

# Tummy Tucks

## Fact Sheet

### Are there different kinds of abdominoplasties?

We offer a mini tummy tuck, or SmartTuck™, as well as a full tummy tuck, or SmartTuck Plus. We evaluate each patient to advise him or her of which option is most likely to obtain the results he or she seeks.

### What reasons prompt people to consider abdominoplasty?

SmartTuck™, or mini abdominoplasty, is a surgery designed to remove excess, protruding, stretched skin in the lower abdomen. Women can have this after childbirth; other men and women following weight loss or small amounts of weight gain. SmartTuck™ is usually performed with either liposuction or surgical removal of lower abdominal fat in order to achieve a flat appearance. People who have more substantial problems with loose muscles, poor muscle tone or large amounts of excess skin are often better served with a SmartTuck Plus, or full abdominoplasty.



### Can a Tuck be combined with other surgical procedures?

Tucks can often be done in conjunction with other surgical procedures. The most common combination is breast surgery, but other procedures may be done as well.

### Where is the surgery performed?

The SmartTuck™ is performed in office with the same kind of local anesthesia used for SmartLipo™. It is called tumescent local anesthesia. It has an excellent safety record and provides complete patient comfort. It is usually supplemented with an oral sedative.

SmartTuck Plus is performed in a fully staffed surgical facility on an outpatient basis. In most cases the surgery is done with local anesthetic and IV sedation. Sedation is administered by an anesthesiologist and is usually a “twilight” deep sedation. For most women this facilitates a relatively comfortable surgical experience with quick recovery afterwards. The anesthesiologist meets with every patient to best determine the safest and most appropriate anesthetic to use. General anesthesia is available in certain cases.

### How much pain should I expect afterwards?

Each patient is different of course. SmartTuck™ patients typically have very little pain and are back into their usual activities within several days. SmartTuck Plus patients tend to have a bit more pain and not back to usual activities until after a week or two. There are additional activity restrictions on the SmartTuck Plus patients regarding lifting and exercise in the month following surgery.



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toll free: 866.594.5476

info@rejuvenate-medspa.com

rejuvenate-medspa.com

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### When can I shower after surgery?

This depends on the type of surgery performed. SmartTuck™ patients can shower whenever they choose. SmartTuck Plus patients need to wait a few days, depending on their procedure.

### What kind of results can I expect?

Your final result depends on many variables, including the kind of problem you had before surgery and your overall healing process. Removal of the excess skin with a SmartTuck™ results in substantial improvement. The goal is improvement with a smoother abdomen and a more flat contour. For patients with more substantial problems or excess fat and skin, removal and remodeling of the abdominal wall (SmartTuck Plus) generally results in more dramatic results. Again, a smoother, flatter abdomen is the goal.

### What are the most common risks of tummy tuck surgery?

The most common surgical risks are bleeding and infection. Limitations of the surgery include asymmetry, possible areas of numbness around the scar, bad scarring, and dissatisfaction with the final contour. Fortunately serious complications are rare.



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[info@rejuvenate-medspa.com](mailto:info@rejuvenate-medspa.com)

[rejuvenate-medspa.com](http://rejuvenate-medspa.com)