



Abdominoplasty Information Sheet

Abdominoplasty, often also called a “tummy tuck”, is the removing of excess tissue and fat from the abdomen. There is often some liposuction done in conjunction with the procedure, usually around the hips to help with contouring.

This procedure is often sought by women who have had children. They have altered abdominal muscles, that sometimes exercise alone cannot change, or if you have had significant weight loss and have excess skin and tissue.

An Abdominoplasty procedure is done to make the abdomen thinner and firmer. It is an involved procedure that requires several hours of surgery, tightening the muscles and tissues under the skin, removing the excess skin, and repositioning the belly button.

The outcome is a slimmer and more toned abdomen, with a waist that is considerably smaller.

Reviewed October 2017.