



## *Surgical* **TUMMY TUCK**

### THE GOLD STANDARD

Contours the abdomen and flanks

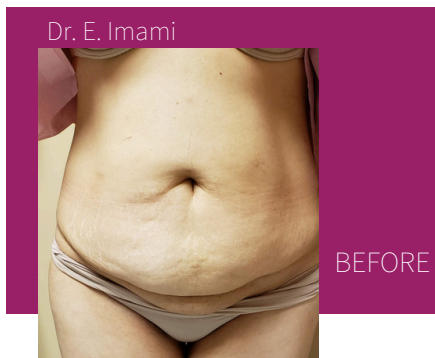
Removes excess skin, stretch marks, and fat

Tightens muscles for an hourglass figure

Aging, weight fluctuations, pregnancy, and heredity factors can result in stretch marks, stubborn unwanted fat, abdominal (pooch), and flank bulges (love handles). Often patients need more robust solutions than CoolSculpting or liposuction alone can achieve.

"Tummy Tuck" surgery, also known as abdominoplasty, is an outpatient procedure that improves the abdominal contour by removing excess skin and fat while tightening the underlying muscles and restoring an hourglass-shaped figure.

A series of Laser Genesis (non-invasive laser skin) treatments are included to enhance surgical healing.



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## FREQUENTLY ASKED QUESTIONS

### AM I A GOOD CANDIDATE FOR THE PROCEDURE?

Good candidates are generally healthy, non-smokers, who are near their ideal body weight. Though you will lose some weight after this procedure, it is not a substitute for exercise and a weight loss program.

### IS THE PROCEDURE PAINFUL?

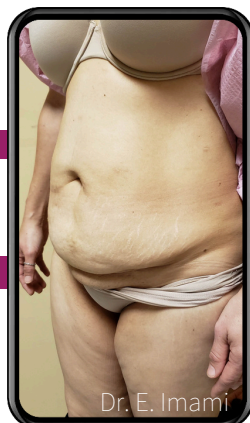
The procedure is performed as an outpatient under general anesthesia. Patients feel better with compression garments, sleeping in a recliner, and taking Rx pain medications for a few days.

### WHAT IS THE DOWNTIME?

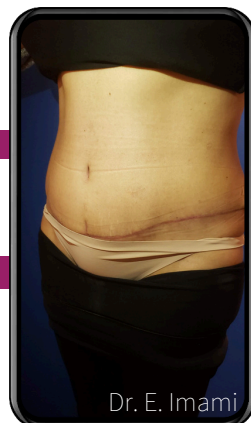
You should avoid driving and you will need assistance at home for the first 7-10 days. You may have drains in place and difficulty standing upright for 10-14 days, due to swelling, tenderness and perhaps bruising. You should avoid exercise or strenuous activities for the first 2-4 weeks and you should wear compression garments for 6 weeks.

### WHEN WILL I SEE RESULTS?

Though results are apparent immediately, it usually takes about 3-4 months for final results as the area heals and swelling resolves.



BEFORE



2 Months AFTER

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