

What is the TummyTrimSM Abdominoplasty Program?

The TummyTrimSM Abdominoplasty Program combines abdominoplasty (better known as a tummy tuck) with a customized series of SmoothEffectsSM Skin Tightening Treatments, ScarRepairSM and/or ResolveSM Stretch Mark Therapy to create the best results possible.

Abdominoplasty is a surgical procedure designed to improve the appearance of the abdominal area. The abdomen is made flatter and a waist line is created by removing excess skin and fat and tightening the abdominal muscles.

Am I a good candidate for abdominoplasty?

The best candidate for abdominoplasty is a patient who, though in relatively good shape, has loose abdominal skin or a large fat deposit in the abdomen that does not respond to exercise and diet. In addition, women after pregnancy or patients after significant weight loss can particularly benefit from the procedure.

What can I expect?

Surgery is performed using general anesthesia and typically takes between 2 and 3 hours, though these times can vary according to each patient's particular case (facility and anesthesia fees will apply). An incision is made in the pubic area and around the belly button if there is excess skin in the upper abdomen. The abdominal muscles are tightened and the excess skin is trimmed to create a flatter, firmer abdomen.

If additional firming is desired, a series of SmoothEffectsSM Skin Tightening treatments may be added after recovery (additional fees apply).

How much time is needed to recover after TummyTrimSM?

The amount of time needed to recover after TummyTrimSM surgery will vary for each patient. Most patients are able to go back to work within 1 to 2 weeks after their procedure, though more strenuous activities will need to be postponed for 4 to 6 weeks.

Where are the scars located for TummyTrimSM Abdominoplasty?

A traditional abdominoplasty involves one long incision made just above the pubic area and running from hipbone to hipbone. In addition, a second incision is often made around the belly button. For a partial abdominoplasty, the incision around the belly button is usually not required and the one above the pubic areas is usually significantly shorter.

A series of ScarRepairSM treatments may be added post-surgery to minimize scarring (additional fees apply).

Can stretch marks be removed with TummyTrimSM?

TummyTrimSM will typically remove stretch marks that are located on the lower abdomen. Other stretch marks may not be removed. For instance, stretch marks on the upper abdomen may simply be moved downward, though they may appear somewhat tighter and smoothed out.

Stretch marks may be treated post-surgery with a series of ResolveSM Stretch Mark Reduction treatments (additional fees apply).

Are the results permanent?

Results are permanent assuming that post-surgical body weight is maintained. Since pregnancy stretches both the abdominal muscles and skin, it can also negatively impact the results of abdominoplasty.

Are there any risks associated with TummyTrimSM?

All types of surgery carry some degree of risk. Though rare, the potential risks and complications that can occur with abdominoplasty include bleeding beneath the skin flap, blood clots, open wounds, infection, poor healing and nerve damage.