

## Our Goals:

The doctor will review your general medical condition, the medications you are taking and the reasons for having the procedure. If you are determined to be a good candidate he will discuss options of treatment and the goals for your surgery.

Procedures are individualized to the patient. A tummy tuck tightens the lower stomach skin and muscles. Fat aspiration to the flank areas may need to be added. Often fat aspiration or liposuction is used to remove additional fatty deposits from the sides and central stomach areas. These extra procedures add to the overall cost, time of surgery and recovery period.

People are different and the results of surgery vary too. Generally speaking we tell people that the lines on your stomach will only partly be removed, possibly lessened. We cannot make you look 25 years old. Loose skin will be tighter. You may look less chubby. We are limited by the quality of your own skin and underlying muscles.

Modern methods of surgery include the tightening of the muscles too. This may help the overall results last longer

Abdominoplasty is not a substitute for weight reduction. Dietary types of weight loss can be done before or after the abdominoplasty procedure. It is best if some weight control is done before the operation.

## Before Surgery:

All medications that thin the blood may have to be stopped 2 weeks prior to surgery. A half of one aspirin thins the blood for 2 weeks! There are a host of vitamins, pain and arthritis medications that thin the blood.

You need to get a relative or friend to be with you for the first few days after the procedure. They will have to drive you to and from surgery and the office afterwards. Have some easy meals ready to be made. Do not plan on having friends over or leaving town for at least 3 weeks. You may be given pain medication and antibiotics. Get these before having the surgery so they are handy.



## During Surgery:

General anesthesia is usually used. The patient is totally asleep. We do not want you in pain or moving during the surgery. This is often the case when surgery is performed in the office using only sedation. We can work more efficiently too. Most procedures are 2 to 4 hours long but there will be time needed to start IV's before surgery. The recovery room period may last a few hours as well.

The incision lines are visible but mostly hidden. They usually go from flank to flank low along the pubic area. Also an incision line around the belly button will result. This is a particular area of poor healing at times.

Drains are usually used. We will instruct you on how to empty them on a daily basis. They are usually left in for a few weeks. They keep fluids from accumulating under the surgical area.

## After the Procedure:

While still in the operating room the completed surgery is impressive to see. Soon afterwards however, the swelling and bruising starts. The more extensive the surgery, the worse the bruising and swelling. This makes sense. If a surgeon tells you that there will be minimal or no swelling or bruising then the surgery cannot be very extensive.

During the first few days after surgery the swelling and bruising worsens. The stomach may look like a balloon. It can be quite scary. The pain is not usually bad. Do not be alarmed as the skin is usually numb for a while. We expect this. By the end of the first week the swelling and discoloration begins to diminish.

It usually takes the first month before you actually start



to look good. The process of this improvement may then take a year or so. When we take "after surgery" pictures we usually take them about a year after the original surgery. That is when the results usually look their best. The scars of an abdominoplasty procedure are usually wide as the closure is under tension, but essentially hidden below the belt line.

Do not plan on going back to work or driving for at least the first few weeks. You will be given pain medication and should be very careful about coordinated tasks. Even cooking is not a good idea. When in a car, always use a seat belt and sit in the back seat. People have been injured by airbags going off while in the front seat. We try to keep you safe and preserve our work.

For the first few weeks after your surgery avoid strenuous activity. No lifting over 5 pounds. Do not do housework, you need rest. Avoid alcohol, smoking or even the presence of smokers.

Do not get sun. Even when the doctor says it is OK to go outside you must use sun block of at least a number 30 SPF for at least 6 months, maybe longer. For general good health anyway you should always use sun block on exposed skin surfaces.

By the third or fourth week the doctor may allow activities and exercise to begin gradually. You must follow the protocol exactly.

## Additional Cosmetic Enhancements:

Fat suction is sometimes also used on the flank areas or the stomach. We may also do the thighs or knees. We are limited however, the abdominoplasty procedure alone is enough surgery to do in one sitting.

Later one may want to have additional cosmetic procedures as eyelid surgery or facial surgery. We can help you in these areas as well.



Common over-the-counter pain, allergy and cold medications as well as arthritis drugs may thin your blood. Do not take any of these without first discussing it with your doctor.

Complications may include bleeding problems, infection nerve and muscle damage, poor healing, adverse drug and anesthetic reactions. Some may require more surgery at additional cost. The skin surface may not be perfectly even. People who smoke or used to smoke have much more healing and infection problems than patients who never smoked. Your stomach skin will be numb initially. Some of the sensation later returns. This may be of benefit as it keeps pain to a minimum during the healing period. Hospitalization or just an overnight stay may be needed. Insurance companies do not usually pay for these when cosmetic surgery is involved.

Following the doctors instructions minimizes the risk of problems. Do not do anything different without calling the doctor first. Most of the advise your friends and neighbors give you is probably incorrect. The doctor asks that you call him if you have any questions at all.

Now is a good time to eat right too. If you over eat you will gain weight and diminish the results.

An abdominoplasty lasts forever. The skin and fat that is removed will always make you appear better than you would have looked if nothing was done. You do however continue to age. Some surgeons believe that an abdominoplasty sort of slows the drooping and aging process. This may be true especially when the muscles are tightened during the procedure.

Some discriminating patients will get additional procedures in the coming years so that they always look their best. But remember, even just a single successful procedure will make you forever look better than you would have looked.



We believe that an abdominoplasty should be performed in a hospital or hospital outpatient facility setting, not in the office. Safety is a major concern for us, and hospital facilities are much better equipped. We use the team approach with an operating room filled with registered nurses, registered OR technicians and M.D. anesthesiologists with their assistants. Also needed is a fully staffed and equipped recovery room.

## Venice Plastic Surgery

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**Why settle for less?**



## Tummy Tucks

also known as  
**Abdominoplasty**

It is commonly performed together with other procedures as fat suction surgery

The procedure is designed to tighten loose skin lines and reduce stomach skin sagging

This is felt to give patients a more youthful appearance. Patients are often less chubby looking



## Venice Plastic Surgery A. E. Haas, M.D.

Abdominoplasty is for men and women from about 35 years or older. There is no upper limit. The best candidates are generally healthy. They do not smoke, have diabetes or uncontrolled high blood pressure. The rewards are a fresher more youthful appearance in and out of clothing. There will be a better shape and contour. The major limitations are your own skin. Those who have had a lot of sun exposure or who have smoked cigarettes in the past have the poorest skin quality. The best results are with those who still have good skin elasticity but almost anybody may still benefit. Some patients will require secondary "tune up" procedures to further benefit their appearance. Although we cannot stop the aging process we may at least turn the clock back in a manor of speaking.