

GUIDE: TUMMY TUCK

Dispelling Common Tummy Tuck Myths



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Tummy tucks remain one of the most popular cosmetic procedures performed and can deliver amazing results if you are struggling with loose, sagging skin and stubborn belly fat. Unfortunately, there are many myths regarding the tuck that are endlessly repeated, which can create confusion for those interested in this confidence and shape-restoring procedure. With so much misinformation floating around, you'll want it removed just as badly as your excess tummy skin.

Even if you have done your research and talked with friends and family to prepare, myths can cause you to have second thoughts on whether this life-changing cosmetic surgery is right for you. Here are three common myths about tummy tucks and the real facts about them.

Myth #1: Tummy Tuck Results Can Be Gained With Diet And Exercise

This is by far the most popular myth, often used by those who already have a slim tummy thanks to good genes or a variety of other factors. The only purpose is to attempt to shame you for not trying “hard enough.” The truth is that human skin can only stretch so much before bouncing back isn’t possible, and excess fat in this area will linger in this permanent home. No amount of diet, exercise, or pushing yourself harder will be able to deliver the same results as a tuck. In addition, diet and exercise will not restore and tighten your weakened abdominal muscles to the extent a tuck can.

Myth #2: A Tummy Tuck Is Great For Losing Weight

The truth is that while you will likely lose a few pounds due to the removal of excess skin, a tummy tuck is not a weight loss tool in any capacity. Stabilized weight is just one important factor in determining if you are a good candidate for a tuck. In fact, any reputable surgeon will not perform a tuck on patients

who haven't had a relatively stable weight for their very recent history. If you are already at or near your ideal weight, this procedure may be right for you. A tuck is best used once you have already achieved your weight loss goals and now desire your body to visually represent your hard work and success.

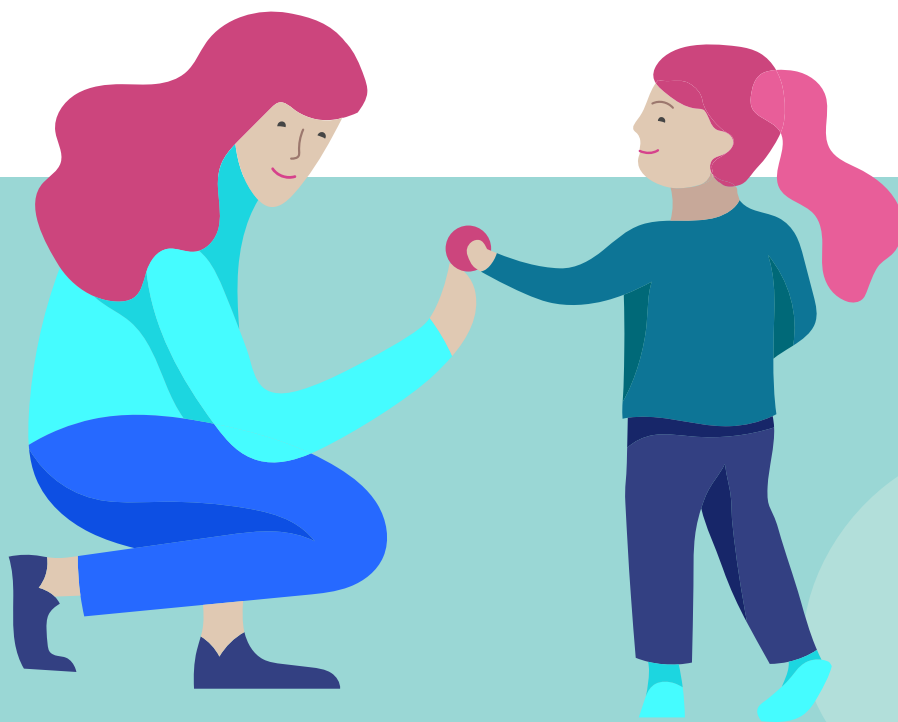
Myth #3: A Tummy Tuck Is A Simple, Minor Surgery

A tummy tuck is not a minor surgery at all; in fact, it is a major surgery and will require a fair bit of recovery time. Like all major surgeries, there are risks involved which may be higher or lower depending on your individual health history. No matter the patient, your body will be healing for several weeks and seeing your complete results can take a few months. So you should beware of thinking going home the same day means seeing results the same day. Every tummy is different and the simplicity of a tuck not only



depends on your specific tummy, but also the type of tuck you choose to have. For example, extended tucks are much more involved and complex in comparison to mini tucks. Regardless of your ultimate tuck choice, do not think you will be up and able to return to work in the next few days.

Consulting with a qualified plastic surgeon is the best way to get your questions answered and put to rest any myths you may have heard. An experienced surgeon will know if a tummy tuck is right for you, and can help guide you in choosing the safest surgery aimed at delivering the results you desire. Please contact us at the Florida Center For Plastic And Cosmetic Surgery for more information or to schedule your consultation.



Dr. Jeffrey DeMercurio, MD



With more than a decade of experience in reconstructive surgery, Dr. Jeffrey DeMercurio is a trusted and well-respected medical professional. Dr. DeMercurio has earned five-star ratings from current and former clients, who consistently remark

on his compassionate demeanor and extensive knowledge in the field.

Licensed by the state of Florida, he is a member of the Volusia County Medical Society, and a candidate member of both the American Society of Plastic Surgeons, and the Southeastern Society of Plastic and Reconstructive Surgeons (SESPRS).

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