

Tummy tuck



A tummy tuck is a cosmetic surgical procedure to improve the appearance of the abdomen. During a tummy tuck — also known as

abdominoplasty — excess skin and fat are removed from the abdomen.

Connective tissue in the abdomen (fascia) usually is tightened with sutures as well. The remaining skin is then repositioned to create a more toned look. You might choose to have a tummy tuck if you have excess fat or skin around the area of your

belly button or a weak lower abdominal wall. A tummy tuck can also boost your body image.

Why it's done

There are a number of reasons you might have excess fat, poor elasticity of the skin or weakened

connective tissue in your abdomen. These include:

- Significant changes in weight
- Pregnancy
- Abdominal surgery, such as a C-section
- Aging
- Your natural body type

A tummy tuck can remove loose, excess skin and fat, and tighten weak fascia. A tummy tuck can also remove stretch marks and excess skin in the lower abdomen below the belly button. However, a tummy tuck won't correct stretch marks outside of this area.

If you've previously had a C-section, your plastic surgeon might be able to incorporate your existing C-section scar into your tummy tuck scar.

A tummy tuck can also be done in combination with other body contouring

cosmetic procedures, such as breast surgery. If you've had fat removed from your abdomen (liposuction), you may decide to have a tummy tuck because liposuction removes tissue just under the skin and fat but not any excess skin.

A tummy tuck isn't for everyone. Your doctor might caution against a tummy tuck if you:

- Plan to lose a significant amount of weight
- Might consider future pregnancy

- Have a severe chronic condition, such as heart disease or diabetes
- Have a body mass index that's greater than 30
- Are a smoker
- Had a previous abdominal surgery that caused significant scar tissue

