

SWISS PLASTIC SURGERY

TUMMY TUCK

Procedure: Excess fat and skin in the abdominal area are removed. If required, the abdominal wall (muscles) are tightened. The incision is generally in the form of a half-moon (the length depends on the amount of skin to be removed) and is generally made below the loose skin.

Duration of operation: Roughly 2-4 hours

Anaesthetics: Most patients undergo a general anaesthetic, but in selected cases a local anaesthetic is used.

Hospitalisation / outpatient basis Both are possible. The decision depends on the patient's health and the physician's preference.

Potential side effects: Temporary nausea, swelling, pain and local sensitivity, numbness of abdominal skin, bruising.

Risks / complications: Infection, secondary bleeding below the abdominal wall and on the stitches, deep vein thrombosis, pulmonary embolism (if a blood clot enters the lungs), overly thick or broad scars, delayed wound healing or even the need for an immediate or subsequent reoperation.

Recovery: Patients can return to work after 2-4 weeks. Physical activity permitted after 4 weeks, sport after 6 weeks. The scar can be expected to fade and flatten after 3 to 12 months.