

## Questions you should ask your Beverly Hills Plastic Surgeon before undergoing a Tummy Tuck?

There are many important questions that you should have answered by your Beverly Hills Plastic Surgeon before undergoing a Cosmetic Surgery Procedure such as a Tummy Tuck. The following are the list of these questions and considerations that you should investigate before undergoing such a complex plastic surgery procedure as an abdominoplasty.

**Do I have to lose weight before undergoing a Tummy Tuck?** It is wise to have reached an ideal body weight before undergoing a Tummy Tuck. However, we do not live in an "ideal" world. Therefore, you can have your remaining excess abdominal and body fat removed either before, or during, a Tummy Tuck, with Liposuction – provided that you plan to maintain your weight and stay healthy.

**Can a smoker undergo Tummy Tuck or Body Lift surgery?** NO. Patients who are currently smoking, use tobacco products, or nicotine products (patch, gum, or nasal spray) are at a greater risk for significant surgical complications. These complications include skin death, delayed healing, and additional scarring. Individuals exposed to second-hand smoking are also at potential risk for similar complications attributable to nicotine exposure. In addition, smoking can have a negative effect on anesthesia and post-anesthesia recovery, with increased coughing and possibly bleeding. Therefore, you need to refrain from smoking at least several weeks before and after your surgery.

**Can I Undergo a Tummy Tuck If I Have Diabetes, or Other Chronic Conditions?** Men and women who have chronic health conditions, such as thyroid disease, diabetes, high blood pressure, and arthritis can still undergo Abdominoplasty – provided that their conditions have been successfully optimized by their physician. Even as a commonly performed cosmetic procedure, a Tummy Tuck is still major surgery, and must be treated as such in all cases. A responsible plastic surgeon will perform blood tests, and take a comprehensive medical history to assure that all risks of surgery are minimized.

**Can I Become Pregnant Again Following a Tummy Tuck?** In most cases, women considering a Tummy Tuck should not be planning additional pregnancies. Although it is possible to have more children following a Tummy Tuck, another pregnancy could impact your Tummy Tuck outcome, and lead to the need to have your abdomen "re-tightened." Therefore, a responsible cosmetic surgeon will advise you that it is preferable to be satisfied with the size of your family before undergoing a Tummy Tuck.

**Does a Tummy Tuck Get Rid of Stretch Marks?** There are no creams, or laser treatments that can erase stretch marks. However, because an Abdominoplasty removes most of the stretched out skin below the level of the navel, it does get rid of most of your stretch marks -- at least those on the abdomen.