

Tummy Tucks FAQs

After pregnancy, weight loss or just plain aging, many people find themselves with excess skin and fat around the belly and decreased strength and tone of the muscles beneath. Abdominoplasty or “tummy tuck” addresses these problems and results in an overall improved appearance and self confidence. It can also be performed for health reasons if loose skin and weakened abdominal muscles have become a medical issue, as is sometimes the case after massive weight loss.

Am I a candidate?

You may be a good candidate if you have one or more of the following conditions:

- excess or sagging abdominal skin
- an abdomen that protrudes and is out of proportion to the rest of your body

- abdominal muscles that have been separated and weakened excess fatty tissue that is concentrated in your abdomen

If you plan to become pregnant or lose weight in the future, you should discuss this at your one on one consultation.

Your consultation

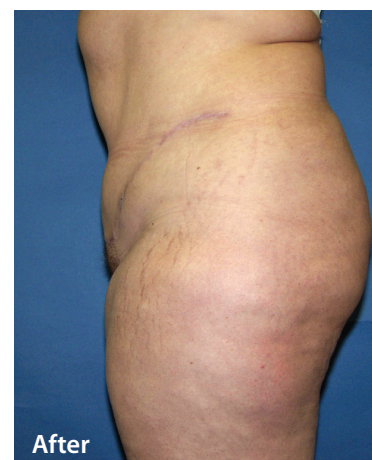
Begin exploring the possibilities with your board certified plastic surgeon. He will examine you and discuss the benefits and risks of the different types of abdominoplasty procedures available. Together, you will choose the type most appropriate for you.

How is it done?

The procedure can be either a hospital procedure with an overnight stay in the hospital or an outpatient procedure with recovery at



Before



After

Actual patient of Dr. Robert Louton

home. Most patients return to work about ten to fourteen days after surgery. Typically, an incision is made within the “bikini” line under the abdomen; this helps to hide the scar under clothes following the procedure. Excess skin and fat are removed, the muscle beneath is tightened, the skin is redraped to provide a pleasing body shape, and often the belly button is moved to a new position within the newly contoured abdomen. In some cases, a “mini-abdominoplasty” can be performed. In other cases, abdominoplasty is combined with liposuction for further fat removal and better body contouring.

What are the risks?

Tummy tuck surgery is generally a safe procedure. If you take proper care in preparing for the surgery and follow your surgeon’s instruction regarding post-operative care, the risks are minimal. However, all surgeries involve risks and potential complications. These are best discussed on a personal basis with your plastic surgeon.

Cost

Typically, the surgeon’s fee falls between \$2,000 and \$8,000. A precise estimate of what *your* tummy tuck will cost can only be obtained during a one-on-one consultation

with an experienced plastic surgeon. Hospital or facility fees, patient’s goals, health, and anatomical differences, are just some of the variables that influence cost and are not calculated in the initial surgeon’s fee.

Insurance coverage

Abdominoplasty, as a cosmetic procedure, generally is not covered by insurance. In some instances, a patient may also have a hernia. Insurance reimbursement may be available for that portion of the procedure that is not cosmetic.


How do I select my surgeon?

Experience is the most important factor to consider when selecting a tummy tuck surgeon. Through viewing before and after pictures of the surgeon’s work, you will be able to determine whether you like the results she or he has been able to achieve in the past. For more in-depth information about this or other procedures go to www.surgery.org or www.blairplasticsurgery.com. Check Dr. Robert Louton’s credentials, obtain specific procedure information, and view before and after photos. Or call us today for free brochures, pricing, financing options, and to schedule your private consultation; 814-234-1420 in State College and 814-949-7280 in Altoona.

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