Tummy Tuck

What is Tummy Tuck Surgery?

Even physically healthy men and women with a steady weight can still experience difficulty shedding love handles and a "pooch." A flatter, tighter midsection is well within your reach with the help of a cosmetic procedure known as abdominoplasty, also called a tummy tuck, in Moncton, New Brunswick. Tummy tuck surgery with Dr. Dool improves your profile by removing fat deposits and lax skin and, often, tightening weakened and separated abdominal muscles.

Tummy Tuck Benefits

This procedure often leads to a flatter abdomen, a smaller waistline, and an overall healthier and more attractive appearance. A tummy tuck provides a reprieve from excess fat and skin resulting from:

- Pregnancy.
- Aging.
- Genetics.
- Recent weight loss or gain.

How Does Tummy Tuck Surgery Work?

Dr. Dool will listen to your concerns and your goals for surgery during your consultation. He will examine your midsection to determine the areas where he can improve your contour with surgery.

Tummy tuck patients generally receive general anesthesia or IV sedation for their procedure. Most patients can return home on the day of their surgery. You'll want to have a friend or loved one drive you home from your tummy tuck.

Your procedure will start with a horizontal incision made along your lower midsection. Depending on your needs, this incision may extend partway across the abdomen, from hip to hip, or, in some cases, into the flanks and back. This will allow Dr. Dool to remove the amount of tissue needed to achieve optimal results. Patients requiring tissue removal in the upper midsection may also require a vertical incision up the front of the abdomen.

Many tummy tuck procedures involve the suturing together of weakened or separated abdominal muscles, which further reduces the size of the waistline. This step can prove essential in reversing the effects of pregnancy or weight fluctuation on these muscles.

After removing any excess skin to eliminate laxity, Dr. Dool closes the incisions with sutures.

Tummy Tuck

Tummy Tuck Recovery

In the days and, in some cases, weeks following your tummy tuck, you will likely feel some tenderness and discomfort. Prescription pain medication can help keep you comfortable.

Dr. Dool will most likely send you home with draining tubes to remove fluids that often accumulate following surgery. He will remove these drains at your follow-up appointment a few days after your procedure. You will also need to wear a compression garment for three to five days, which will maintain the integrity of your results.

You should plan on resting for a few days after your tummy tuck. You can then begin walking and engaging in mild stretching exercises to help with your recovery. You'll need to avoid heavy lifting or strenuous exercise for four to six weeks. The exact length of your recovery will depend on the extent of your procedure.

You will experience some scarring. However, Dr. Dool will make the incisions in areas easily hidden by undergarments or natural folds of your body. Your scars will fade over time, leaving a smooth exterior to complement your new, healthier look.

Tummy Tuck Safety & Risks

Like other surgeries, tummy tuck procedures can result in bleeding, swelling, infection, or anesthesia-related complications.

Your follow-up appointments will allow Dr. Dool to ensure your long-term health and safety.

Complementary Procedures to a Tummy Tuck

Tummy tuck procedures are often combined with **liposuction** to remove larger amounts of fat. Many women opt for a tummy tuck to complement the results of **breast augmentation** or **breast lift** procedures.

Tummy Tuck Fees

During your consultation, Dr. Dool will discuss the fee involved for your tummy tuck. The cost of this procedure at our Moncton area office varies depending on the extent of each patient's surgery.

On general, a tummy tuck can cost between $4,000 and $8,000 or more.

Are you interested in discussing surgery with Dr. Dool?

Request your consultation today or call our office at (506) 382-3665.