

# TUMMY TUCK (ABDOMINOPLASTY)

No one is immune to change. If your body has borne the brunt of dramatic life changes like pregnancy, aging or transformational weight loss, it is likely you still see evidence of these changes in the form of unshapely, sagging skin that hangs from your torso. Many people experience their skin becoming progressively lax as they grow older. In the case of pregnancy or extreme weight loss, there may be internal repairs to the abdominal muscles which are necessary to provide you with a contoured and youthful-looking waistline. Tummy tuck is a body contouring procedure to correct issues of loose skin and muscle at the abdomen.

Esthetica Center for Cosmetic Surgery is located in Newport Beach, California. We serve Orange County and beyond with **premium cosmetic enhancement**. Our surgeons are leaders in the industry. Dr. Kouli has **extensive training and experience** in body contouring and weight loss surgery. [Contact us](#) for consultation. Call (949) 721-1113 to learn more.

## What Does a Tummy Tuck Do?

Also known as abdominoplasty, tummy tuck is a body contouring procedure to remove loose skin and tighten the abdominal musculature around your frame. Often, the surgery includes diastasis recti repair. Diastasis recti repair is an addendum to abdominoplasty that restores weakened or separated muscles in the middle of the abdomen. Post-bariatric patients who have gone through **transformational** weight loss, women who have been pregnant or people who are disturbed by their sagging skin are common candidates for the procedure.

In most cases, Dr. Kouli will combine [Liposuction](#) or [Liposculpture](#) with the excision of excess abdominal skin. Unlike liposuction, which just removes fat, a tummy tuck involves removing both skin and fat while tightening the abdominal muscles, as necessary. The actual extent of surgery will depend on the amount of excess skin and the laxity of the abdominal muscles.<sup>[1]</sup>

## Types of Tummy Tucks

There are several different types of tummy tucks that we perform at Esthetica. Below, we detail the particulars of each.

### Mini Abdominoplasty

Often referred to as a “mini tummy tuck,” this procedure treats baggy skin in the lower stomach that is not able to be improved with diet and exercise. The surgeon removes the excess skin and fatty tissue via a shortened incision, providing the patient with a flattened tummy and no lower bulge in the abdomen. In the mini tummy tuck, the abdominal muscles are generally not in need of plication.

### Traditional Abdominoplasty

This is the most common type of abdominoplasty or tummy tuck. The traditional approach addresses both the repair of the abdominal muscles as well as removing the excess skin and fatty tissue from the abdomen. This procedure is most frequently requested by patients who have had multiple pregnancies. It is also appropriate for patients who have experienced extensive weight gain and loss. Tummy tuck candidates have loose skin and muscle at the abdomen that negatively affects their appearance and quality of life.

### Extended Abdominoplasty

This particular approach is reserved for patients who have generally undergone significant weight loss, either by diet and exercise or with bariatric surgery. In this procedure, the excess skin and fatty tissue is removed from the abdomen, as in traditional abdominoplasty, but also the hips, and may extend onto the back. Generally in these patients, muscles in the flanks and abdomen are repaired. Patients who undergo this procedure see dramatic improvements in their body contour and in their overall wellbeing.

## Before & After Photos

[View More Photos](#)

## Your Personal Consultation at Esthetica

Dr. Kouli and the amazing [Esthetica team](#) can't wait to meet you at our [Newport Beach offices](#)!

Dr. Kouli is a **warm and caring doctor** and an **expertly skilled surgeon**. He is highly regarded in his field as a Diplomate of the American Board of Cosmetic Surgery. Your personal consultation is an opportunity to learn about your available treatment options while you explain

your **aesthetic goals** to the doctor. Following a physical examination, Dr. Kouli will qualify your candidacy for abdominoplasty.

Esthetica's reams of [favorable reviews](#) stand as a testament to our **life-changing work**. Contact us to learn more about [tummy tuck](#) surgery. To schedule a consultation call (949) 721-1113.

## Procedure

Prior to tummy tuck surgery, Dr. Kouli will **carefully** delineate the abdominal skin with a medical marker. The operation is performed under general anesthesia by a board certified anesthesiologist or certified nurse anesthetist in our state of the art, fully accredited, private operating facility. The incision is generally made below the bikini line. The abdominal area is undermined and the excess skin and underlying fatty tissue are removed. Dr. Kouli tightens the muscles, as required, before carefully redraping the skin. He closes his incision with several layers of sutures.

Contrary to what some patients think, the belly button is not removed during abdominoplasty. In most cases, the belly button is repositioned and will end up with a barely detectable circular incision around it and you will be ready for bikini season.

## Recovery From Abdominoplasty

Following surgery, you will wear a compressive girdle and stockings for a few weeks. There may be discomfort for several days following surgery, which is eased with postoperative pain medications. Most patients resume limited activity in twenty-four hours or so. Surgical drains are kept in place for a few days to help prevent swelling and the accumulation of fluid.

How Long Is Recovery from a Tummy Tuck?

Recovery from a tummy tuck is about four to six weeks. Your recovery will include about two weeks of intermittent bed rest. During this time, your mobility will be limited until you are healthy enough to return to **vigorous activity**. Abdominoplasty is an involved procedure that comprehensively contours your torso. As such, you should take great care while you gradually recuperate.

## Your Tummy Tuck “Recovery Buddy”

Choose a **trusted friend** or **beloved family member** to be your “recovery buddy.” Your buddy should stay with you for your first three to five postoperative days to assist you while you convalesce. Your buddy will be your ride home after surgery. You will need help with many of life’s basics, such as feeding yourself, taking your prescribed medication and going to and from the restroom. Your range of bathing options will be limited during your first forty-eight hours. Patients are permitted to take a sponge bath until they can shower again. Most importantly, your buddy will be there to **keep your spirits up** as you regain mobility.

## Are Tummy Tuck Results Permanent?

The results of a tummy tuck are **long-lasting**. During abdominoplasty, your surgeon skillfully trims away loose skin to **flatter** your body’s natural contours. If you avoid major fluctuations in weight, then you will **enjoy** the benefits of the procedure for many years to come. Skin laxity, however, is a natural result of the aging process. So, as the years press on, loss of elasticity can continue.<sup>[\[2\]](#)</sup>

## Complementary Procedures

Abdominoplasty is frequently performed on people who have gone through a major body transformation, including post-bariatric patients or women who have been pregnant. Many women who want to **restore** their pre-pregnancy body will opt for a “Mommy Makeover” which is a combination of procedures to either revitalize or augment the breasts as well as the abdomen.

### Breast Lift

Sagging breasts can occur with age. They are common in the wake of child-rearing. In a [Breast Lift](#), Dr. Kouli will reorient your nipples and breast tissue upward for a **youthful, perky presentation**.

### Breast Augmentation

If you would like a **little more** than just a lift, many women consider a [Breast Augmentation](#) after the strain of motherhood. Among our most **popular procedures**, breast augmentation employs silicone or saline implants to enhance the size and shape of the breasts.

## Brazilian Butt Lift

Augmented behinds are all the rage with the celebrity set. **Upgrade your assets** with a fashionable [Brazilian Butt Lift](#) (BBL) procedure. BBL is paired with liposuction to aspirate unwanted adipose tissue from problem areas like the belly, thighs and love handles. After a brief purification process, we redistribute the fat to the buttocks for **natural enhancement**.

## Vaginal Rejuvenation

Motherhood takes a heavy toll on your body. Our [Vaginal Rejuvenation](#) (labiaplasty) can help you reclaim your **feminine beauty**. The procedure prunes asymmetrical or excess labial tissue from the vaginal area to enhance its aesthetic appearance.

## How Much Does a Tummy Tuck Cost in Orange County?

A tummy tuck is a body contouring procedure that is tailored to you and your **individual needs**. At your personal consultation, Dr. Kouli, or one of Esthetica's team of medical professionals, will gather all the relevant information about you, including your health history and your aesthetic goals. The patient coordinator at this time will provide you with your surgical quote. Watch Esthetica's [specials page](#) for frequent opportunities to save!

## FAQ

How many sizes do you lose with a tummy tuck?

Women can lose up to two or three sizes after their tummy tuck. Unsightly sagging skin and its underlying adipose tissue is a big source of physical and emotional discomfort for patients seeking abdominoplasty. Excess skin can make wearing tight clothes very difficult. The rolls of folding flesh are a hygiene issue. They are often coupled with discomfort from the friction and pinching on clothing items. A tummy tuck tailors loose dermal and muscle tissue to your frame so that your clothes feel like they are **made-to-order**!

How much weight do you lose after a tummy tuck?

Some patients lose up to ten pounds (or more!) from their tummy tuck. To clarify, abdominoplasty is not a weight-loss procedure. It is a body contouring surgery to remove excess skin, tighten abdominal muscles and extract subdermal fat. The goal is to conform loose skin to your form and provide a more youthful appearance. Patients who have undergone dramatic

weight loss or who have been pregnant are among the most frequent tummy tuck candidates. Minor weight loss is an **ancillary benefit** to the procedure's body contouring enhancements.

## References

1. Najera, R. M., Asheld, W., Sayeed, S. M., & Glickman, L. T. (2011). Comparison of Seroma Formation following Abdominoplasty with or without Liposuction. *Plastic and Reconstructive Surgery*, 127(1), 417–422. doi: [10.1097/prs.0b013e3181f95763](https://doi.org/10.1097/prs.0b013e3181f95763)
2. Staalesen, T., Elander, A., Strandell, A., & Bergh, C. (2012). A systematic review of outcomes of abdominoplasty. *Journal of Plastic Surgery and Hand Surgery*, 46(3-4), 139–144. doi: [10.3109/2000656x.2012.683794](https://doi.org/10.3109/2000656x.2012.683794)