



DR MATTEO
VIGO
PLASTIC SURGERY

YOUR 6-MONTH
GUIDE TO PLANNING
A **TUMMY TUCK**



An abdominoplasty, better known as a tummy tuck, is a surgical procedure that requires careful planning and meticulous follow-up care for the best results. Knowing the steps to take before your abdominoplasty will ensure a better recovery process.

Ideally, you'll have several months in advance to prepare for your tummy tuck surgery. I recommend most individuals give themselves a full six months to prepare, giving them time to find the right surgeon, achieve or maintain their ideal weight and get a plan for aftercare in place.

Some people may not need the full six months of prep before their surgery, and that's okay. You'll still want to make sure that you've taken sufficient time to research, plan and prepare. The better prepared you are for the big day of surgery, the better your results will be. Use the information below as your guide to planning your tummy tuck.

4-6 MONTHS BEFORE SURGERY

As soon as you start thinking about a tummy tuck, it's time to get serious about your diet and exercise habits. Eating well, drinking more water and staying active should be your focal point. If you smoke, start the process of quitting and limit your alcohol intake if you drink. These two factors can affect the way your body heals and fights off infection. Stress management is also a good thing to implement as chronic stress can affect your health and immune response.

In this timeframe, start doing your research and locating plastic surgeons for consultations. Look for board-certified plastic surgeons with experience in the tummy tuck procedure.

4 MONTHS BEFORE SURGERY

By this time, you should be closing in on your ideal weight and fitness level. This is going to help the surgeons you talk with to evaluate your candidacy for surgery and also puts you in a good position to recover quickly. Around 4 months before you want to have surgery, you should begin scheduling consultations and meeting with your top-rated plastic surgeon. You should feel comfortable discussing your goals, expectations and concerns, as well as feel confident that their recommendations align with what you envision.

3 MONTHS BEFORE SURGERY

During your third month of preparation, after you've selected a surgeon and booked surgery, you should be scheduling leave from work, making arrangements for child and animal care and setting up your support system to help with transportation and care during the post-surgery recovery phase. This is something you and your surgeon should discuss and prepare for. By now, you should completely quit smoking. You are continuing with your health and wellness regimen and hopefully feeling great about life and excited for the transformation ahead.

1 MONTH BEFORE SURGERY

The last few weeks before your surgery should be used to stock up on supplies needed for recovery and finalizing the details of your procedure. Staying as comfortable as possible in the initial stage of recovery is going to be your ultimate goal for home care, so now is the time to begin assembling your supplies. Your surgeon should provide you with a list of supplies to buy. Some extra supplies that people have found to be useful and aid in the recovery process are:

- Extra pillows
- Gauze pads
- Comfortable clothing and underwear that is easy to remove
- Ice packs and over-the-counter medication for discomfort
- Compression clothing if prescribed





Create a meal prep plan to make and freeze food for later. Eliminating the worry of what to eat is going to reduce stress, keep you from grabbing unhealthy foods and help you maintain your new improved eating habits. On the day of surgery, dress comfortably and make sure you've followed the pre-surgery checklist your surgeon provided. You should have time to check in with your surgeon on the day of your procedure, so if you have any last-minute questions, make sure to bring those along too.

ADDITIONAL PROCEDURES

Liposuction is sometimes performed in conjunction with tummy tuck surgery to contour the flanks. Some patients wish to undergo simultaneous breast surgery to lift, add volume, or both. The combination of tummy tuck surgery and breast augmentation or lift surgery is commonly referred to as a "mommy makeover" procedure.

Additional procedures incur additional operating time, anesthesia, and surgical risks.

WHAT A TUMMY TUCK CANNOT DO

A tummy tuck is not a substitute for weight loss or exercise. If you have ongoing weight loss, or are planning to become pregnant, you should delay your surgery. A tummy tuck cannot correct stretch marks, but it will remove the skin beneath the umbilicus. Stretch marks above this level sometimes appear lighter after surgery, but they will not disappear.

TUMMY TUCK GLOSSARY OF TERMS

WHAT WORDS SHOULD I KNOW ABOUT TUMMY TUCKS?

ABDOMINOPLASTY

A surgical procedure to correct the apron of excess skin hanging over your abdomen.

DIASTASIS

Condition in which abdominal muscles have separated.

GENERAL ANESTHESIA

Drugs and/or gases used during an operation to relieve pain and alter consciousness.

HEMATOMA

Blood pooling beneath the skin.

INTRAVENOUS SEDATION

Sedatives administered by injection into a vein to help you relax.

LIPOSUCTION

Also called lipoplasty or suction lipectomy, this procedure vacuums out fat from beneath the skin's surface to reduce fullness.

LOCAL ANESTHESIA

A drug is injected directly to the site of an incision during an operation to relieve pain.

SUTURES

Stitches used by surgeons to hold skin and tissue together.

TUMMY TUCK

A surgical procedure to correct the apron of excess skin hanging over your abdomen.

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.

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TUMMY TUCK DUBAI

Click [here](#) to learn more about
Tummy Tuck Dubai.

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

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Locations

AMWAJ POLYCLINIC

Building P11
Jumeirah Beach Residence
Dubai

HEALTHBAY POLYCLINIC

Al Wasl Road, Verve Villas
Umm Al Sheif
Dubai

ESTELAZA CLINIC

Silicon Oasis, Nibras Oasis 2
Dubai