

Tummy Tuck (Abdominoplasty)

"It's not just about looks — it's about confidence and comfort."

What is a Tummy Tuck?

A **tummy tuck**, or **abdominoplasty**, is a surgery that removes **excess skin and fat** from the abdomen and **tightens weak abdominal muscles**, giving the tummy a **flatter, firmer** appearance.

Why do people choose it?

- After **pregnancy** or **massive weight loss**
- To correct **loose, hanging belly skin**
- For **stretched or separated abdominal muscles** (diastasis recti)
- To get back their **pre-baby or pre-weight loss** body confidence

Types of Tummy Tuck

1. Full Abdominoplasty (Traditional Tummy Tuck)

- Removes **skin & fat from above and below the belly button**
- Tightens muscles across the whole abdomen
- Belly button is reshaped and repositioned

Best for: People with **excess skin + muscle laxity** in the **whole abdomen**

2. Mini Abdominoplasty (Mini Tummy Tuck)

- Targets only the **lower abdomen (below the belly button)**
- Smaller incision, no belly button repositioning
- Faster recovery and minimal scarring

Best for: People with a **small pooch or loose skin below the navel** only

3. Extended Abdominoplasty

- Removes extra skin and fat from the **sides (flanks)** too
- Ideal after massive weight loss

Optional Add-on: Liposuction

- Often done together to contour the waist and flanks

Recovery Timeline

- **Hospital Stay:** Usually 1–2 days

- **Back to Work:** 2–3 weeks (depends on job)
- **Full Recovery:** 6 weeks (avoid lifting/straining)
- Compression garments and scar care advised

Is It Just Cosmetic?

Not always!

Tummy tuck can also:

- Improve **posture**
- Reduce **back pain**
- Help with **skin infections under loose folds**
- Boost **mental health and body confidence**

Who's a Good Candidate?

- Non-smoker
- Stable weight
- Done with pregnancies
- Has realistic expectations

Feel good in your skin again. Whether it's after pregnancy or weight loss — a tummy tuck can help you regain your shape and self-esteem.