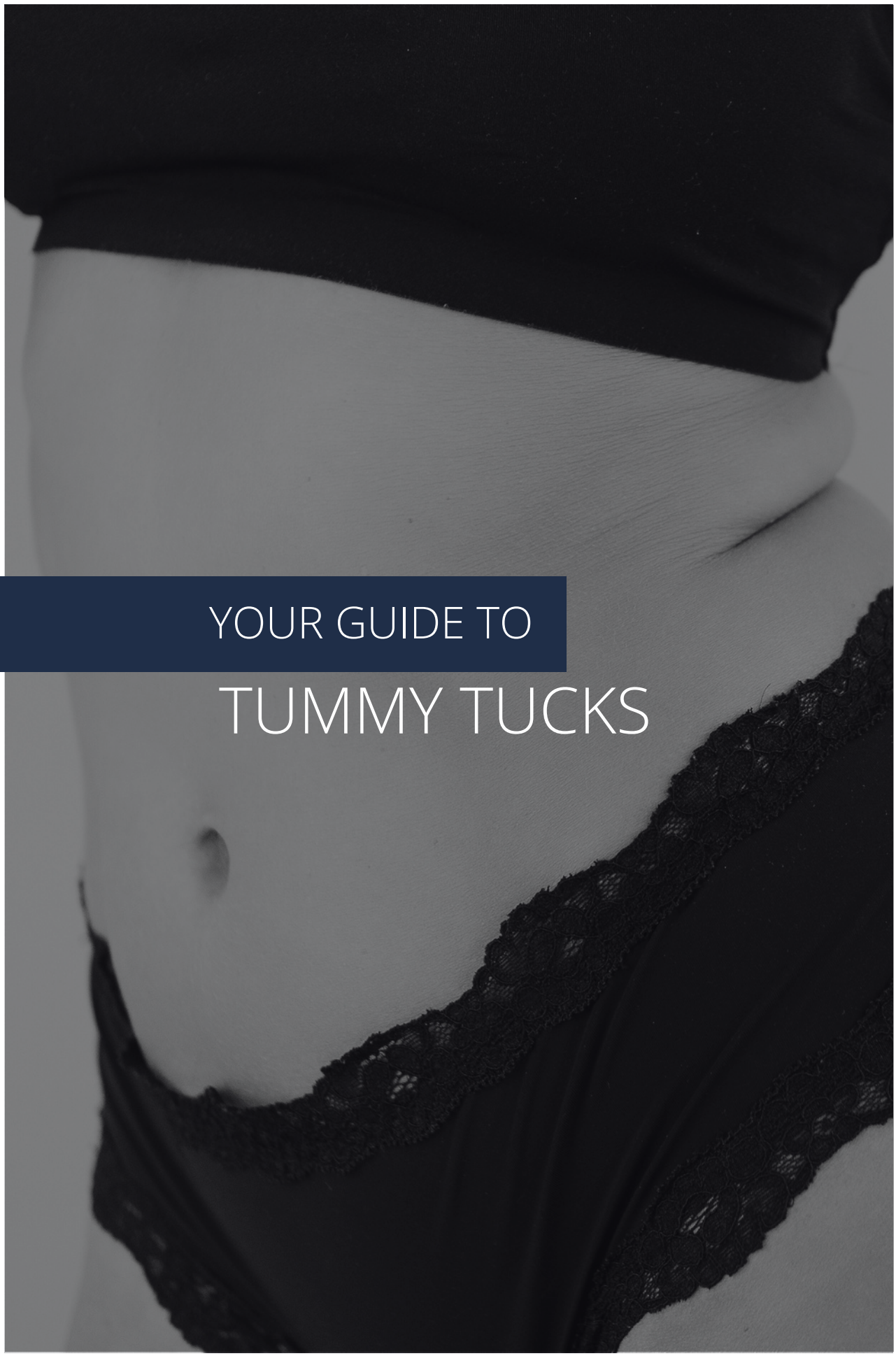

YOUR GUIDE TO
TUMMY TUCKS

CosMediTour

WELCOME

Welcome to CosMediTour, the premier Plastic Surgery group in Australasia. Since our establishment in 2009, we've been dedicated to helping numerous clients discover the beauty of self-confidence. We proudly collaborate with top-tier plastic surgeons recognised for their commitment to providing outstanding care and exceptional results. With us, you can have full confidence that you're in the hands of experts.

Our dedicated Client Support team will be with you all the way—from your free assessment, throughout the planning stages, into your recovery & beyond.

> Above all, we're here to ensure that you feel confident, safe & supported throughout your journey.

We do hope you find this guide useful in planning your procedure. If you have any questions at all, our friendly Client Support team is here to help on 1300 000 633.

CosMediTour Client Care

As Australasia's most trusted Plastic Surgery group, we're passionate about client care.

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INTRODUCTION

A Tummy Tuck, or Abdominoplasty, is a procedure that revitalises the midsection of the body.

No one is immune to the pressures of age, weight, and occasional ill health. While some clients deal with these pressures mentally, others experience physical effects.

Following pregnancies, extreme weight gain or loss, illnesses, and surgeries to remove things like hernias or tumours, clients can find themselves, quite literally, overstretched.

In such cases, clients may seek to improve their abdominal contour with a Tummy Tuck.

A Tummy Tuck procedure can:

- ☑ Remove fat
- ☑ Tighten sagging skin
- ☑ Correct abdominal abnormalities
- ☑ Repair muscle separation
- ☑ Assist in strengthening the core

When conducted to remove a pannus (apron of fat), this procedure can also:

- ☑ Relieve skin irritations
- ☑ Improve hygiene issues; and
- ☑ Increase client mobility.

In these cases, clients not only end up with a flatter, firmer midsection, but also gain a new lease on life.

Each year, thousands of happy clients choose CosMediTour. Our Surgeons are exceptional & their Before & After Photos speak for themselves.

VIEW GALLERY

THE PROCEDURE

WHAT TO EXPECT BEFORE YOUR PROCEDURE

ENQUIRY & ASSESSMENT

Connect with our friendly Client Support Specialists to understand if you're a suitable candidate for surgery & receive your personalised surgical recommendation.

SURGEON CONSULTATION

Meet with your Plastic Surgeon to discuss your desired outcome & together, plan your procedure.

YOUR SURGERY | 2 - 5 hours

Tummy Tuck surgery takes around 3 hours; however, this can increase depending on the scale of the surgery. During this time, clients are placed under general anaesthesia.

> We're with you all the way. From your free assessment, through the planning stages of your surgery & even following your results.

WHAT TO EXPECT AFTER YOUR PROCEDURE

Recovery periods vary from person to person; so the following is provided as a guide only. To ensure a seamless recovery, always follow your Surgeons advice.

HOSPITAL STAY | 2 - 3 nights

The time spent in hospital varies from patient to patient; however we generally advise clients to allow for at least 2 - 3 nights in hospital.

REST TIME | 2 weeks

Following surgery, it's normal to feel tightness in the abdomen. A catheter & drains will be in place for the first few days. During this time:

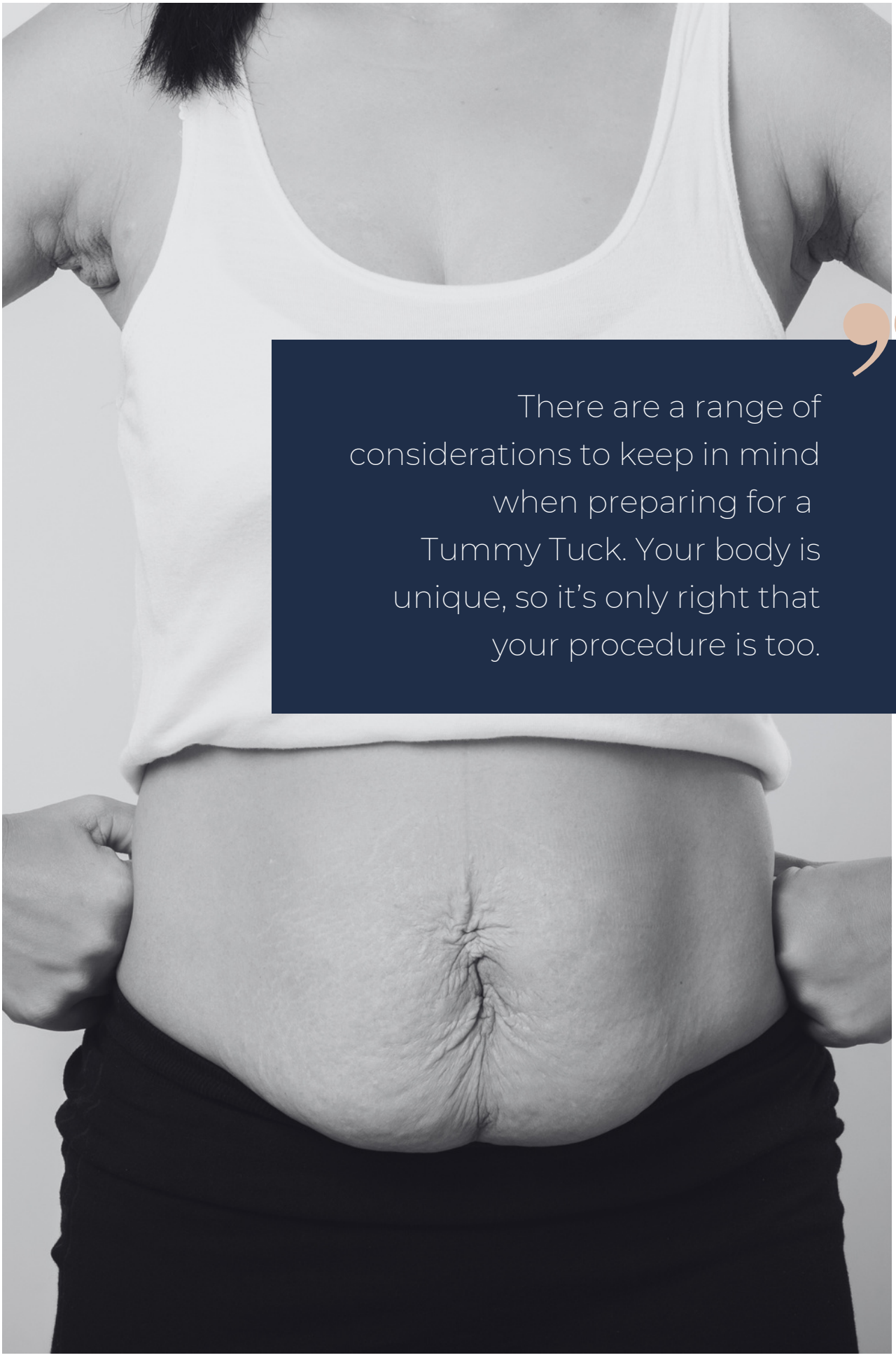
- ☑ Lie with their upper body raised & knees angled to reduce abdominal strain
- ☑ Walking is permitted the first day after the procedure (this will prevent blood clots forming); however, it may be difficult to stand up straight.
- ☑ Pain medication will be prescribed to manage discomfort.
- ☑ Spend 2 days getting used to transferring in and out of bed.
- ☑ Wounds must be kept dry, so avoid showers - opt instead for sponge baths.
- ☑ Limit exercise during the first week to walking around the house & avoid stretching the mid-section. After 5 - 10 days, gentle walking & stairs (assisted, one at a time and no more than twice a day) can be reintroduced.

RECOVERY TIME | 4 - 6 Weeks

- ☑ Driving must be avoided for at least 4 weeks.
- ☑ Avoid strenuous exercise (including sit-ups & sexual intercourse) for 6 weeks.
- ☑ Your surgeon will advise when you can recommence swimming, bathing, heavy lifting & lying flat.

SETTLING PERIOD | 6 - 12 Months

A full recovery will take place over 6 to 12 months. During this time, swelling will subside, & scars will begin to fade.



There are a range of considerations to keep in mind when preparing for a Tummy Tuck. Your body is unique, so it's only right that your procedure is too.

PLANNING YOUR PROCEDURE

Importantly, a Tummy Tuck is not weight-loss surgery. Visceral fat (the fat surrounding vital organs within the abdominal cavity) cannot be removed during a Tummy Tuck. The only way to lose Visceral fat is through diet and exercise. Conversely, Subcutaneous Fat (on the outside of the abdominal muscles and below the skin) can usually be reduced during Tummy Tuck and Liposuction procedures.

CLIENT PREPARATION

For a smoother recovery period and long-lasting results, our CosMediTour Plastic Surgeons will ask that their clients meet specific criteria.

Before their surgery, our Tummy Tuck clients must:

- ☑ Maintain a stable weight
- ☑ Be physically healthy
- ☑ Not be planning a pregnancy
- ☑ Have quit smoking

PLANNING YOUR PROCEDURE

When planning your procedure, skilled CosMediTour Surgeons carefully consider a number of factors before customising a treatment plan based on your unique requirements. Such considerations include:

- ☑ The amount of excess skin
- ☑ The amount of excess fat
- ☑ The degree of muscle separation
- ☑ Any abdominal abnormalities

We encourage you to be open & realistic with your desired surgical outcomes. Equally important is to consider your Surgeon's advice on what will work best for you & your body in the long term.

> Our experienced Surgeons will ensure that together, you choose the right treatment plan to meet your surgical goals.

DECISIONS TO BE MADE WITH YOUR SURGEON

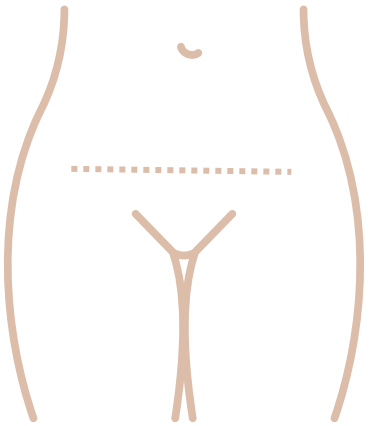
There are four primary Tummy Tuck procedures. In each, the goal remains the same, but the techniques differ depending on the client. Your Surgeon will be able to guide you through the planning process. However, we also recommend you familiarise yourself with your options.

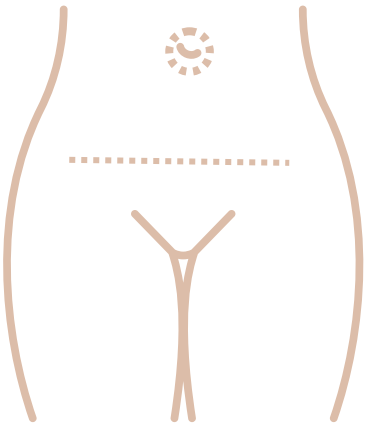
MINI TUMMY TUCK

- Also known as a Partial Abdominoplasty, this is suited to clients whose excess skin or fat is limited to the area between navel & the pubic area.
- **DOES** Remove excess skin from lower abdomen.
- **DOES NOT** correct muscle separation or relocate the belly button.
- Typically a shorter recovery. The scar will run from hip to hip & as low as possible.

STANDARD TUMMY TUCK

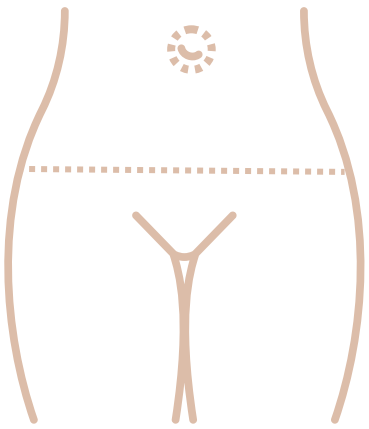
- **DOES** Remove excess skin & fat from your stomach, tightens the muscles of your abdominal wall, corrects muscle separation & repositions your belly button (if required).
- **DOES NOT** remove 'love handles'. To achieve this, Vaser Liposuction may also be required.
- The lower incision is runs from hip to hip. Another incision runs around your belly button.





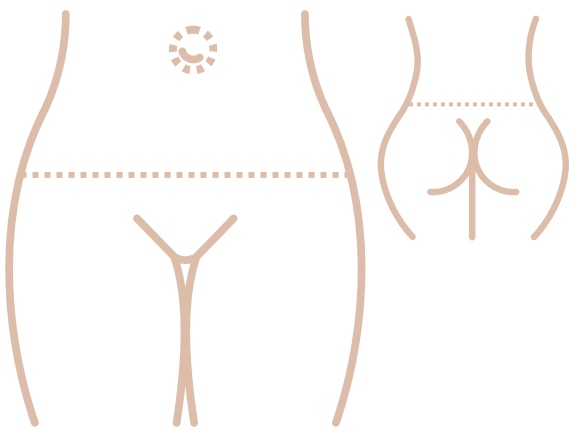
EXTENDED TUMMY TUCK

- DOES remove excess skin & fat from your stomach & over the hip to improve body contour, tightens the muscles of your abdominal wall, corrects muscle separation& repositions your belly button (if required).
- DOES NOT remove 'love handles'. To achieve this, Vaser Liposuction may also be required.
- The incision is slightly larger than a standard Tummy Tuck. It extends across the lower front of the tummy, around the hips over the love handle area. The exact position & length will be discussed during face to face consultation.



BELT LIPECTOMY

- Also known as a Lower Body Lift, this is suited to clients with significant skin laxity.
- DOES reshape the abdomen, hips & buttocks, redefine the deeper tissue of the abdomen & flanks, correct muscle separation & repositions belly button (if required).
- DOES NOT remove 'love handles'. To achieve this, Vaser Liposuction may also be required.
- In some instances, clients may be advised to undergo an Extended Tummy Tuck before undertaking a Belt Lipectomy.
- The incision extends around the front & back of the lower torso - almost meeting at the spine.



POTENTIAL RISKS TO CONSIDER

While you can rest assured that you'll be in the most capable surgical hands throughout your CosMediTour Tummy Tuck, there are potential risks to consider with all forms of surgery. Our expert Plastic Surgeons take the utmost care to minimise the occurrence of surgical complications & work out of hospitals renowned for their high quality & practice standards. Most of the following possible risks & complications are ones associated with all surgeries.

RISKS & POSSIBLE COMPLICATIONS

- Surgical risks (infections, bleeding, clots, allergic reactions to medical materials)
- Heart or lung complications
- Nausea from anaesthetic
- Pain/discomfort around incisions
- Haematoma (accumulation of blood) requiring drainage
- Seroma (fluid accumulation) requiring drainage
- Numbness*/changes in skin sensation - In most cases, numbness is part of the healing process. It is temporary and will improve over the first few months.
- Tightened skin preventing forward bend
- Scarring
- Future skin grafts (from areas not healing)

WHY CHOOSE COSMEDITOUR

COMPASSIONATE CARE

Our dedicated team will ensure you feel confident, safe & supported at every stage of your journey.

SURGERY PAYMENT OPTIONS

From layby to personal loans, we can assist you with payment options to fund your Plastic Surgery.

THE BEST PLASTIC SURGEONS

The finest & most trusted Surgeons work with you to understand your goals & deliver beautiful results.

ALL-INCLUSIVE SURGERY PACKAGES

From your surgery, anaesthetist fees & hospital stay, our packages are all-inclusive with no hidden costs.

TRUSTED BY CLIENTS

After 12 years as Australasia's most trusted Plastic Surgery group, we maintain a 5-Star Google rating.

HONEST, PERSONALISED ADVICE

We believe in authenticity & we'll always be realistic about the results you can achieve.

NEXT STEPS

GET IN TOUCH

We're here to help. Schedule a free, confidential consultation with our friendly Client Support Team today.

Phone us on 1300 000 633

Send us an online enquiry

Take advantage of our 5-minute online assessment to receive your personalised, obligation-free quote.

START NOW

JOIN OUR COMMUNITY

Follow us for inspiration & education.

Instagram

Facebook

YouTube

TikTok

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All surgical procedures carry risks. Before proceeding we recommend you seek a second opinion from a qualified health practitioner. This information should not be regarded as a substitute for medical, legal or other professional advice. CosMediTour accepts no legal liability arising from or connected to any material in this publication or on any linked site.