

Abdominoplasty or The Tummy Tuck

Abdomens come in many different shapes and sizes. They are affected by many environmental factors such as gravity, age, and pregnancies which all take their toll on their appearance. Our perception of normal is influenced by television and magazines. Selecting the right surgeon is very important as not all surgeons offer identical tummy tuck or abdominoplasty methods. We have three-dimensional bodies. Excess sagging tissue often extends from the front, the sides and the back of the body. Surgery can treat these problems by sculpting some areas and leaving certain parts alone.

Tummy tucks can be very rewarding as long as the patient understands the risk and potential complications. It is essential that a patient is aware about the risks involved with all surgical procedures. Your chosen surgeon should be willing to discuss and review all abdominoplasty risks with you. Prior to surgery, your surgeon should perform a thorough medical examination of his or her patient in order to identify whether that patient poses an increased risk for complications.

Prior to surgery, anesthesia will be administered.

Anesthesia in itself carries risks during and following the tummy tuck surgery. Surgery also carries a risk of infection and blood clots. Blood clots and normally be avoided by making sure the patient begins moving as soon as possible following the abdominoplasty. Conditions such as poor healing might require another surgery and it is recommended that you discuss this with the surgeon before the abdominoplasty commences.

The

variety of tummy tuck surgery a patient will receive depends upon the quantity of fat deposits found in their abdominal area. Fat quantity will also determine which surgery will be the most effective. During your initial consultation you will learn the benefits of the tummy tuck. The surgeon should conduct a full evaluation of the patient's health and lifestyle to determine whether a tummy tuck will be the best choice. A patient should be prepared to disclose their entire medical history as well as their expectations. In return, the surgeon will be able to explain whether a patient's expectations are reasonable. This is very important because the more information a patient provides their surgeon, the more likely they are to be happy with their results. Being up front with your surgeon is also important in relation to the risks that can influence the outcome of the surgery as well as the increased risk of complications.

During

the consultation the surgeon will discuss not only aspects of the surgical procedure but also the financial aspects of the operation. As the surgery may not be a procedure covered by insurance, finances need to be taken into consideration when deciding on the appropriateness of the surgery. The patient will be given individual instructions based upon their particular conditions in order to prepare them for their tummy tuck. In preparation, a patient will be given dietary guidelines along with other necessary lifestyle changes. These changes may only be temporary but it is essential to follow the instructions to ensure the success of your surgery and to avoid the risk of complications during and after the procedure.