



ABDOMINOPLASTY:  
PREPARING FOR A  
TUMMY TUCK



A tummy tuck (abdominoplasty) is an operation to remove excess fat and skin from your abdomen (tummy) and to tighten your abdominal muscles. The results of a tummy tuck can be long lasting. You can help this by keeping to a healthy weight after your surgery.

There are lots of reasons why people have this type of surgery, including having weaker abdominal muscles after pregnancy or having previously lost a lot of weight.

You should always meet the surgeon carrying out your procedure to discuss your care. It may differ from what's described here as it will be designed to meet your individual needs.

### **PREPARING FOR A TUMMY TUCK**

I will always explain how to prepare for your operation. For example, if you smoke you will be asked to stop up to eight weeks before your surgery. Smoking increases your risk of getting a chest and wound infection, which can significantly slow your recovery. Coughing from a chest infection will make recovery much more painful. Smoking also reduces the amount of blood that reaches your skin, which means your wounds may heal more slowly.

I may also advise you to:

- lose excess weight – you should be as close to the ideal weight for your height as possible before your operation

- stop taking the contraceptive pill four to six weeks before your operation, to reduce the chances of a blood clot (thrombosis) – make sure you use an alternative method of contraception

You have tummy tuck surgery under a general anaesthetic. This means you'll be asleep during the operation. Before a general anaesthetic, you are normally asked not to eat or drink for six hours beforehand. I will give you specific advice on what you may or may not eat or drink and for how long before the operation.

i will make sure you understand what will happen before, during and after your operation. They'll also explain what to expect when you wake up and what level of discomfort or pain you might have. This is your opportunity to ask any remaining questions you have about the risks, benefits and alternatives to the procedure. This will help you to be informed, so you can give your consent for the operation to go ahead.

I may ask you to wear compression stockings from the time of your operation until you are fully up and about again. This helps to prevent blood clots forming in the veins in your legs.

### **10 THINGS TO DO (AND NOT TO DO) TO PREPARE FOR TUMMY TUCK SURGERY**

Tummy tuck surgery or abdominoplasty is a major surgical procedure requiring some preparation to help ensure a safe and smooth surgery and recovery. I can offer a list of do's and don'ts to be followed as part of





preparation. I am an experienced plastic surgeon providing tummy tuck and other procedures to patients in Dubai and surrounding locations.

## **Do's**

### **Create a Strong Support System around Yourself**

When you undergo tummy tuck surgery, chances are that you may experience severe emotional ups and downs or mood swings. These emotions can range from a feeling of depression to elation. You should enlist the support of close family and friends who can devote some time and effort to take care of you.

### **Stay Committed to the Healing Process**

Tummy tuck procedure will involve at least one to two weeks of downtime, depending on the surgical technique. It will take another several weeks for the swelling to subside completely and for the patient to feel completely "normal" again. Patience, focus, and follow-ups are essential through this journey for a sound and sustainable recovery.

### **Get Involved in Healthy Relaxation Activities**

Read books and magazines, surf the Internet, watch movies at home and perform mild household activities in the first two weeks after tummy tuck surgery. Do not return to work too early, and maintain a relaxed schedule for a few days.

### **Maintain Close Communication with the Surgeon**

Prior to the tummy tuck surgery, you should share all relevant health information, habits and other concerns frankly with me. After the procedure, if you experience any abnormal pain or other signs, or have any doubts, do not hesitate to speak with me.

### **Eat a Healthy, Protein-rich Diet**

Prior to abdominoplasty, start taking a high protein diet about two to four weeks in advance. Continue this diet even after the surgery for a few weeks under the guidance of a nutritionist. Make sure you are not constipated and avoid any crash dieting.

### **Don'ts**

#### **Use Any Form of Tobacco**

If you consume tobacco in any form, stop using it at least four to six weeks before and after the tummy tuck surgery. Smoking and other forms of tobacco will create poor healing, and may increase the risk of bleeding during surgery.

#### **Avoid Rapid Weight Loss**

If you have been trying to lose weight through special crash diet formulas, weight loss drugs or other means, you will have to stop it several weeks prior to the surgery. Maintain a stable, healthy body weight as far as possible before tummy tuck surgery.

#### **Don't Use Herbal Meds and Aspirin**

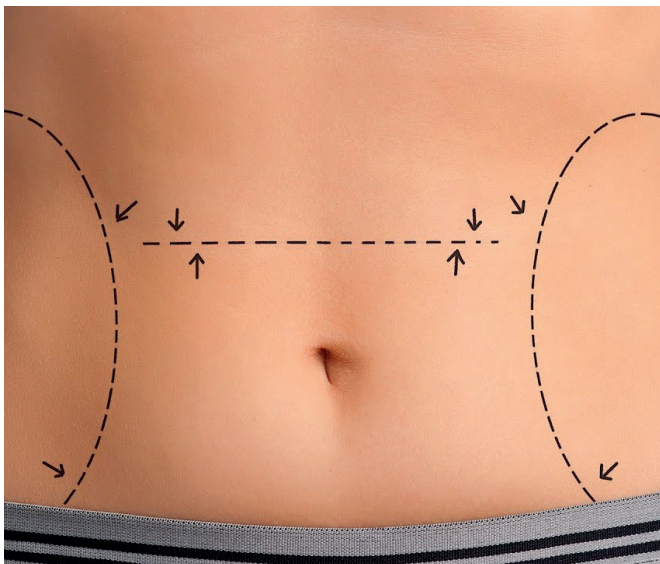
Stop the use of any blood thinners such as aspirin or motrin at least two weeks before tummy tuck surgery. If you are taking herbal medications, vitamin E supplements, or certain prescription drugs, they may have to be stopped as well.

#### **Be Regular on Your Bowel Regimen**

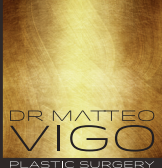
Eat plenty of fibrous foods and natural fruit and veggies, exercise daily, and stay regular on your bowel regimen prior to the tummy tuck surgery. In case you get constipated following the surgery from medications and the anesthetic, you can tolerate it for a while until your mobility improves.

#### **Arrange for Transportation and Aftercare**

Arrange in advance for someone to drive you back home after the tummy tuck procedure, and if needed, hire some help for a few days during post-operative recovery.







# A BRIEF NOTE FROM DR. MATTEO VIGO



I decided to become a doctor at early age but I was not aware of the world of Plastic Surgery. Once I have discovered it I fell in love with the whole concept behind and how this field of Medicine can be helpful for many people.

I passionately believe that, in order to improve the physical aspect of a patient, the plastic surgeon needs to combine the principles of art and science, adopting a global approach to understanding the individual desires.

Plastic Surgery is a truly fascinating, dynamic, constantly evolving field of medicine and I believe that the role of a Cosmetic Surgeon is unique and highly privileged.

My main goal is to understand the needs of a patient and try to transform their desires into reality. The role of a plastic surgeon is not only merely surgical but also supportive in the decision process of the best treatment to help patients finding themselves and their wellbeing.

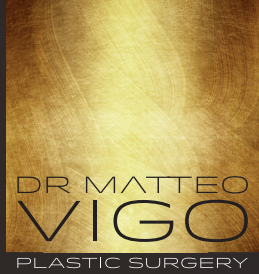
All these steps are taken into consideration once a person walks in my office and the service I am offering them is always at the top.

I am combining experience, quality and professionalism to evaluate each single case and offer the best solution for my patients.

**"Because you deserve the best"** is my motto and I want always to put the patient at the centre of what I am doing.

You have to feel pampered, understood, listened, loved once in my office and the feedback of this feelings from my patient is my best satisfaction.

Dr Matteo Vigo



# TUMMY TUCK DUBAI

Click here to learn more about  
**Tummy Tuck Dubai.**

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To book a Tummy Tuck consultation with  
Dr Vigo, please contact us today.

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## Locations

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### **HEALTHBAY POLYCLINIC**

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Umm Al Sheif  
Dubai

### **AIG CLINICS JUMEIRAH**

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### **BIOSCIENCE CLINIC**

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