



PLASTIC SURGERY CONSULTANTS, LTD.

YOUR GUIDE TO TUMMY TUCKS

Everything You Ever Wanted to Know About
Tummy Tucks.
But We're Afraid To Ask.

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Plastic Surgery Consultants
Edina, MN

YOUR GUIDE TO TUMMY TUCKS

DO YOU DREAM OF A NEW YOU?

Do you dream of strolling down a sun-drenched beach in Florida, The Caribbean or Mexico next spring in a bikini? Perhaps you think of showing off a flat tummy that draws the lingering glances of others lounging on the beach? You are not alone.

Winter may have arrived, but spring is only a few short months away. And if you've resolved that you're not going to go another summer with a sagging tummy, now is the time to put "tummy tuck" at the top of your list of New Year's resolutions.

Once reserved for Hollywood's elite and America's wealthy, the tummy tuck, also known as an abdominoplasty, is a cosmetic surgical procedure to which people of all walks of life are turning to for tightening the abdomen and the removal of excessive skin and fat.

According to [Dr. Sam Economou](#), an [Edina, MN plastic surgeon](#), a tummy tuck works best for people who are close to their ideal weight, but cannot shed the loose skin that has developed in their abdominal area because of pregnancy, weight loss and age. The typical patient is a female whose abdominal wall has been stretched due to pregnancy. It's also a procedure designed for men and women who have lost a large amount of weight as a result of exercise and a more healthy diet.

Variations of the full tummy tuck, such as a mini-tummy tuck (which depends upon how much skin laxity is present and where it is located), are also a possibility. The result of tummy tuck surgery is a flatter, firmer abdominal contour that is more proportionate to a person's body type and weight.

"Pregnancy and excessive weight can stretch the skin of the abdomen many times its normal state," says Dr. Economou, the principle surgeon of Plastic Surgery Consultants. "That's where a tummy tuck can really help -- in tightening and flattening that area of your body."

The most common form of tummy tuck involves a horizontal incision near the pubic hairline, so swimwear or undergarments can hide the resulting scar. If there is excess skin above the navel, an incision around the navel may be required. Sometimes, the surgery involves liposuction to remove pockets of excess fat from specific areas of the body.

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To reduce scar tissue and increase the speed of healing, Dr. Economou may utilize an Ethicon harmonic scalpel that uses ultrasonic energy to perform parts of the tummy tuck surgery.

Diastasis is a term used to describe the separation of the two-paired abdominal muscles that make up the front of the abdomen, which is often caused by multiple pregnancies. Sutures are used to tighten up the abdominal wall, resulting in a flatter stomach. Stronger, tighter abdomen muscles may also help reduce lower back pain.

While a tummy tuck is not a shortcut to weight loss, it can be a powerfully transforming surgery and complements the impact that weight loss has on the abdominal profile.

“Many of my patients say they feel liberated after having a tummy tuck,” Dr. Economou says. “They can wear a bikini again, or not wear a shirt or a top to cover up their loose stomach. They feel good about being outdoors running, swimming and golfing. It does a lot to boost a person’s confidence in their bodies and for many of my patients, it’s an incentive to maintain a healthy appearance for the rest of their lives.”

“You truly are a great doctor. You are genuine, caring and thorough. You kept your word on everything you said. You seem to really care for your patients, every time I called, you immediately responded. You did a great job, too, and covered everything I needed to know. I will definitely recommend you to my friends and family”

Lisa | Tummy Tuck Patient

Are You A  Candidate?

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ARE YOU A TUMMY TUCK CANDIDATE?

Here are some tips from Dr. Economou to consider:

CONSULTATION

To find out if you're really a good candidate to have a tummy tuck procedure, schedule an appointment with a board certified plastic surgeon. There are various types of abdominoplasty, including mini-tummy tucks and full tucks with liposuction. Only a qualified and experienced plastic surgeon can tell you what's right for you.

CHILDREN

Child bearing can cause unwanted tummy laxity. If you're done having children, then it's okay to pursue a tummy tuck, but if there's any doubt, then you should wait.

MASSIVE WEIGHT LOSS

With TV programs such as *Biggest Loser*, there are many men and women who have pursued their own weight loss program to shed 100 or more pounds. Plastic surgeons will advise putting off a tummy tuck until the patient has maintained their ideal new weight over an extended period of time. Continued weight loss or weight gain can quickly undo the results of a tummy tuck.

EXERCISE

Before considering a tummy tuck, it's critical to develop a healthy lifestyle involving regular exercise and good dietary habits. If you haven't done so already, you should start. It's always a good idea to consult with your family physician before starting a regular exercise regimen.

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INSURANCE

A tummy tuck is considered elective surgery, and is typically not covered by health insurance. According to Plasticsurgeryportal.com the average cost for a tummy tuck ranges between \$4,500 and \$6,000, but will vary depending upon where you live (Hollywood vs. Minnesota), the extent of the surgery, who performs the surgery, and other factors.

TIME TO RECOVER

Full recovery from tummy tuck surgery takes about four to six weeks depending upon the extent of the surgery. During this time you might have to wear a compression garment. Following the surgery, you can expect swelling, mild bruising, and inflammation until healing runs its full course. During this time, you should not perform any strenuous activities (such as lifting a toddler) until you are completely healed.

SWIMSUITS

After a tummy tuck, an extremely skimpy bikini, thong or string suit may be too revealing to hide a tummy tuck scar. Instead, you'll want to wear a swimsuit that shows off your flattened abs but hides the scar from the tummy tuck surgery, such as a one-piece tank suit, two-piece hipster, a tankini or monokini.

Commonly Asked Questions 

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COMMONLY ASKED QUESTIONS ABOUT TUMMY TUCKS:

What is a tummy tuck?

A tummy tuck, also known as an abdominoplasty, is a cosmetic surgical procedure designed to tighten the abdomen and remove excessive skin and fat. The result of tummy tuck surgery is a flatter, firmer abdominal contour that is more proportionate to a person's body type and weight.

Who typically gets a tummy tuck?

Tummy tucks used to be reserved for Hollywood stars and the very wealthy. Nowadays, people of all walks of life get tummy tucks.

How do I know if a tummy tuck would be right for me?

A tummy tuck works best for people who are close to their ideal weight, but cannot shed the loose skin that has developed in their abdominal area because of pregnancy, weight loss and age. The typical patient is a female whose abdominal wall has been stretched due to pregnancy. It's also a procedure designed for men and women who have lost a large amount of weight as a result of exercise and a more healthy diet.

Is there a charge to meet with Dr. Economou to find out if a tummy tuck is right for me?

Dr. Economou offers all potential patients a free, one-hour consultation about tummy tucks and all other forms of cosmetic and reconstructive surgery.

Do tummy tucks vary based on how large a person's tummy area is?

Yes. Variations of the full tummy tuck, such as a mini-tummy tuck (which depends upon how much skin laxity is present and where it is located), are also a possibility. The result of tummy tuck surgery is a flatter, firmer abdominal contour that is more proportionate to a person's body type and weight.

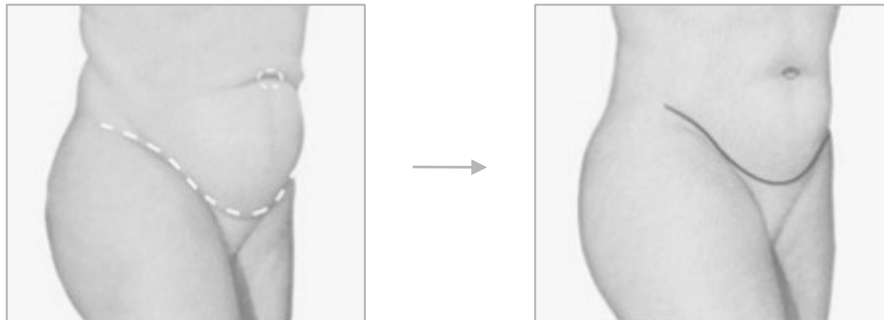
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What happens in a tummy tuck procedure?

The most common form of tummy tuck involves a horizontal incision near the pubic hairline, so swimwear or undergarments can hide the resulting scar. If there is excess skin above the navel, an incision around the navel may be required. Sometimes, the surgery involves liposuction to remove pockets of excess fat from specific areas of the body. To reduce scar tissue and increase the speed of healing, Dr. Economou may utilize an Ethicon harmonic scalpel that uses ultrasonic energy to perform parts of the tummy tuck surgery.

Diastasis is a term used to describe the separation of the two-paired abdominal muscles that make up the front of the abdomen, which is often caused by multiple pregnancies. Sutures are used to tighten up the abdominal wall, resulting in a flatter stomach. Stronger, tighter abdomen muscles may also help reduce lower back pain.



Why should I consider a tummy tuck?

Let's be clear: a tummy tuck is not a shortcut to weight loss. But, it can be a powerfully transforming surgery and complements the impact that weight loss has on the abdominal profile.

Many of our patients say they feel liberated after having a tummy tuck. They can wear a bikini again, or not wear a shirt or a top to cover up their loose stomach. They feel good about being outdoors running, swimming and golfing. It does a lot to boost a person's confidence in their bodies and for many of my patients, it's an incentive to maintain a healthy appearance for the rest of their lives. For some patients, tighter abdomen muscles may also help reduce lower back pain.

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Is a tummy tuck covered by my health insurance?

Typically it is not.

Can I pay for a tummy tuck with my credit card?

Yes. At Plastic Surgery Consultants, we accept VISA, Mastercard, Discover and American Express.

How much does a tummy tuck surgery cost?

According to Plasticsurgeryportal.com the average cost for a tummy tuck ranges between \$4,500 and \$6,000, but will vary depending upon where you live (Hollywood vs. Minnesota), the extent of the surgery, who performs the surgery, and other factors.

Costs include: surgeon's fee, hospital or surgical facility costs, anesthesia fees, prescriptions for medication, post-surgery garments, and medical tests

How soon can I schedule a tummy tuck?

If, after the in-clinic consultation, Dr. Economou believes you are ready for a tummy tuck procedure, the surgery is scheduled at a nearby hospital within two to three weeks.

How much time should I take off from work for the surgery and post-recovery?

We recommend taking 1-2 weeks off from work to recover at home. You would need to refrain from lifting more than 25 lbs or doing strenuous exercise for 4 weeks.

How long does it take to recover from a tummy tuck?

Full recovery from tummy tuck surgery takes about four to six weeks depending upon the extent of the surgery. During this time you might have to wear a compression garment. Following the surgery, you can expect swelling, mild bruising, and inflammation until healing runs its full course. During this time, you should not perform any strenuous activities (such as lifting a toddler) until you are completely healed.

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Will I have a scar?

Yes. The length of the scar will depend upon the amount of skin and fat being removed. To reduce scar tissue and increase the speed of healing, Dr. Economou may utilize an Ethicon harmonic scalpel that uses ultrasonic energy to perform parts of the tummy tuck surgery.

Will I be able to wear a bikini after I have a tummy tuck?

After a tummy tuck, an extremely skimpy bikini, thong or string suit may be too revealing to hide a tummy tuck scar. Instead, you'll want to wear a swimsuit that shows off your flattened abs but hides the scar from the tummy tuck surgery, such as a one-piece tank suit, two-piece hipster, a tankini or monokini.

Will having a tummy tuck prevent me from getting fat again in my tummy area?

No. You can undo your tummy tuck if you gain excessive weight or become pregnant again. That's why we recommend tummy tucks only for women who believe they will not have any more children. In addition, we strongly recommend that both men and women who have tummy tucks continue to exercise regularly and eat properly to maintain their flat abs.

Do you (Dr. Sam Economou) perform tummy tucks often?

Yes. Dr. Economou regularly performs tummy tucks as part of his cosmetic and reconstructive surgery practice. Dr. Economou has more than 15 years experience specializing in this area and has performed hundreds of tummy tucks throughout his career.

Where else can I learn about tummy tucks?

Check out the [Plastic Surgery Consultants](#)' web site or the American Society of Plastic Surgeons web site at www.plasticsurgery.org.

About Plastic Surgery Consultants 

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ABOUT PLASTIC SURGERY CONSULTANTS

Dr. Sam Economou, principal of Plastic Surgery Consultants, is a board certified plastic and reconstructive surgeon with more than 15 years experience in plastic and reconstructive surgery. He is a diplomat of the American Board of Plastic Surgery and a member of the American Society of Plastic Surgeons. Dr. Economou is skilled in all aspects of plastic and reconstructive surgery, and specializes in breast surgery of all types, body contour surgery and facial aesthetic surgery. For more information, visit www.plasticsurgeryconsultants.net

