

**Ordination**

**Prof. Dr. Manfred Frey**

Feldgasse 23/15 A-1080 Vienna

Tel +43 (0)1 409.09.09

Fax +43 (0)1 409.09.09-4

**Confraternität**

**Private Clinic Josefstadt**

Skodagasse 32 A-1080 Vienna

Tel +43 (0)1 401.14-0

**International Center for Facial Nerve Surgery**

**Prof. Dr. Manfred Frey**

Feldgasse 23/15 A-1080 Vienna

Tel +43 (0)1 409.09.09

Fax +43 (0)1 409.09.09-4

**"TUMMY TUCK"  
(Abdominoplasty)**

**SHORT INFO**

Operation time:	ca. 2-3 hours
Anaesthesia:	general
Hospital stay:	2 - 3 nights
Presentable:	after ca. 10 days
Sports:	after ca. 6 weeks

A slackening of the abdomen's skin, but also its muscle layers, can become noticeable after pregnancy or weight loss, but also because the skin loses elasticity with advancing age. Bothersome and/or overhanging folds of skin and an anomalous protrusion of the stomach while standing can neither be corrected by sports or dieting, nor by conservative cosmetic measures or liposuction. Only a surgical tummy tuck is able to remediate this irreversible, aesthetically unpleasant condition.

The incision for the tummy tuck is placed at the lower edge of the lower abdomen, so that the resulting scar can even be optimally concealed with a bikini.

As the skin of the upper abdomen is stretched in a downward direction, the navel will need to be placed in the right and harmonious position again. The resulting scar at the edge of the navel is hardly visible. There is usually also a need with this procedure to join the edges of the straight abdominal muscles, which have drifted apart in the centre line, together again to improve the shape of the stomach. If desired, the tummy tuck can also be combined with liposuction to reduce pads of fat in the flank region, too.

To ensure the most favourable healing process for the abdominal wall after this ca. 2.5 hour operation under general anaesthesia, an elastic abdominal bandage must be worn day and night for three to six weeks. Showering can be permitted again upon removal of the suture ca. 12 days after the operation.