



GRYSKIEWICZ
Twin Cities Cosmetic Surgery



ULTIMATE PROCEDURE GUIDE

TUMMY TUCK SURGERY

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Tummy Tuck Surgery explained

What is Tummy Tuck Surgery?

A Tummy Tuck (Abdominoplasty) is a surgical procedure that improves the skin appearance, shape and profile of your abdominal area.

The treated area includes the belly and waist, helping to reduce fat and excess, loose or saggy skin. In some cases, it also involves restoring weakened or separated muscles, this is known as Diastasis Recti (split abdominal muscles) which is a common post-pregnancy condition.

The aim of Abdominoplasty Surgery is to remove excess tummy skin, typically caused by significant weight loss or pregnancy that diet and exercise alone cannot reduce.

What's involved?

A Tummy Tuck procedure is the surgical reduction of redundant skin and fatty tissues from your Abdomen to get a smoother and more firmly contoured abdominal region.

The treated area will vary slightly depending on the type of Tummy surgery you require. The types of procedures we offer include:

- Full Tummy Tuck
- Mini Tummy Tuck
- Fleur De Lis
- Belt Lipectomy



Tummy Tuck Surgery explained

Types of Abdominoplasty

Full Abdominoplasty

A Full Abdominoplasty involves the surgical reduction of excess skin and fat from the middle and lower abdomen. It also tightens the muscles and fascia of the abdominal wall.

This procedure may often be required by patients who have lost a significant amount of weight through lifestyle changes or gastric sleeve surgery, or for those who have excess, sagging skin around the abdomen area as a result of pregnancy or ageing.

Mini Abdominoplasty

A Mini Tummy Tuck is a slightly modified Abdominoplasty procedure that uses a smaller incision than what is commonly used for a Full Tummy Tuck.

This Tummy Tuck procedure is often ideal for patients who require a smaller amount of loose skin to be removed around the lower abdomen, and who do not have fully separated abdominal muscles as this can't be repaired with a Mini Tummy Tuck.

The smaller incision used for this procedure often results in less scarring.

Fleur De Lis

Fleur-De-Lis Abdominoplasty is a body contouring procedure that reduces excess skin and fat and helps provide access to the damaged muscles in the stomach region.

This technique is performed similar to the traditional tummy tuck procedure, with the addition of a vertical incision to better address the excess abdominal skin above the navel.

This type of Abdominoplasty procedure is ideal for patients who require more skin removal than a Tummy Tuck or Mini Tummy Tuck. It can assist with body contouring for selected candidates.

Belt Lipectomy

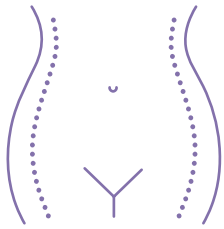
A Belt Lipectomy is often referred to as a Circumferential Abdominoplasty, where the incision continues all the way to the back.

This body sculpting procedure removes tissue circumferentially around the lower abdomen and back, with the surgical scar remaining around the waist as it would for other Abdominoplasty procedures (the scar is longer and extends past the hips for most patients).

Patients with massive weight loss after gastric sleeve, lap-band or bypass surgery are typically good candidates for Belt Lipectomy surgery.

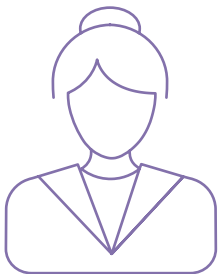
When to consider a Tummy Tuck

Am I a good candidate for Tummy Tuck Surgery?



- Tummy Tuck Surgery may be a great option to achieve or restore a firmer, contoured abdomen area and tighter, smoother belly skin.
- The procedure may be suited for individuals with excess, visibly sagging skin around the tummy area resulting from significant weight loss, pregnancy or skin ageing.
- Significant weight loss through Bariatric Surgery, such as Gastric Bypass or Gastric Sleeve Surgery and/or lifestyle and nutritional changes often leaves behind redundant, sagging tummy skin and skin folds.
- Exercise will help tone and tighten your underlying muscles, but will not help reduce the sagging skin that has resulted from weight fluctuation or the loss of skin elasticity and resiliency.
- Abdominoplasty is not intended to take the place of exercise or healthy eating. A good candidate must be at a stable weight and should have no underlying health issues.

Common reasons for wanting surgery



- Being left with unwanted excess, loose skin or persistent bulges around your tummy area following pregnancy or body weight fluctuations, which diet and exercise alone cannot help.
- Excess or loose skin around your abdomen area as a result of ageing and changes to skin elasticity.
- Reduced body confidence due to bulges & sagging skin around your abdomen, which stops you from wearing fitted clothing or from feeling confident when wearing swim wear, lingerie or underwear.
- To balance out your physique and overall body shape; for example, you may have slimmed down everywhere else but the bulges or skin redundancy around your abdomen area causes you to appear heavier and less fit than you actually are.
- To repair and gain greater control of your abdominal muscle wall that may have weakened or separated (Diastasis Recti) as a result of pregnancy, prior abdominal surgery or other traumas to the belly region of the body.

When to consider a Tummy Tuck

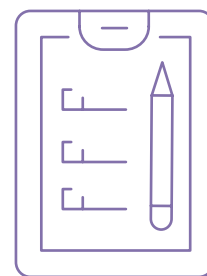


It is important to note that Tummy Tuck surgery is not an alternative to weight loss or to choosing a healthy lifestyle that includes healthy nutrition and regular exercise.

If you are still carrying a lot of excess weight then you may not be an ideal candidate for a Tummy Tuck just yet. Get in touch with our Patient Care Team and we can suggest some ideas for who to contact to help you lose the excess weight.

Preparation for Tummy Tuck Surgery usually involves ensuring a healthy nutritional intake, a healthy lifestyle, regular exercise and sufficient water intake for hydration.

If you are planning to have children in the future, it may be suggested that you wait to have Tummy Tuck surgery until after completing your family, in order to avoid your surgery results being impacted by fluctuations in weight associated with pregnancy.



Surgery checklist

Before deciding on your Surgeon or proceeding with surgery, there are a few important things that you should consider.

- Is my chosen Surgeon a Board Certified and experienced Plastic Surgeon?
- Is my procedure going to be performed in a fully accredited Hospital or Surgery Center?
- Am I in good health and at a healthy, maintainable weight or stable BMI?
- Do I have realistic expectations about what a Tummy Tuck Surgery can achieve?
- Am I choosing to have surgery for the right reasons and at the right time?
- Am I able & willing to undergo a recovery and healing period of around 4-6 weeks?
- Do I have someone (a friend, partner or relative) who can assist me during my recovery?

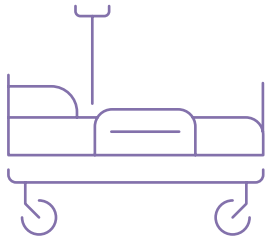
The surgical process

Tummy Tuck surgery overview

- Medications and General Anesthesia are administered for your comfort during your Tummy Tuck surgery.
- A Full Tummy Tuck procedure requires a horizontally-oriented incision in the area of the pubic hairline (or between the pubic hairline and navel). The shape and length of your incision line will be determined by the degree of correction necessary.
- A second incision around the navel may be necessary to remove excess skin in the upper abdomen. Skin is separated from your abdominal wall and all the way up to the ribs.
- Your Surgeon then draws your underlying muscles and tissues together with stitches. This will narrow your waistline and strengthen the abdominal wall and help correct split abdominal muscles.
- Abdominal skin is drawn down and any excess skin is removed. Re-positioning of the navel is also performed if required. Sutures, skin adhesives or tapes close the skin incisions from your Tummy Tuck.
- The final results may be initially obscured by swelling and your inability to stand fully upright until internal healing is complete.
- Be sure to follow your Surgeon's instructions carefully after surgery to minimize your scars. You will also be required to wear a compression garment for up to 6 weeks or longer post-surgery to enhance your results.



Rest and recovery



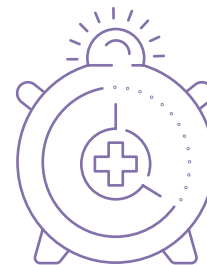
Post operative recovery

The length of your recovery period will depend on your specific procedure and other health & lifestyle factors. Recovery times can vary significantly from person to person, however, the general rule is that you should allow 4-6 weeks for initial recovery following your surgery. Scar maturation often takes longer.

You will need to work with your Surgeon to allow for adequate and proper healing time. It is important to consult with your Surgeon before returning to daily activities such as driving, lifting and exercise.

It is also important to wear the post-operative compression garments throughout your recovery period for the required time frames - these will be provided to you by your Surgeon.

Good results depend on a collaborative approach and a healthy lifestyle. You will need to be willing to follow the specific instructions given to you by your Surgeon, and attend all post-operative appointments.



Maintaining results

Every patient is unique and surgery results can vary from patient to patient. It is important to work collaboratively with your Surgeon and to keep your expectations realistic.

Please keep in mind that your results from Tummy Tuck Surgery may be impacted by fluctuations in your weight, skin health or Body Mass Index (BMI). Pregnancy may also impact your surgical results.

To maximize the longevity of your Tummy Tuck Surgery results, it is important to maintain a healthy, well-balanced and nutritious lifestyle.

Benefits of Surgery

Why should I get Tummy Tuck surgery?

Smoother, Firmer and Sculpted Abdomen

The most obvious benefit of Tummy Tuck surgery is the physical result: a sculpted and firmer abdominal area that is no longer weighed down by bulges and excess, sagging skin.

For Moms, you may notice your tummy looks more like it did before pregnancy and childbirth (although you can't completely turn back the clock). Some individuals end up with abdominal areas that are even firmer and more sculpted than before pregnancy.

Improved Abdominal Muscle Control and Core Strength

During a Tummy Tuck procedure, your Surgeon will repair your abdominal muscle wall if it has been weakened or separated as a result of pregnancy, a condition known as Diastasis Recti.

A strengthened abdominal wall can help you to have greater control over your abdominal muscles, as well as contribute to an improved appearance. For many patients, repair of the abdominal muscles can improve core strength, reducing back pain & incontinence.

More Clothing Options

The appearance of your tummy may have held you back from wearing the clothing you like. Tummy Tuck surgery may help to give you back the confidence to wear the clothes, lingerie and swimwear you love, but have not felt comfortable to wear.



Confidence

The physical improvements often achieved by Tummy Tuck Surgery may help you to feel more body-confident and self-assured. Especially for new Moms who had previously found it challenging to adjust to their changed body shape after pregnancy.

But remember, this surgery cannot perform miracles. It is a serious surgery so there are certainly risks to consider. That noted, it can help provide an improved quality of life in those areas of life that were compromised by your concerns about your excess tummy skin.

Frequently asked questions

Does Tummy Tuck Surgery hurt?

Most surgery does involve discomfort and pain during the initial post-surgery healing periods. It can be difficult to predict discomfort levels for each individual patient, however, as there are many variables to consider.

Discomfort after surgery is subjective to each patient based on their perception and sensitivity to pain.

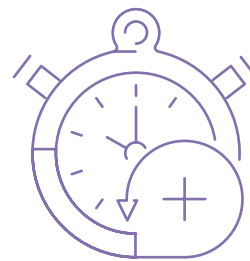
Fortunately most pain experienced during your healing period, particularly in the days just following your Surgery, can be manageable by following your Surgeon's recommendations and instructions precisely.



What steps can be taken to minimize pain?

Our approach to recovery is to do whatever he can to get you back to your normal life as soon as possible.

The team at Gryskiewicz Twin Cities Cosmetic Surgery are dedicated to keeping you as comfortable as possible during your pre-operative sessions, your surgical procedure and your healing & recovery time following surgery.

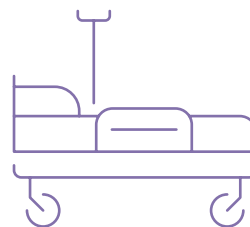


When can I return to work after Tummy Tuck Surgery?

The time taken to recover before returning to work or other daily activities, such as driving, often varies from patient to patient, and will depend on the type of Tummy Tuck procedure you have, as well as the type of work undertaken.

Typically most patients find they can return to work 2-3 weeks following surgery. If your work is physically demanding, it may take longer before you are able to return. If possible, allow 4 to 6 weeks of adequate healing time before resuming certain activities.

Tip: Surgery advice is individualized. Your Surgeon will be able to give you personalized advice on when you can return to work and other daily activities.



Will I need to stay in Hospital overnight after Surgery?

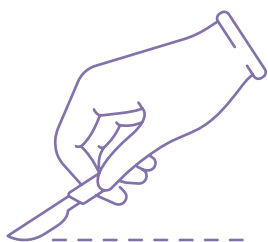
A Tummy Tuck procedure is performed on a same day surgery basis.

Frequently asked questions

Will I need to stop smoking prior to my Surgery?

Healing is detrimentally impacted in individuals who smoke. Patients must refrain from smoking as it decreases the oxygen that is carried through your blood to your skin to help heal your surgical incisions. Patients who smoke have delayed healing and increased wound complications.

If you are a smoker, your Surgeon will advise you to stop smoking completely at least 6 weeks prior to your scheduled surgery date and 6 weeks after, otherwise you will have higher risks of complications



What can be done to minimize any post-surgery scars?

A full Tummy Tuck procedure typically requires a horizontally-oriented incision in the area of the pubic hairline which can often be hidden underneath your underwear, although additional incisions may be required for some patients.

What you do after surgery also has an impact on scar formation. Follow your post-op instructions carefully and don't do too much too soon. Be sure to talk to your chosen Surgeon about the Scar Minimization techniques available and what level of scarring you can generally expect.



Will pregnancy affect my Tummy Tuck results?

Women who are thinking about future pregnancies are typically advised to delay having Tummy Tuck Surgery until after they have finished having children and their family is complete.

This is because of the large changes the body goes through during pregnancy, which may have adverse effects on the results of a tummy tuck.



Does a Tummy Tuck remove stretch marks from pregnancy?

Abdominoplasty Surgery is generally unable to correct stretch marks. Following Surgery, however, you may see an improvement to stretch marks if they are located in the area of excess skin that is being reduced by a Tummy Tuck.

Ask your chosen Surgeon what to expect and do not expect to be stretch mark free after any procedure.

Frequently asked questions



How much does it cost for a Tummy Tuck procedure?

At your initial consultation, you will be given a detailed quote for your chosen procedure. This will include a Surgeon's fee, as well as surgery center and anesthesia fees.



What concerns cannot be addressed with a Tummy Tuck?

Some patients store fat inside the abdomen and around the intestines. As a result, the large amount of internal tummy fat can push out the entire abdominal wall. This may result in the appearance of a beer belly, but there isn't actually much subcutaneous fat on the outer abdominal wall.

Unfortunately, these patients are not candidates for abdominoplasty. The overall protrusion caused by internal fat (visceral fat) cannot be corrected surgically because the muscles are stretched everywhere rather than simply separated in the middle, which is usually the case following pregnancies.



What can I expect at my initial consultation?

At your initial appointment with your Plastic Surgeon you will typically:

- Have a physical examination
- Have your photos taken
- See Before & After photos from past patients
- Find out more about surgical options
- Receive detailed information about your selected surgery options
- Go through the possible risks and complications associated with surgery
- Find out about surgery pricing and available date(s)
- Have your questions answered; bring a supportive friend or family member with you for an "extra set of ears"

Unanswered questions?

For a bigger list of FAQs and more information on the surgical process, visit www.tcplasticsurgery.com.

You can also talk to a staff member to answer any of your questions Monday thru Friday by calling or texting our office at 952.435.0177.

Choosing the right Surgeon

How to find the best Plastic Surgeon for you

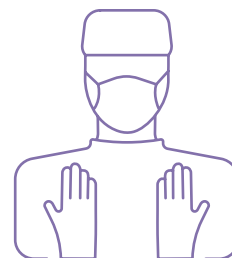
We understand that the quality of your results is dependent on finding the best plastic surgeon for your unique needs. While the importance of this decision can make the research process seem daunting, our team has outlined a few tips that can help you find a qualified plastic surgeon well-equipped to address your concerns:

- **Check a surgeon's board-certification and research their training.** With most plastic surgeons maintaining an online presence, you can easily find out about a surgeon's educational background and whether they've obtained certification from the American Board of Plastic Surgery.

This can narrow down your options and help you find a highly experienced plastic surgeon to perform your cosmetic surgery.

- **Find out whether they specialize in your procedure of interest.** It's in your best interest to enlist a plastic surgeon who specializes in, or frequently performs your chosen treatment.
- **Review patient gallery.** There is usually no better indication of what can potentially be achieved with a given procedure than a plastic surgeon's before-and-after photos.
- **Read patient reviews.** Feedback from individuals who have already been under a plastic surgeon's care can be invaluable to the research process.

Peruse online reviews from a multitude of third-party platforms, such as Facebook, Google, and Realself, to gain a comprehensive idea of a prospective surgeon's reputation.



Optimise your experience

In today's market, there are a variety of 'cheap' options when it comes to Plastic and Cosmetic Surgery procedures.

Although it may be tempting to go with a less expensive Surgeon for your surgery, choosing a highly qualified, experienced Plastic Surgeon should always be your highest priority.

So, what should I look for?

- A surgeon that is certified by the American Board of Plastic Surgery.
- A surgeon who operates in an accredited surgery center or hospital.
- Review before and after pictures on your surgeon's web site or social media. Get recommendations from friends, family or your personal physician.
- Be sure you have a board certified anesthesiologist performing your anesthesia.

About Dr. Joe Gryskiewicz



About Dr. Joe Gryskiewicz MD, FACS

For more than 30 years, Joe Gryskiewicz, MD, FACS (*pronounced Gris-KA-vitz*) has practiced medicine in the Twin Cities of Minneapolis and St. Paul. He is a Clinical Professor at the University of Minnesota Cleft Palate Clinics School of Dentistry and is the past Chief of Surgery at Fairview Southdale Hospital in the Minneapolis suburb of Edina.

Dr. Joe is certified by the American Board of Plastic Surgery and received a certificate of special training in cosmetic surgery from the American Society of Aesthetic Plastic Surgery (ASAPS). He has also been an official spokesperson for the American Society of Plastic Surgeons (ASPS).

In addition to being in private practice, Dr. Joe is a writer and international speaker. He has traveled the world delivering over 500 presentations to professional organizations on plastic surgery.

Experience & qualifications

- University of St. Thomas, Bachelor's Degree in Nursing
- University of Minnesota, Medical School
- University of Wisconsin, Fellowship
- Fellow American College of Surgeons (FACS)
- The American Board of Plastic Surgery
- American Society of Aesthetic Plastic Surgery (ASAPS)
- American Society of Plastic Surgeons (ASPS)
- International Society of Aesthetic Plastic Surgery (ISAPS)
- The Aesthetic Surgery Education and Research Foundation (*Past President*)
- The Rhinoplasty Society (*Past President*)
- Minnesota Society of Plastic Surgeons (*Past President*)

Areas of expertise

Although he has extensive training in all aspects of cosmetic and plastic surgery, Dr. Gryskiewicz's special medical interests are Breast Augmentation, Rhinoplasty, Facial Plastic Surgery, and Body Contouring.

Dr. Joe and his team have an intense passion for helping patients achieve a happier, more beautiful self, through advanced treatments. His expertise in plastic and reconstructive surgery has been showcased through years of exceptional patient results



Before and afters

Tummy Tuck (Abdominoplasty)

Before

After



Early post-op result (6 weeks) showing curved incision designed to preserve the pubic hair line



Tummy Tuck results for patient after pregnancy



Tummy Tuck for muscle relaxation

Scan the QR code below to view more patient before and afters:



Your next steps...



Get in touch

Schedule a confidential consultation at Gryskiewicz Twin Cities Cosmetic Surgery by phone or submitting an inquiry via our website.



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Burnsville: 952-800-3518



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Follow **@tcplasticsurgery** on **Instagram** for more information, insightful updates and real patient before & after images.

General Disclaimer: Results depend on individual patient circumstances and can vary significantly. Results may also be impacted by a variety of factors including your lifestyle, weight, nutritional intake and overall health. Consult your Specialist Plastic Surgeon for details. This information is general in nature and is not intended to be medical advice nor does it constitute a doctor-patient relationship. Surgery risks and complications will be covered in detail during a consultation with your Surgeon. Photography Disclaimer: Unless our photograph(s) or image(s) are marked with a copyright signal and Surgeon's name or Group Name, they are licensed stock photography, not patients.