



DR MATTEO
VIGO

PLASTIC SURGERY

YOUR GUIDE TO
TUMMY TUCK



FAQs

Below is a list of some of the most frequently asked questions to Dr. Vigo, in 2025, related to Tummy Tuck.

1. What kinds of tummy tuck procedures are there?

A full abdominoplasty, which involves tightening the abdominal muscles to rebuild the abdominal wall, is sometimes referred to as a "tummy tuck." Following pregnancy or moderate to severe weight gain, when the muscles separate, this is a crucial step in the contouring of the abdomen. Another kind of abdominoplasty is the mini abdominoplasty, which does not entail moving the belly button or tightening the abdominal muscles. Only the extra skin beneath the belly button is removed.

2. Is a Tummy Tuck Safe?

If carried out by a licenced plastic surgeon in a hospital or surgical facility with the necessary credentials, like Dr. Vigo, it is very safe.

3. Liposuction vs. Tummy Tuck?

When a patient only needs contouring and has good skin tone with few stretch marks, liposuction is a very good surgical procedure. An abdominoplasty will provide a better outcome if the patient has moderate to severe stretch marks, redundant skin, and muscle separation because it will rebuild the abdominal wall and remove the loose skin. To better contour the waist, Dr. Vigo also like to combine abdominoplasty with flank liposuction.

4. How long is the Recovery Period for a Full Tummy Tuck?

Since all abdominoplasties are not alike, recovery times are different. The amount of dissection, the tightness of the closure, the need to tighten the muscles, and to what degree may all influence post-op pain and recovery time. However, most patients should be able to resume most activities by 3-6 weeks and should be able to stand erect within a few days. Patients who work from home can probably do so after the first week.

5. Does a tummy tuck leave scars?

All incisions leave scars, and it is not different with tummy tucks, but you can expect the scars to fade and become less noticeable with time.

6. Can I get pregnant after a tummy tuck?

Yes, all the sutures used are the kind that dissolve and will not prevent the patients from having an absolutely normal pregnancy. However, it is ideal that the patients have finished having children, so that they don't lose the benefits of the tummy tuck.

7. Are tummy tuck results permanent?

They are as long as the patients don't get pregnant or gain a lot of weight.

8. Can a Tummy Tuck remove stretch marks on the hips?

Dr. Vigo likes to make incisions very low, which allows him to pull the skin from the thighs to improve the stretch marks. The stretch marks will still be there, but they will be a lot less noticeable.

9. Can a Tummy Tuck fix a loose belly button?

Yes, Dr. Vigo keeps the patient's original belly button, but he does contour it when he relocates it.





10. Is it possible to have a natural-looking belly button after a tummy tuck?

Yes, not only natural but very pretty.

11. How long after tummy tuck do I have to wait before I can start doing strenuous exercises (such as sit-ups, crunches, and weight lifting)?

Dr. Vigo recommends the patient to start walking and resuming light exercise a week after the surgery, but sit-ups, crunches, and heavy lifting of more than 15 lbs after 6 weeks.

14. What is the best scar treatment after a full Tummy Tuck?

Dr. Vigo prefers to use tape on the incisions for 6 weeks, then a cream with silicone and sun protection for 6 more weeks, and then massage the scars with vitamin E oil or lotion.

15. How soon after surgery can I start scar treatment?

After the first 6 weeks of taping.

16. Does a male tummy tuck differ from a female tummy tuck?

The steps are very similar. Most of the male patients who require a tummy tuck have gained, and then lost, a significant amount of weight, or have a ventral hernia that will require the reconstruction of the abdominal wall and the excision of the redundant skin.



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

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Locations

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