



**BUFFALO PLASTIC SURGERY**

**DR. TAMARA B. DAWLI**

# Abdominoplasty (Tummy Tuck)

WHAT IS A  
TUMMY TUCK?

CONSULTING &  
PREPARING  
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THE PROCEDURE

RISKS & SAFETY

RECOVERY  
AFTER  
SURGERY

RESULTS

COST

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# What is a Tummy Tuck?

A tummy tuck, or abdominoplasty removes excess fat and skin and can restore weakened or separated muscles creating a flatter and smoother abdominal profile. The most common reasons for pursuing a tummy tuck include:

- Aging
- Heredity
- Pregnancy
- Protruding abdomen
- Prior surgery
- Loose skin
- Significant fluctuations in weight

## What a tummy tuck won't do:

A tummy tuck is not a substitute for weight loss or an appropriate exercise program. Although the results of a tummy tuck are technically permanent, the positive outcome can be greatly diminished by significant fluctuations in your weight. For this reason, individuals who are planning substantial weight loss or women who may be considering future pregnancies would be advised to postpone a tummy tuck.

"I love helping people feel better.

The secret to the excellence that you see in my work is all about the details. I'm obsessive about the details, the details of your safety, the details of your results and the overall outcome." Dr. Tamara Dawli

# Consulting & Preparing for Surgery

## Is a tummy tuck right for me?

Tummy tuck surgery is a highly individualized procedure and you should do it for yourself, not to fulfill someone else's desires or try to fit any sort of ideal image. An abdominoplasty is a good option for you if:

- You are physically healthy and at a stable weight
- You have realistic expectations
- You are a non-smoker
- You are bothered by the appearance of your abdomen



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# The Procedure

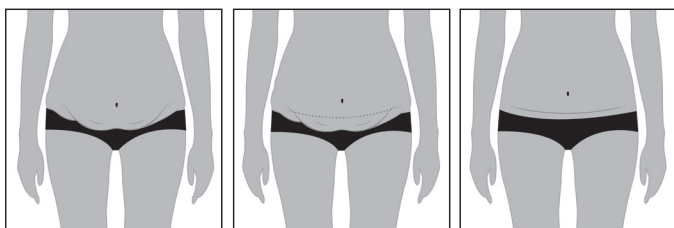
## Step 1 – Anesthesia

Medications are administered for your comfort during the surgical procedures. A tummy tuck at Buffalo Plastic Surgery is done under general anesthesia.

## Step 2 – The Incision

A full tummy tuck requires a horizontal incision in the area between the pubic hairline and the belly button. The shape and length of the incision will be determined by the amount of excess skin you have. Once the abdominal skin is lifted, the underlying weakened abdominal muscles are repaired if needed.

A second incision around the belly button may be necessary to remove excess skin in the upper abdomen. The upper abdominal skin is pulled down. The excess skin is removed and the remaining skin is sutured together. A new opening for the belly button is created. The belly button is brought through to the surface and sutured in position.



## Step 3 – Muscle Repair

If you have rectus diastasis or separation of the abdominal muscles, you may need to have the muscles repaired. The muscles that are separated will be sewn together in the middle in order to flatten your abdomen and narrow your waist to give you a better overall shape.

## Step 4 – Liposuction

If you have certain areas of bulging or fat in the abdomen or flanks (love handles), liposuction will be performed to smooth and flatten your abdomen and improve your shape.

## Step 5 – See Your Results

Your tummy tuck will result in a flatter, firmer abdominal contour. The final results may be initially obscured by swelling and your inability to stand fully upright until internal healing is complete. Within a week or two, you should be standing tall in your new profile.

### *Actual Patient Results!*



BEFORE

AFTER



BEFORE

AFTER

# Risks & Safety

The decision to have a tummy tuck is extremely personal, and you'll have to decide if the benefits will achieve your goals and if the risks and potential complications are acceptable. You will be asked to sign consent forms to ensure that you fully understand the procedure and any risks.

## The risks include:

- Anesthesia risks
- Bleeding
- Infection
- Fluid accumulation (seroma)
- Poor wound healing
- Skin loss
- Numbness or changes in skin sensation
- Skin discoloration and/or prolonged swelling
- Unfavorable scarring
- Recurrent looseness of the skin
- Fatty tissue found deep in the skin might die (fat necrosis)
- Deep vein thrombosis, cardiac and pulmonary complications
- Asymmetry
- Suboptimal aesthetic result
- Possibility of revision surgery
- Persistent pain

These risks and others will be fully discussed prior to your consent. It's important that you address all your questions directly with Dr. Dawli.

# Recovery After Surgery

Following your surgery, dressings or bandages may be applied to your incisions, and you may be wrapped in an elastic bandage or a compression garment to minimize swelling and support your abdomen as it heals. Small, thin tubes may be temporarily placed under the skin to drain any excess blood or fluid that may collect.

You will be given specific instructions that may include how to care for the surgical site and drains, medications to take to aid healing and reduce the potential for infection, specific concerns to look for at the surgical site or in your general health, and when to follow-up with Dr. Dawli.

# Results

The final results of your tummy tuck may be initially obscured by swelling and your inability to stand fully upright until internal healing is complete. Your tummy tuck will result in a flatter, firmer abdominal contour that is more proportionate with your body type and weight. Previous abdominal surgery may limit the potential results of your tummy tuck. In women who have undergone a cesarean section, the existing scars may be incorporated into the new scar. Scars will take a year to fade as much as they will.

Although good results are expected from your procedure, there is no guarantee. In some situations, it may not be possible to achieve optimal results with a single surgical procedure and another surgery may be necessary.

Following instructions is essential to the success of your surgery. It's important that surgical incisions are not subjected to excessive force, swelling, abrasion, or motion during the time of your healing.

## SCHEDULE A CONSULTATION

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To learn more about a tummy tuck, schedule a consultation with Dr. Tamara B. Dawli, Western New York's premier cosmetic surgeon, and American Society of Aesthetic Surgery fellowship-trained plastic surgeon.

### **Dr. Tamara B. Dawli**

Plastic &  
Reconstructive  
Surgeon

Specializing in  
Facial and Body  
Cosmetic Surgery



- Ivy League-trained in Plastic and Reconstructive Surgery at the prestigious Dartmouth-Hitchcock Medical Center
- Manhattan-based, Aesthetic (Cosmetic) Surgery Fellowship
- Trained with New York City's elite cosmetic surgeons
- Founder of Buffalo Plastic Surgery

CALL, TEXT OR EMAIL  
FOR MORE INFORMATION

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