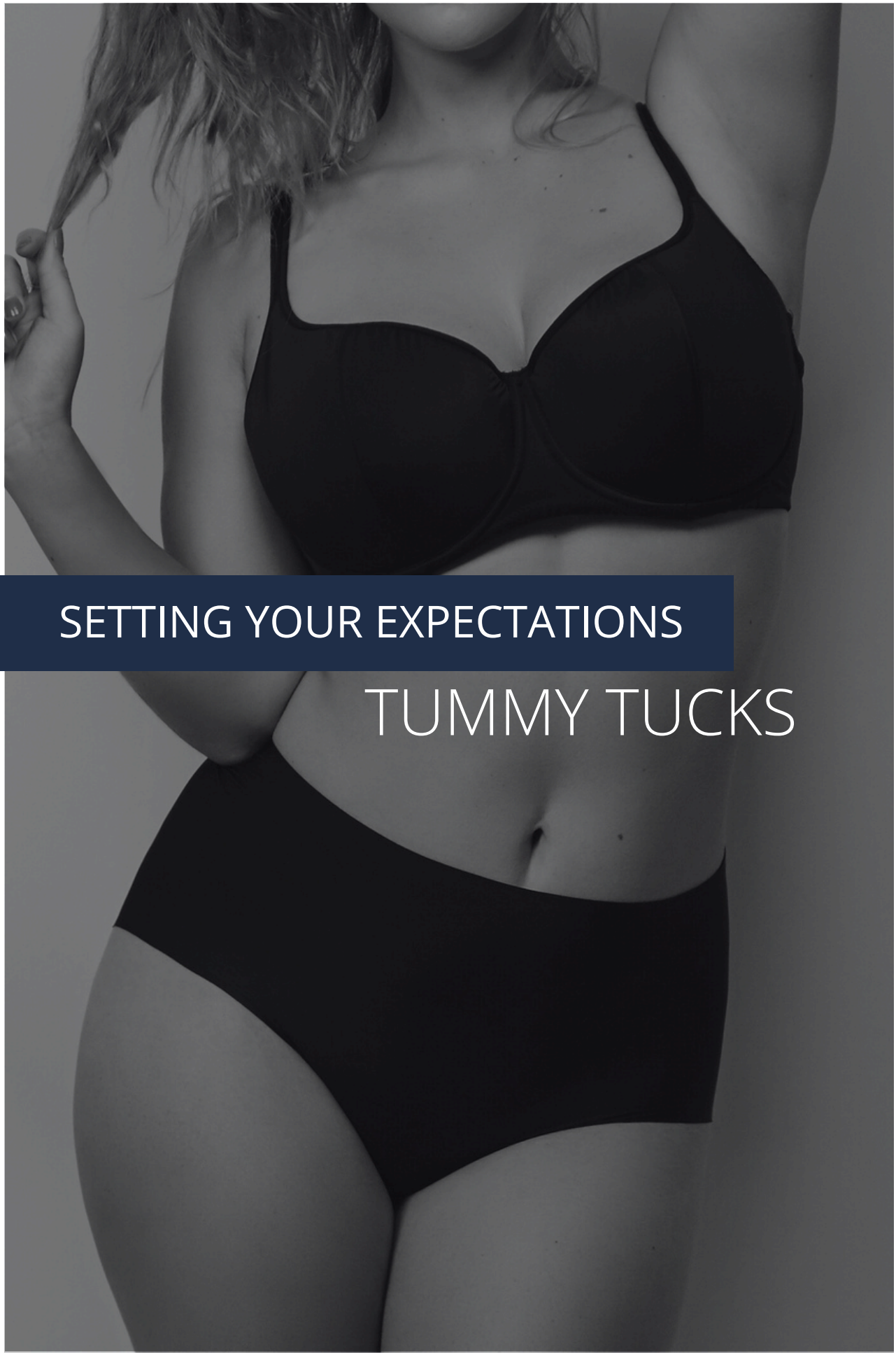

SETTING YOUR EXPECTATIONS

TUMMY TUCKS

CosMediTour

WELCOME

Welcome to CosMediTour, Australia's leading Plastic Surgery Group. We're so excited you've entrusted us to guide and support you throughout your journey.

Helping you confidently prepare for your procedure is a privilege we take very seriously. This includes ensuring that your expectations and assumptions around your procedure are realistic.

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We've prepared this Guide to help inform your own Expectation setting process, particularly around scarring, your results, recovery and risks. We do hope you it useful.

If you have any questions at all, our friendly Client Support team is here to help on 1300 000 633.

Above all, we're here to ensure that you feel confident, safe & supported throughout your journey.

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INTRODUCTION

The expectations, assumptions and beliefs you form ahead of your procedure are important for a number of reasons.

Often subconsciously, your expectations:

- Guide your decision making.
- Help you to be emotionally prepared ahead of your procedure and during recovery.
- Provide a foundation for Surgeon-Patient communication and trust.
- Become a benchmark to measure your satisfaction after the procedure.
- Help you to more effectively manage your recovery.
- Help you to understand and assess your own exposure to risk.

While expectations can be beneficial, pursuing *unrealistic* expectations may result in:

- Disappointment with your results
- Emotional distress
- Surgical complications if your Surgeon's advice is disregarded.
- Strained Surgeon-Patient relationship.
- Significant financial outlay for surgery that won't meet your expectations

Your CosMediTour Plastic Surgeon will discuss your motivations and expectations in detail with you. To get the most from your consults, it is important that you are open and honest with your Surgeon and always trust their experience.

> The clients most satisfied with their results typically have three things in common. They're open and honest with their Surgeon; are realistic about their results; and they trust their Surgeon's expertise.

PLANNING YOUR PROCEDURE

Importantly, a Tummy Tuck is not weight-loss surgery. Visceral fat (the fat surrounding vital organs within the abdominal cavity) cannot be removed during a Tummy Tuck. The only way to lose Visceral fat is through diet and exercise. Conversely, Subcutaneous Fat (on the outside of the abdominal muscles and below the skin) can usually be reduced during Tummy Tuck and Liposuction procedures.

CLIENT PREPARATION

For a smoother recovery period and long-lasting results, our CosMediTour Plastic Surgeons will ask that their clients meet specific criteria.

Before their surgery, our Tummy Tuck clients must:

- ☑ Maintain a stable weight
- ☑ Be physically healthy
- ☑ Not be planning a pregnancy
- ☑ Have quit smoking

PLANNING YOUR PROCEDURE

When planning your procedure, skilled CosMediTour Surgeons carefully consider a number of factors before customising a treatment plan based on your unique requirements. Such considerations include:

- ☑ The amount of excess skin
- ☑ The amount of excess fat
- ☑ The degree of muscle separation
- ☑ Any abdominal abnormalities

We encourage you to be open & realistic with your desired surgical outcomes. Equally important is to consider your Surgeon's advice on what will work best for you & your body in the long term.

> Our experienced Surgeons will ensure that together, you choose the right treatment plan to meet your surgical goals.

DECISIONS WITH YOUR SURGEON

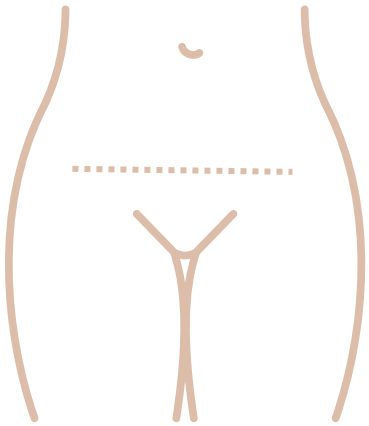
There are four primary Tummy Tuck procedures. In each, the goal remains the same, but the techniques differ depending on the client. Your Surgeon will be able to guide you through the planning process. However, we also recommend you familiarise yourself with your options.

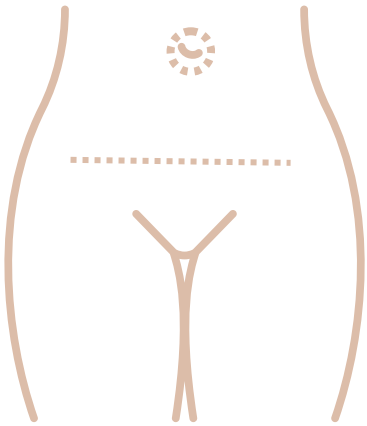
MINI TUMMY TUCK

- Also known as a Partial Abdominoplasty, this is suited to clients whose excess skin or fat is limited to the area between navel & the pubic area.
- **DOES** Remove excess skin from lower abdomen.
- **DOES NOT** correct muscle separation or relocate the belly button.
- Typically a shorter recovery. The scar will run from hip to hip & as low as possible.

STANDARD TUMMY TUCK

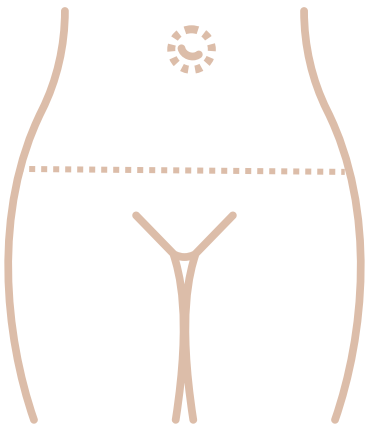
- **DOES** Remove excess skin & fat from your stomach, tightens the muscles of your abdominal wall, corrects muscle separation & repositions your belly button (if required).
- **DOES NOT** remove 'love handles'. To achieve this, Vaser Liposuction may also be required.
- The lower incision is runs from hip to hip. Another incision runs around your belly button.





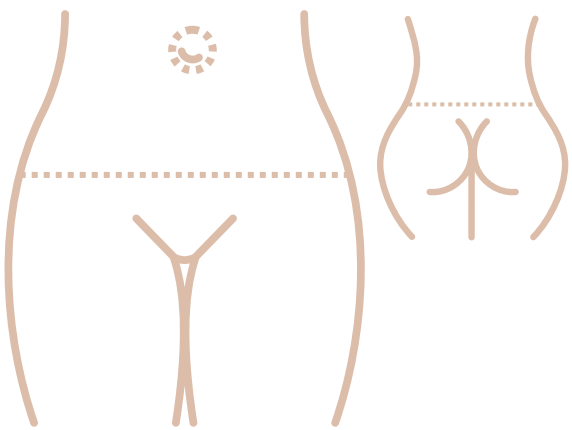
EXTENDED TUMMY TUCK

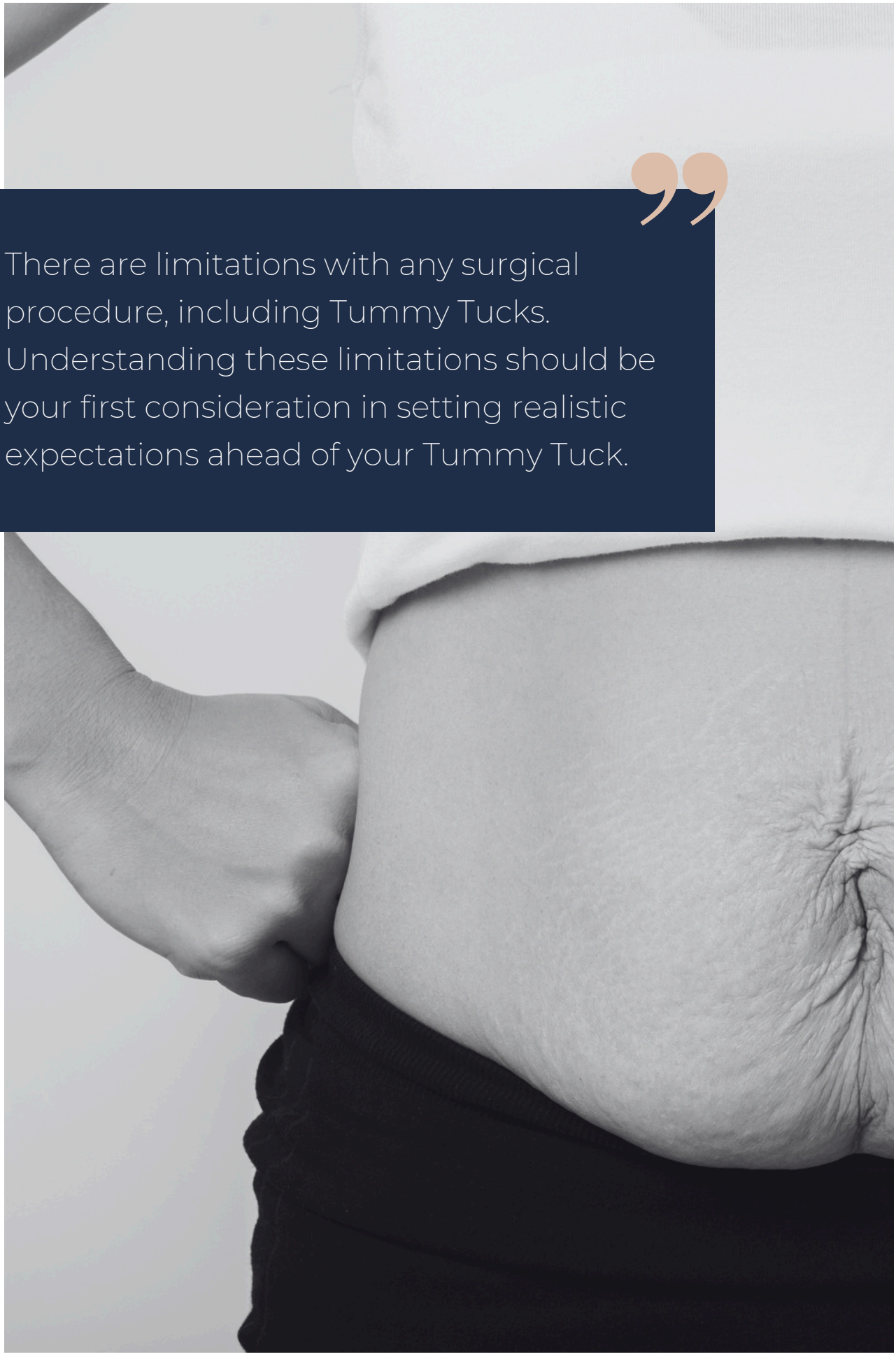
- DOES remove excess skin & fat from your stomach & over the hip, tightens the muscles of your abdominal wall, corrects muscle separation & repositions your belly button (if required).
- DOES NOT remove 'love handles'. To achieve this, Vaser Liposuction may also be required.
- The incision is slightly larger than a standard Tummy Tuck. It extends across the lower front of the tummy & around the hips.
- A Complex Extended Tummy Tuck (270 Tummy Tuck) blends features of the Extended Tummy Tuck and Belt Lipectomy. Consultation will determine the precise position and length.



BELT LIPECTOMY (360 TUMMY TUCK)

- Also known as a Lower Body Lift, this is suited to clients with significant skin laxity.
- DOES reshape the abdomen, hips & buttocks, redefine the deeper tissue of the abdomen & flanks, correct muscle separation & repositions belly button (if required).
- DOES NOT remove 'love handles'. To achieve this, Vaser Liposuction may also be required.
- In some instances, clients may be advised to undergo an Extended Tummy Tuck before undertaking a Belt Lipectomy.
- The incision extends around the front & back of the lower torso - almost meeting at the spine.





There are limitations with any surgical procedure, including Tummy Tucks. Understanding these limitations should be your first consideration in setting realistic expectations ahead of your Tummy Tuck.

BE REALISTIC ABOUT YOUR RESULTS

THE IMPORTANCE OF YOUR GOAL WEIGHT

Being at your goal weight before surgery is crucial. It allows your Surgeon to remove the maximum amount of excess skin, resulting in an overall better outcome.

If you have muscle separation, this will be addressed during your procedure.

It's important to note that a Tummy Tuck won't alter the quality of your skin or eliminate stretch marks and cellulite on the remaining skin.

Liposuction is frequently performed alongside Tummy Tuck procedures. While the Tummy Tuck addresses excess skin, liposuction focuses on removing subcutaneous fat. Combining both procedures can yield an enhanced outcome, especially if recommended by your surgeon.

Common areas for stubborn fat include the lower abdomen and love handles. Discuss with your surgeon during your consultation whether adding liposuction to your Tummy Tuck is advisable.

Remember that liposuction is not a weight loss solution and can't target visceral fat. Regardless of adding liposuction to your procedure, it's essential to be at an ideal BMI and your goal weight before surgery.

RESULTS ARE NEVER GUARANTEED & RESULTS VARY

Understand that results are never guaranteed and the outcomes for one patient may not necessarily reflect your results.

Every body type is different and therefore every body can expect a different result from their surgery.

To minimise the risk of disappointment, be sure to ONLY research results for:

- ☑ Those with a similar body type as you
- ☑ Those who have had the same procedure.

DO YOUR RESEARCH

Compiling photos, particularly Before & Afters, helps our clients to clearly communicate their desires to their Surgeon.

While compelling, please make sure you're not drawing your inspiration from edited sources.

Opt instead for credible sources; including Before and After images from CosMediTour or your Plastic Surgeon. Unlike the heavily edited images you may find on your socials, these are an accurate depiction of real-client results.

Each year, thousands of happy clients choose CosMediTour. Our Surgeons are exceptional & their Before & After Photos speak for themselves.

VIEW GALLERY

MAINTAIN AN OPEN MIND

While you will have done your own research, it's important to approach your consults with an open mind and be prepared to shift your expectations in light of the tailored advice from your surgeon.

A DIFFERENT APPROACH MAY BE SUGGESTED

Your Surgeon may suggest a different approach for your procedure than you were expecting. This could be due to the amount of excess skin, amount of excess fat, degree of muscle separation or any abdominal abnormalities.

We understand that in some cases, this may be disappointing. However, please seriously consider your Surgeons advice as these adjustments will ensure you achieve a safe, superior and long lasting result.

TRUST YOUR SURGEON'S KNOWLEDGE & EXPERTISE

Trust the experience of your Surgeon - they've not only had over 12 years of specialist Plastic Surgery training, but also years of experience in performing your procedure.

Rest assured. They want the best possible outcome from your surgery, which of course includes ensuring your safety.

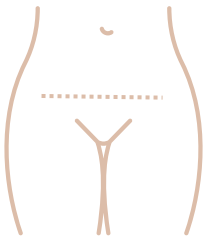
> Importantly, if your Treatment Plan is adjusted, then your Surgical Quote will also need to be adjusted.

EXPECT SOME SCARRING

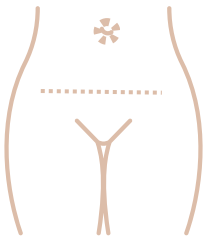
Your highly skilled Plastic Surgeon will do everything possible to minimise scarring. However, no matter how skilled your Surgeon is, you should expect a level of scarring after your surgery.

SURGICAL INCISIONS

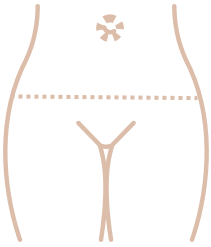
Your Treatment Plan will outline the surgical technique that will be used during your Tummy Tuck. There are four primary Tummy Tuck procedures: Mini, Standard, Extended and Belt Lipectomy.



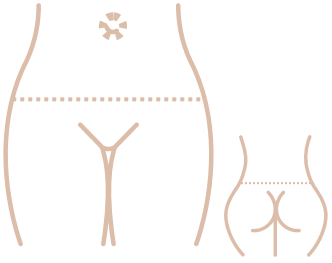
MINI



STANDARD



EXTENDED



BELT LIPECTOMY

PATIENCE IS KEY

Scarring is a natural part of the healing process and all clients will have visible scarring, to some extent after their procedure.

Everyone's scar management journeys are different and we encourage you to be prepared for this.

Some individuals have minimal scarring with minimal effort after surgery. While others will have more visible post-surgery scarring. Some clients also opt to invest in advanced scarring treatments (e.g. Laser Treatment) to improve their outcome.

Initially, scars may appear red, raised, or slightly discoloured. With time and proper wound care, your scars are likely to fade in the months following your procedure.

Looking after yourself post-surgery is vital to your recovery. Quality rest, nutrition and strict adherence to your Surgeon's care instructions have a direct impact on your ability to heal and your final results.

RECOVERY TAKES TIME

Recovery periods vary from person to person; however, we advise clients to allow 4 - 6 weeks for post-surgery recovery. During this time, it's important to closely follow the tailored advice provided by your Surgeon. CLICK HERE for more information on Tummy Tuck Recovery.

HOSPITAL STAY | 2 - 3 nights

The time spent in hospital varies from patient to patient; however we generally advise clients to allow for at least 2 - 3 nights in hospital.

REST TIME | 2 weeks

Following surgery, it's normal to feel tightness in the abdomen. A catheter & drains will be in place for the first few days. During this time:

- ☑ Lie with their upper body raised & knees angled to reduce abdominal strain
- ☑ Walking is permitted the first day after the procedure (this will prevent blood clots forming); however, it may be difficult to stand up straight.
- ☑ Pain medication will be prescribed to manage discomfort.
- ☑ Spend 2 days getting used to transferring in and out of bed.
- ☑ Wounds must be kept dry, so avoid showers - opt instead for sponge baths.
- ☑ Limit exercise during the first week to walking around the house & avoid stretching the mid-section. After 5 - 10 days, gentle walking & stairs (assisted, one at a time and no more than twice a day) can be reintroduced.

RECOVERY TIME | 4 - 6 Weeks

- ☑ Driving must be avoided for at least 4 weeks.
- ☑ Avoid strenuous exercise (including sit-ups & sexual intercourse) for 6 weeks.
- ☑ Your surgeon will advise when you can recommence swimming, bathing, heavy lifting & lying flat.

SETTLING PERIOD | 6 - 12 Months

A full recovery will take place over 6 to 12 months. During this time, swelling will subside, & scars will begin to fade.

KNOW THE RISKS

It's important to be aware that all surgical procedures carry risks. Understanding these risks and taking precautions to minimise them will be key to your recovery.

CLICK HERE for more information on Surgical Risks & important ways you can minimise your own risk.

UNDERSTANDING THE RISKS

Despite choosing a skilled Plastic Surgeon, receiving care in a premium hospital, and following recovery protocols, complications and risks can still occur. What's more, just like recovery timeframes, risk varies from person-to-person.

Prior to providing surgical consent, your Plastic Surgeon will thoroughly assess and explain your exposure to risk and discuss your individual recovery.

For further advice or clarification on surgical risk and your recovery, please consult your Plastic Surgeon, GP or other appropriately qualified health practitioner.

MINIMISE YOUR OWN RISK

- ☑ Closely read all documentation from your Surgeon/CosMediTour.
- ☑ Precisely follow all advice from CosMediTour and your Surgeon.
- ☑ Disclose your full medical history, medications, vitamins, supplements and smoker status.
- ☑ Be in great physical health prior to surgery.
- ☑ Ensure you have realistic goals.
- ☑ Prepare questions for your surgeon before surgery to cover all concerns during consultations.
- ☑ Ensure proper wound care
- ☑ Wear post-surgery support garments as instructed
- ☑ Avoid activities that may hinder your recovery, including smoking, alcohol, exercise etc. READ MORE

Your safety is our top priority and failure to follow the above may result in your surgery being postponed or even cancelled.

WE'RE WITH YOU ALL THE WAY

We're here to help you feel confident, safe and supported throughout your journey.

If you have any questions or concerns about your procedure or your recovery, please connect with your Client Manager.

Phone us on 1300 000 633

Send us an online enquiry

JOIN OUR COMMUNITY

Follow us for inspiration & education.

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CosMediTour

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