a bit of down time. The shape and length of the incision will be determined by the amount of excess skin removed. Once the skin is lifted weakened abdominal muscles are fixed.