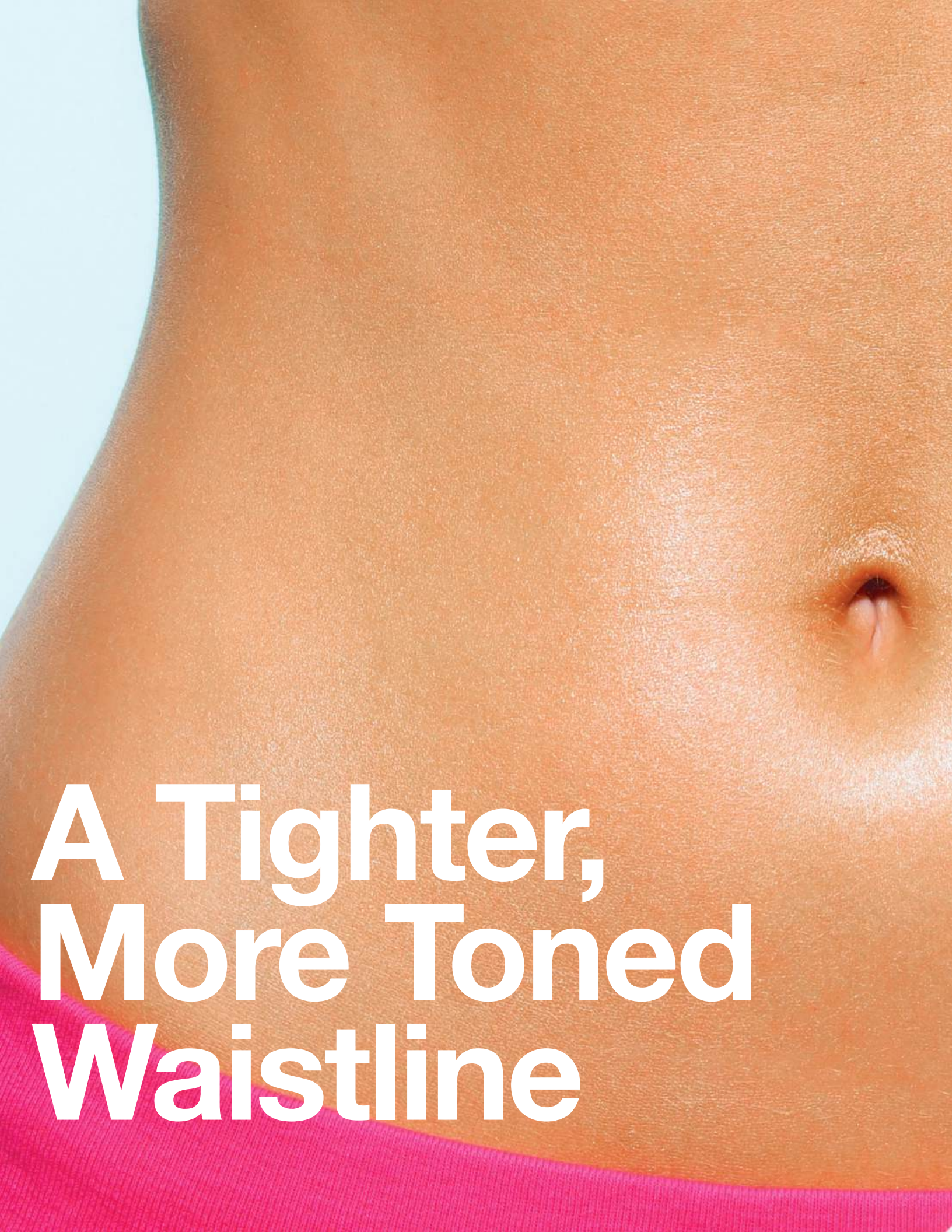

A Tighter,
More Toned
Waistline



Getting the body of your dreams

Nothing can flatten the stomach, remove loose skin and fat, and restore shape to the midsection like a tummy tuck.

Sometimes all the exercise in the world can't transform an abdomen that's showing the results of weight fluctuations, loose skin and/or the effects of pregnancy. Common changes to the appearance of the midsection, like sagging skin, stretch marks and even muscle separation, which are typical of pregnancy, can cause the body to lose its slender shape. While there are many options for fat reduction, noninvasive procedures cannot address the combination of excess fat and loose skin like a tummy tuck—or abdominoplasty—can.

For patients who are at an ideal weight, tummy tuck surgery can eliminate excess abdominal fat and skin and give the stomach a more streamlined look. Because the waistline, hips and thighs all border the abdomen, it is routine to also address those areas in the appropriate patient during a tummy tuck. There are different tummy-tucking techniques to help achieve a flatter, trimmer waistline. You and your plastic surgeon will work together to create a customized treatment plan to ensure you get the results you desire.

fact or fiction

Weight gain will not affect your results.

FICTION: A few pounds won't change how your results look, but if you gain a significant amount of weight, your new shape can be drastically affected. Therefore, it is highly recommended to be at an ideal weight and done having children before undergoing surgery.

A tummy tuck can decrease your appetite.

FACT: After the abdominal muscles have been tightened, it's common to feel an internal tightness in the stomach that can temporarily restrict appetite. Many patients don't eat as much during the first three to six months post-procedure, which can result in additional weight loss.

Traditional Tummy Tuck

01

Procedure Time Two to five hours

Recovery Two to six weeks; no strenuous activity for eight to 12 weeks

How Long It Lasts Permanently

The Goal
Smooth and tighten the entire abdomen

What you need to know
A traditional tummy tuck removes fat and saggy skin and repairs muscles that have become stretched out due to age, pregnancy and/or weight fluctuation. If your muscles have become separated, the lower part of your tummy will most likely look bloated and barrel-shaped, even if there is hardly any fat there. The only way to correct this is to surgically tighten the muscles. If you're not at or close to your ideal weight, you may be urged to modify your diet and incorporate regular exercise into your routine, as weight fluctuations affect long-term results.

What you can expect
Under general anesthesia, an incision will be made at each hip bone. Fat will then be removed before the skin is lifted and tightened from the belly button down—any excess skin will also be removed. There will be some swelling and bruising, which will dissipate over the next week. The skin on your stomach may be numb, due to minor sensory nerve trauma, but sensation generally returns within one year, if not sooner. Not to worry, as this happens after any type of surgery to this area, whether it is cosmetic or not.



fact or fiction

A tummy tuck can be performed at the same time as a C-section.

FICTION: There's no telling how this rumor got started, but although the scars may be similar, these two surgeries are very different and should not be performed simultaneously. When you're pregnant, there is a surge of hormones, fluid and weight—it's difficult to decipher how much fat was the result of pregnancy, how much will be lost and how slack the skin really is. You should wait at least six months to let your body heal before considering any other surgery.

Combining a tummy tuck with liposuction can enhance results.

FACT: Because the waistline, hips, thighs and pubic area all border your stomach, it is very common for those areas to be addressed as well. The overall goal is to create a streamlined look, and you may not need an additional incision because your tummy tuck incision can often be used.

Mini- or Modified Tummy Tuck

02

Procedure Time One to two hours

Recovery One to four weeks; no strenuous activity for six to eight weeks

How Long It Lasts Permanently

The Goal

Eliminate belly bulge that won't budge

What you need to know

To eliminate a small amount of loose skin and localized fat—usually between the belly button and pubic bone—you may need a mini- or modified tummy tuck (also referred to as a limited abdominoplasty). Mini- or modified tummy tucks will not tighten loose skin above the belly button, and it may not remove stretch marks in that area. The incision is much smaller and less skin is removed, so this is really an option for someone with minor laxity and bulging.

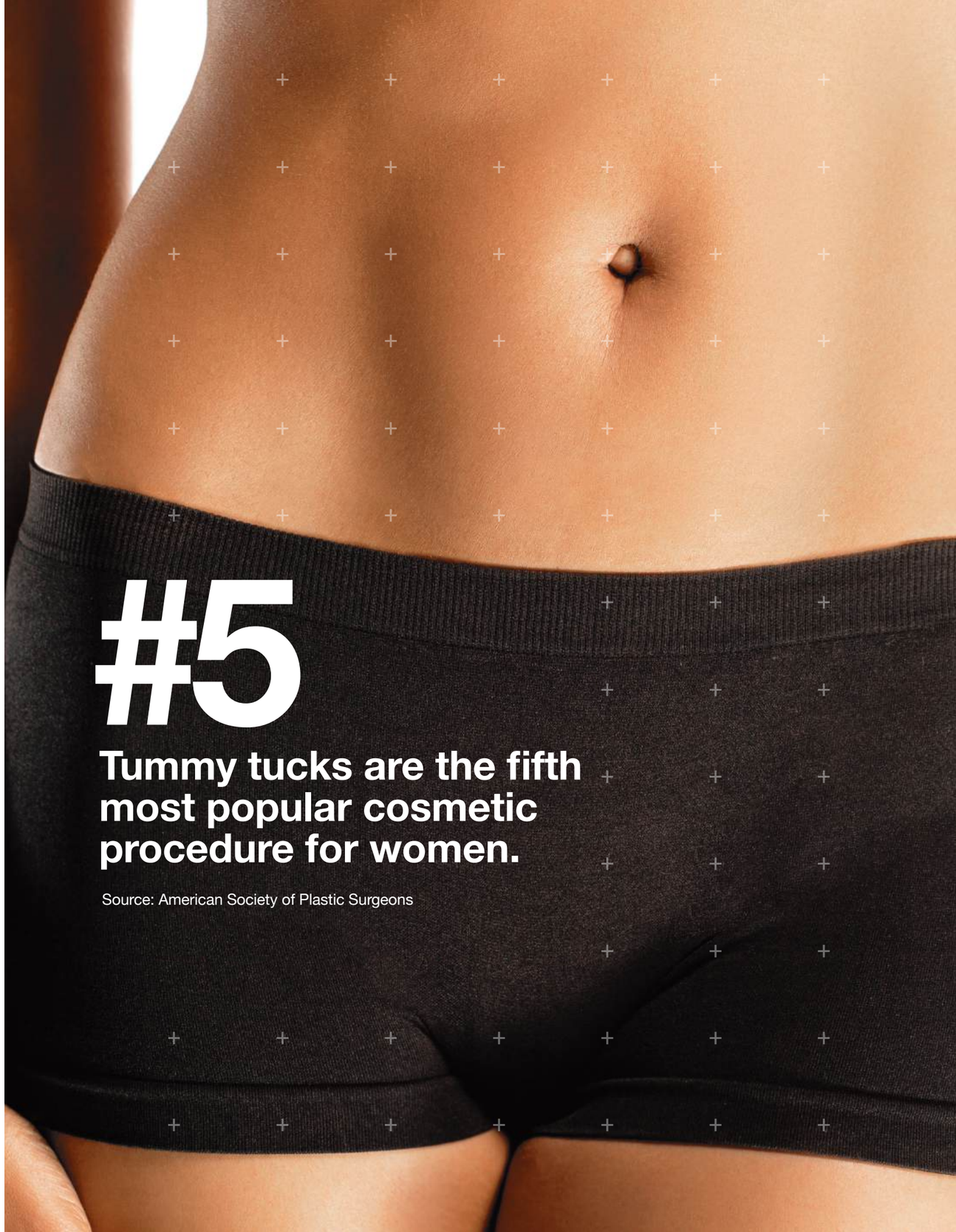
What you can expect

Under either general anesthesia or local anesthesia with sedation, an incision will be made near the top of your bikini line, excess skin and fat will be removed, and muscles in your lower abdomen will be tightened. Your scar will vary in length depending on your individual circumstances.

Other Tummy Tuck Options

Extended Tummy Tuck
An extended tummy tuck can reduce heavy love handles and deep folds of fat on the back. Some surgeons may suction the lower back and flanks while the patient faces down before turning them to do the abdomen. Another preferred method is to begin in the lateral position and turn the patient side to side. The incision will most often run from the upper level of the pubic hair all around the back.

Lateral Tension Tummy Tuck
For patients with loose skin on both their stomach and thighs, a lateral tension tummy tuck may be best. This variation places tension laterally on the abdominal muscles opposed to centrally, to address the stomach as a whole. The scar will be similar to that of a traditional tummy tuck and runs from hip to hip. It also addresses skin laxity in the thighs.



HAVE A QUESTION FOR DR. SIMON? NOW YOU CAN ASK ANYTIME.

I created an AI-powered digital avatar through Delphi.ai that is trained on my expertise and approach to plastic surgery and aesthetics. By scanning the QR code, patients and readers can ask Dr. Simon questions and receive personalized answers about plastic surgery, aesthetics, and what may be right for them.



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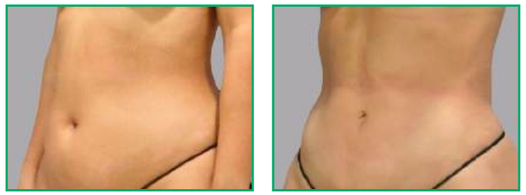
ABOUT

Drawing on nearly 20 years of experience and more than 10,000 operations to his credit during that time, double board-certified Dr. Sean Simon applies his philosophy of treating the whole patient to every aspect of care.

From working closely with patients to determine the ideal treatment option to making sure they are at ease and comfortable after surgery, Dr. Simon is able to address their specific needs to ensure the optimal aesthetic results. Whether he is performing a body-contouring procedure with advanced, laser liposculpture techniques or a complicated breast enhancement or reconstruction, Dr. Simon utilizes his extensive experience, talent and skill to deliver consistently outstanding results.



This 29-year-old patient achieved a sculpted silhouette with Smartlipo power-assisted liposculpture.



This patient's transformation, shown from a side view, resulted in a flatter stomach and a sculpted look.

"Combining experience and innovation in plastic surgery."



This patient, 31, had a natural-looking enhancement with liposculpture and fat grafting to the buttocks.



Dr. Simon performed a breast lift and reduction to give this 25-year-old patient lighter, perkier breasts.

SPECIALTIES

Abdominoplasty
Aesthetic Injectables
Blepharoplasty
Body Contouring
Bodylift
Breast Augmentation
Breast Lift / Reconstruction
Buttocks Augmentation
Buttocks Lift
Fat Transfer
Fractional CO_2 Skin Resurfacing
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University of Miami

Board Certification
American Board of Plastic Surgery
American Board of Surgery

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