

## **ABDOMINOPLASTY or TUMMY TUCK**

Abdominoplasty is also called a tummy tuck, and that is basically the tightening of the abdominal wall for both men and women.

It is probably a more common procedure with women because women go through pregnancy, and the muscles relax (during gestation) and this leads to more pudging of the belly (called rectus diastasis).

The procedure entails one, skin excision almost always, although it is not necessary (as is in the case with someone with ONLY rectus diastasis contributing to their “pudge”, two, tightening of the muscles, and three, (possibly) repositioning or recreation of the belly button - not really creating, but we are placing the belly button through a new incision because the old skin is in the trash can after surgery (or biohazard bin).

We also combine liposuction often to the flanks to sculpt the entire abdomen. Of course, the idea of abdominoplasty is to tighten the muscles, smooth out the skin, and give a nice natural result of not just the belly, but the belly button and that is important to understand because not all belly buttons are created equally, and the recreation of the belly button is a very important component of the tummy tuck.

Tummy tucks are often combined with breast lifts as a mommy makeover and there is a lot more information available on tummy tucks with mommy makeover. (Please see section on [mommy makeover](#) for more details related to this procedure).

**TAKE HOME POINT:** Abdominoplasty addresses excess skin of the abdomen, fat of the flanks or love handles, and diastasis of the muscles.