



CHARLOTTE  
PLASTIC SURGERY.

**TUMMY TUCK VS. LIPOSUCTION**  
*Choosing the Right Procedure for your Desired Outcome*

Loose skin and stubborn fat around the abdominal area can't always be fixed with proper diet and exercise. A person's genetic structure may make it impossible to reduce stubborn fat deposits around the belly, or a person's abdominal skin may have been stretched beyond the point of elasticity. In either case, a person may turn to plastic surgery as a means to attain a shapelier figure. But the question is, should a person choose liposuction or a tummy tuck to attain their desired result?

There are many differences between a liposuction and tummy tuck procedure that should be considered.

Liposuction is a technique that thins the layer of fat between the skin and the muscle. When performed by a qualified plastic surgeon, pockets of stubborn fat are removed and the area is sculpted, creating a shapelier appearance. This is accomplished by inserting a rigid straw with a blunt tip through a small nick in the skin into the layer of fat. The layer of fat is prepared with a wetting solution, which makes the blood vessels running through the fat shrivel up so when the area is suctioned only fat is removed. This ensures that a patient's blood supply is not injured. The procedure is done on an outpatient basis, and patients are required to wear a girdle-type garment during the recovery period to control the new contour of their abdomens.

On the other hand a tummy tuck is performed to remove extra skin, allowing for a more taut abdominal appearance. This procedure is well suited for women who have had babies or people who have lost excessive amounts of weight. Also known as an abdominoplasty, a qualified plastic surgeon is able to remove both the fat and extra skin (that may contain stretch marks or lost its elasticity) during the procedure. A wide incision is made above the pubic area and another is made around the navel. The skin is separated from the muscles underneath. At this point the muscles are tightened with sutures. In essence the surgeon creates an internal corset by actually tightening the abdominal wall. The skin is then pulled over the new tighter abdominal wall. There are variations of this procedure, which can include removing a small area of excess skin or a complete "spare tire." During the initial consultation a plastic surgeon will determine the form of procedure needed to accomplish a patient's desired outcome.

If you are considering correction to your abdominal contour, a consultation with one of our board-certified plastic surgeons, including your physical examinations will help decide what treatment is best for you.

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