



Male Abdominoplasty (Tummy Tuck) FAQ's

Q: Can liposuction be performed instead of a tummy tuck?

A: If you are male then the answer is yes in most cases. If the fat is situated in front of the abdominal wall, then liposuction is the correct procedure to address this.

If however your problem is the old "beer belly", then this is intra-abdominal fat, or fat underneath the muscle wall. This type of fat cannot be treated with liposuction or abdominoplasty. This type of fat is actually very dangerous to your health and considerably increases your risk of many medical problems including heart disease. You should contact your GP to discuss this problem in more detail.

Q: What is the cost of a tummy tuck?

A: This will depend on whether you require a full tummy tuck, or a mini version. It will also depend on if you are privately insured or not. If you have hospital insurance, your hospital fees may be completely covered which will considerably lower your out of pocket costs. Our staff can help demystify these costs for you with a series of questions and answers. Take advantage of our free consultation with one of experienced nurses for full costs.

Q: I've had Lap banding surgery and want my tummy fixed.

A: Following Lap Banding surgery and subsequent weight loss, you are left with a lot of loose skin – regardless of your age! The first area that most men want to address is their abdomen. In this case a tummy tuck or Abdominoplasty would be performed. The main criteria for eligibility for surgery after lap banding is that your weight be stable long term. Dr McGovern likes to see you at the same weight for 6 months before body contouring surgery following massive weight loss. Your BMI should be 28 or lower.

Q: Is a tummy tuck painful?

A: The main discomfort from abdominoplasty or tummy tuck surgery comes from the tightening of the abdominal muscles, which is generally not necessary for males. You will be have pain relief prescribed for you following surgery and be asked to wear a supportive garment for 4 to 6 weeks.

Q: How long will I need off work following a tummy tuck?

A: This will depend on whether you have had a mini abdominoplasty or a full abdominoplasty. The recovery after a mini-abdominoplasty is 1 to 2 weeks, and 3 to 4 weeks for a full abdominoplasty.

We offer a free consultation service with our registered nurses to answer all of your questions at no cost to you. To take advantage of this offer, contact us today.