

# TUMMY TUCK - ABDOMINOPLASTY PATIENT INFORMATION GUIDE

*(Educational material - not a replacement for personalised medical advice.)*



# Information For Patients

This booklet provides information to help you decide whether to have a tummy tuck (abdominoplasty). It explains how the procedure is performed, the potential benefits and risks, and what to expect before, during and after treatment.

You may wish to discuss this information with a relative, partner or carer before making your decision. You will be asked to sign a consent form prior to treatment, so it is important that you understand the contents of this booklet before proceeding.

## Contents

- Information for Patients
- What is a Tummy Tuck?
- Why Consider a Tummy Tuck?
- Preparing for Surgery
- Your Treatment Journey
- The Procedure
- After the Operation
- Recovery and Expected Results
- Aftercare Instructions
- Potential Benefits
- Risks and Complications
- Types of Abdominoplasty
- BMI and Suitability
- Blood Clot (DVT) Awareness
- Muscle Repair (Diastasis Recti)
- Scarring and Scar Care
- Future Pregnancy and Weight Changes
- Emotional and Physical Recovery
- When to Seek Medical Advice
- Questions to Ask Your Surgeon
- Further Information and Consent
- Contact Information
- Document Information



## What is a Tummy Tuck?

A tummy tuck is a surgical procedure designed to remove excess abdominal skin and fat and, in many cases, tighten weakened or separated abdominal muscles.

It is not a weight-loss operation. It is intended to improve abdominal contour after:

- Pregnancy
- Significant weight loss
- Age-related skin laxity

## Why Consider a Tummy Tuck?

You may consider this procedure if you:

- Have loose or excess abdominal skin
- Have stretched abdominal muscles (diastasis recti)
- Are close to your ideal weight
- Have realistic expectations

## Preparing for Surgery

You may be advised to:

- Stop smoking at least 4 weeks before surgery
- Avoid blood-thinning medications unless approved
- Maintain a stable weight
- Disclose all medical conditions
- Arrange support at home for at least 2 weeks

Fasting will be required before general anaesthesia.



**WORLD**  
**MEDI-GROUP**

# Your Treatment Journey (International Patients)

## Initial Assessment

Medical history and photos are reviewed.

## Travel Arrangements

Airport pickup and accommodation are arranged via the hospital.

## Pre-Operative Appointment

Examination and blood tests are performed.

## Surgery Day

The procedure is performed under general anaesthesia and may take 2–4 hours.

## Post-Operative Stay

Hospital stay is typically 1–3 nights.

## Return Travel

Patients are usually advised to remain abroad for 7–14 days before flying home.

## The Procedure

During surgery:

- A horizontal incision is made along the lower abdomen
- Excess skin and fat are removed
- Abdominal muscles may be tightened
- The navel may be repositioned
- Drains may be placed temporarily

The incision is positioned low to be concealed by underwear.

# After the Operation

After surgery you may experience:

- Swelling and bruising
- Tightness in the abdomen
- Difficulty standing fully upright initially
- Temporary numbness

Compression garments are worn to support healing.

## Recovery and Expected Results

### First 2 Weeks

- Swelling and discomfort are common
- Walking slightly bent forward may be necessary
- Assistance is usually required

### Weeks 3–6

- Gradual return to light activity
- Swelling reduces

### Months 3–6

- Abdominal contour becomes more visible
- Scars begin to mature

Full scar maturation may take up to a year.



**WORLD**  
**MEDI-GROUP**

## Aftercare Instructions

You may be advised to:

- Wear compression garments continuously for several weeks
- Avoid heavy lifting for at least 6 weeks
- Walk regularly to reduce clot risk
- Avoid strenuous exercise initially
- Keep incisions clean and dry

Adhering to aftercare reduces complications.

## Potential Benefits

A tummy tuck may:

- Improve abdominal contour
- Tighten muscle separation
- Remove excess skin
- Improve clothing fit
- Enhance self-confidence

Results vary between individuals.



**WORLD**  
**MEDI-GROUP**

# Risks and Complications

All surgery carries risk.

## During Surgery

- Bleeding
- Anaesthetic complications

## After Surgery

- Infection
- Seroma (fluid collection)
- Haematoma
- Delayed wound healing
- Scarring
- Asymmetry
- Numbness
- Blood clots



# Types of Abdominoplasty

- **Full Abdominoplasty:** Muscle repair and skin removal above and below the navel.
- **Mini Abdominoplasty:** Limited skin removal below the navel.
- **Extended Abdominoplasty:** Includes flanks.

Suitability depends on your anatomy.

# BMI and Suitability

Higher BMI increases the risk of complications such as wound healing problems and blood clots.

This procedure is safest when weight is stable and close to a healthy range.

## Blood Clot (DVT) Awareness

Major abdominal surgery increases clot risk.

Risk factors include:

- Smoking
- Higher BMI
- Prolonged immobility
- Long flights

Early mobilisation and compression garments reduce risk.

Seek urgent medical attention for chest pain or leg swelling.

## Muscle Repair (Diastasis Recti)

Many patients have separation of abdominal muscles after pregnancy.

Repairing this may:

- Improve abdominal firmness
- Improve posture
- Support core stability

However, it can increase post-operative tightness and recovery time.

## Scarring and Scar Care

A tummy tuck leaves a permanent scar along the lower abdomen.

Scar appearance varies depending on:

- Skin type
- Healing
- Smoking
- Aftercare compliance

Scar care may include silicone therapy and sun protection.



**WORLD**  
**MEDI-GROUP**

## Future Pregnancy and Weight Changes

Future pregnancy or significant weight gain may affect results.

Many surgeons recommend postponing surgery until family planning is complete.

## Emotional and Physical Recovery

Recovery can be physically demanding.

Temporary fatigue, swelling and mood changes are common during healing.

Ensure you have realistic expectations and adequate support.

## When to Seek Medical Advice

Seek urgent advice if you experience:

- Severe pain
- 
- Increasing swelling
- Fever
- Sudden shortness of breath
- Excessive drainage

## Questions to Ask Your Surgeon

- What type of abdominoplasty do you recommend?
- Will muscle repair be required?
- What scars should I expect?
- What is the full recovery timeline?



## Further Information and Consent

Before surgery, you will be asked to sign a consent form confirming that:

- You understand the risks and benefits
- You understand implants may require future surgery
- You have had the opportunity to ask questions

## Contact Information

If you require further clarification before your consultation or treatment, please contact:

World Medi Group  
contact@worldmedigroup.com  
Phone/WhatsApp: +44 7464085948  
www.worldmedigroup.com

## Document Information

Procedure: Tummy Tuck (Abdominoplasty)

Version: 1.0

Date of Issue: 2026

This document is provided for educational purposes and does not replace a personalised medical consultation.