

TUMMY TUCK SURGERY CHECKLIST

WHAT IS TUMMY TUCK SURGERY?

- **A Tummy Tuck**, also referred to as Abdominoplasty surgery, is the surgical reduction of redundant skin and fatty tissues from your Abdomen to get a smoother and more firmly contoured abdominal region.
- The treated area includes the belly and waist, helping to reduce fat and excess, loose or saggy skin which can occur as a result of significant weight loss or pregnancy and which cannot be removed through diet and exercise alone.
- In some cases, it also involves restoring weakened or separated muscles known as Diastasis Recti (split abdominal muscles) which is a very common condition after pregnancy or childbirth.

Before you decide on your Surgeon or proceed with Tummy Tuck surgery, there are a few important questions to consider:

- Is my preferred Surgeon a highly skilled, FRACS qualified & experienced Plastic Surgeon?
- Is my Tummy Tuck surgery going to be performed in a fully accredited Hospital?
- Am I in good health and do I maintain a nutritionally healthy lifestyle?
- Do I have realistic expectations about what Tummy Tuck surgery can actually achieve?

AM I A GOOD CANDIDATE?

- Have you been left with excess, loose skin or persistent bulges around your tummy area following pregnancy or body weight fluctuations, which diet and exercise alone cannot help?
- Do you have excess or loose skin around your abdomen area as a result of ageing and changes to skin elasticity?
- Do you suffer from reduced body confidence due to bulges & sagging skin around your mid-section?
- Would you like to balance out your physique and overall body shape?
- Do the bulges or skin redundancy around your abdomen area cause you to appear heavier and less fit than you actually are?
- Would you like to repair and gain greater control of your abdominal muscle wall that may have weakened or separated as a result of pregnancy?



PRE-SURGERY CHECKLIST

- Am I choosing to have surgery for the right reasons and at the right time?
- Am I able to undergo an initial recovery period of approximately 2 weeks?
- Do I have someone (a friend, partner or relative) who can assist me during my recovery; and am I patient to wait until all the swelling goes down before I see my final results?
- Have properly researched my surgery and I am ready for my first surgery consultation?



PREPARING FOR YOUR FIRST CONSULTATION

What can I expect at my initial surgical consultation?

You will typically:

- Have a physical examination
- See before & after photos from past patients
- Find out more about your recommended surgical options
- Receive detailed information about your selected surgery options
- Have your photos taken
- Go through the possible risks and complications associated with your surgery
- Find out about surgery pricing and available dates
- Have your questions answered

How should I prepare?

- Ask a friend or family member to come along with you for extra support
- Do your research - if there is anything that you can't find out about your surgeon online, be sure to make a note so that you can ask during your consultation
- Prepare a list of questions you would like to ask your surgeon so that you don't forget



General Disclaimer - Results depend on individual patient circumstances and can vary significantly. Results may also be impacted by a variety of factors including your lifestyle, weight, nutritional intake and overall health. Consult your Specialist Plastic Surgeon for details. This information is general in nature and is not intended to be medical advice nor does it constitute a doctor-patient relationship. Surgery risks and complications will be covered in detail during a consultation with your Surgeon. Note that results can vary from patient to patient and that all invasive surgery carries risks. Be sure you do your research before proceeding.

WHAT ARE MY OPTIONS?

The area treated by an Abdominoplasty procedure will vary slightly depending on the type of Tummy surgery you require. Your Surgeon will guide you in choosing the best procedure for you depending on your particular condition.

The types of Abdominoplasty procedures we offer include:

- Full Abdominoplasty** - Involves the surgical reduction of excess skin and fat from the middle and lower abdomen, suitable for patients with significantly saggy skin.
- Mini Abdominoplasty** - A slightly modified procedure that uses a smaller incision than what is commonly used for a Full Tummy Tuck. It is often ideal for patients who require a smaller amount of loose skin to be removed.
- Fleur-De-Lis Abdominoplasty** - A body contouring procedure that reduces excess skin and fat and helps provide access to the damaged muscles in the stomach region.
- Belt Lipectomy (Circumferential)** - Often referred to as a Circumferential Abdominoplasty, where the incision continues all the way to the back, full circle.

FIND OUT MORE - FREE SURGERY GUIDE!

Are you considering Tummy Tuck Surgery but would like to find out more? Our **FREE** downloadable Surgery Guides have you covered.

Our Tummy Tuck (Abdominoplasty) Surgery Guide covers:

- Tummy Tuck Surgery explained
- How to plan for your Tummy Tuck Surgery
- The surgical process and recovery tips
- Answers to some of our FAQs

[DOWNLOAD THE FULL GUIDE HERE](#)



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