



TUMMY TUCK SURGERY



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What is Tummy Tuck Surgery?

Tummy tuck surgery, medically known as abdominoplasty is performed to remove excess fat and skin and restore weakened or separated muscles of the abdominal area to make the abdomen look flatter, smoother and firmer.

Tummy Tuck procedure is done if:

- You have got a flab in the abdomen which does not go with exercise.
- The shape of your abdomen has been affected by pregnancy or massive weight loss
- You feel protruding abdomen is unattractive
- You can hold a pannus of tissue with both your hands below the belly button and feels it unwanted

What Tummy Tuck Surgery Can / Can't Do

✔ Can

- Make your tummy flat and toned
- Remove excess fat
- Remove excess skin
- Correct divarication of recti
- Make your body more proportionate

✔ Can't

- Change your body type completely
- Remove more than 5l of fat
- Bring your entire body back to pre-pregnancy

Procedure of Tummy Tuck Surgery

Anaesthesia:

- General or Local
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The Incision:

- In full tummy tuck, a circumferential incision is made, which is well hidden under the bikini line. In Mini tummy tuck, the incision is smaller, but also hidden under the bikini line.
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Procedure

- Using liposuction techniques, excess fat is suctioned out using state of the art equipment, MicroAire & Vaser.
- Excess skin is then pulled and removed
- Tighened skin is sutured to give a flat abdomen
- In some patients, new belly button may be created depending on the amount of skin pulled down from the upper abdomen

Types of Tummy Tuck

Full Tummy Tuck



This procedure removes all the excess fat and skin, giving you a completely flat and toned abdomen. The incision is big, but it stays well-hidden below the bikini line. In this procedure, the divarication of recti muscles is also corrected, and the pubic area is tightened. The patient may also be given a new belly button depending on the amount of skin pulled down from the upper abdomen.

Mini Tummy Tuck



In this procedure, the area below the belly button is the focus. The incision is considerably smaller, and the amount of fat and skin removed is much less. It does not address the divarication of recti.

Recovery After Tummy Tuck Surgery?

- Outpatient procedure
- You may have some swelling, bruising & discomfort in the first 24-48 hours. This is only temporary and diminishes as the recovery proceeds.
- You can start your daily routine work from next day after the surgery and can go for a walk etc.
- If you are on a desk job, you will be able to return to work 3 days post-op.
- Avoid sudden movements, lifting weights, etc., for approximately two week
- Use compression garment for minimum 4 weeks after the surgery for the breasts to maintain the contours achieved immediately after the surgery.

- By one month, bruising, discomfort and most swelling will disappear and you will feel “back to normal”.
- And by 6-8 weeks, you can begin all types of physical activities, but only after the consent of your surgeon





About Dr. Rajat Gupta



Dr. Rajat Gupta is a gold-medallist, board-certified plastic surgeon in India. As the National Secretary of the Indian Association of Aesthetic Plastic Surgery (IAAPS), he has been accredited with consistently raising the standards of aesthetic surgery in the country.

He also consistently trains prospective plastic surgeons coming from all over the world to learn the finesse with which he performs every procedure, using refined cosmetic surgery techniques and technologies.

His clientele includes the who's who of the Indian film industry, alongside prominent politicians and several international patients.

Today, Dr. Gupta sports unparalleled expertise in cosmetic surgery with a keen eye for detail and an in-depth understanding of aesthetics.

To book an appointment,
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