FAQ

(Abdominoplasty)

**WHAT IS ABDOMINOPLASTY?**

Abdominoplasty is another name for tummy tuck. It is a body contouring procedure designed to help you get a slimmer, shapelier belly.

**HOW DOES ABDOMINOPLASTY IMPROVE MY FIGURE?**

Abdominoplasty is performed when you have slack abdominal muscles and excess fat and skin that give you a protruding abdomen. The procedure removes excess skin and fat and tightens the abdominal muscles. The result is a smoother, tighter belly.

**CAN’T I JUST USE LIPOSUCTION TO REMOVE MY BELLY FAT?**

For some patients, liposuction is an ideal procedure for getting a toned abdomen. If your protruding belly is composed primarily of fat, and your skin tone is good enough to ensure it will contract after the fat is removed, then liposuction is recommended. However, many people have excess skin and some degree of looseness in the abdominal muscles that prevents liposuction from giving ideal results. During your abdominoplasty consultation, the doctor will perform an exam to determine which procedure is right for you.

**DOES ABDOMINOPLASTY REMOVE STRETCH MARKS?**

Stretch marks are in the skin, and because some skin is removed during an abdominoplasty, some stretch marks may be removed. Others may be repositioned lower on the abdomen, while still others may be unaffected.

**DOES ABDOMINOPLASTY LEAVE A SCAR?**

All surgery leaves scars, and abdominoplasty is no different. The length of the scar depends on the amount of skin being removed. However, the length of the scar is less of a concern because the abdominoplasty scar is in a very favorable location. It is located very low on the abdomen so that it will be concealed under most types of underwear and bikini bottoms.

**IS ABDOMINOPLASTY SAFE?**

Yes, but the procedure is not without risk. The great majority of abdominoplasty patients experience no complications whatsoever. Abdominoplasty is able to achieve some of the most dramatic results in plastic surgery, but its transformative power is balanced by a significant level of risk. However, careful planning and proper technique can significantly minimize these risks. During your consultation, Tampa cosmetic surgeon, The doctor will talk to you about how he works to reduce risk, including his use of the advanced technique lipoabdominoplasty.

**WHAT IS LIPOABDOMINOPLASTY?**

Lipoadbominoplasty is a newer abdominoplasty technique that utilizes liposuction to reduce the invasiveness of the procedure. Using liposuction instead of more traditional surgical removal and contouring reduces the impact of the procedure on your body, decreasing your healing time and reducing your risk of complications. It does not however decrease its effectiveness for contour improvement.

**HOW LONG DOES IT TAKE TO RECOVER FROM ABDOMINOPLASTY?**

Most people take one to two weeks off work to recover from abdominoplasty, at which point they are ready to return to most normal non-strenuous activities. Although it’s important to be moving around as soon as you are able, strenuous activities are limited for 12 weeks to allow for full healing. At each of your follow-up appointments, the doctor will inform you of what activities are appropriate for your personal pace of healing.

**Does abdominoplasty increase risks in future pregnancies?**

No. Some people think that because abdominoplasty tightens the abdominal muscles it might interfere with future pregnancies, but abdominoplasty has not been shown to have any negative impacts on pregnancy. The same, however, cannot be said of the impact of future pregnancies on abdominoplasty results. If you become pregnant after an abdominoplasty, you may have stretching of the muscle and skin layers and may feel the need to have a second procedure to restore your results.