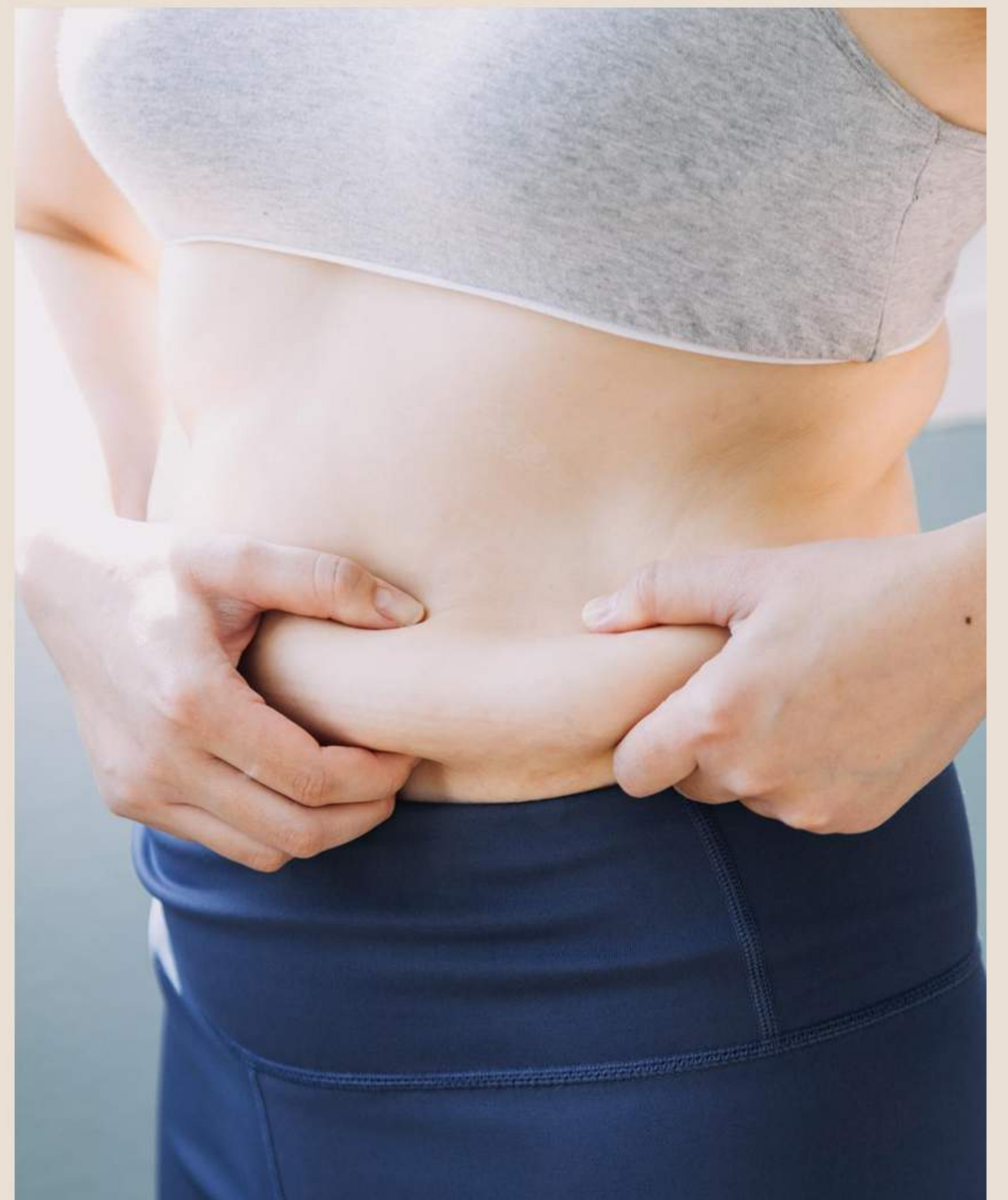


# ALL YOU NEED TO KNOW ABOUT **TUMMY TUCK** SURGERY

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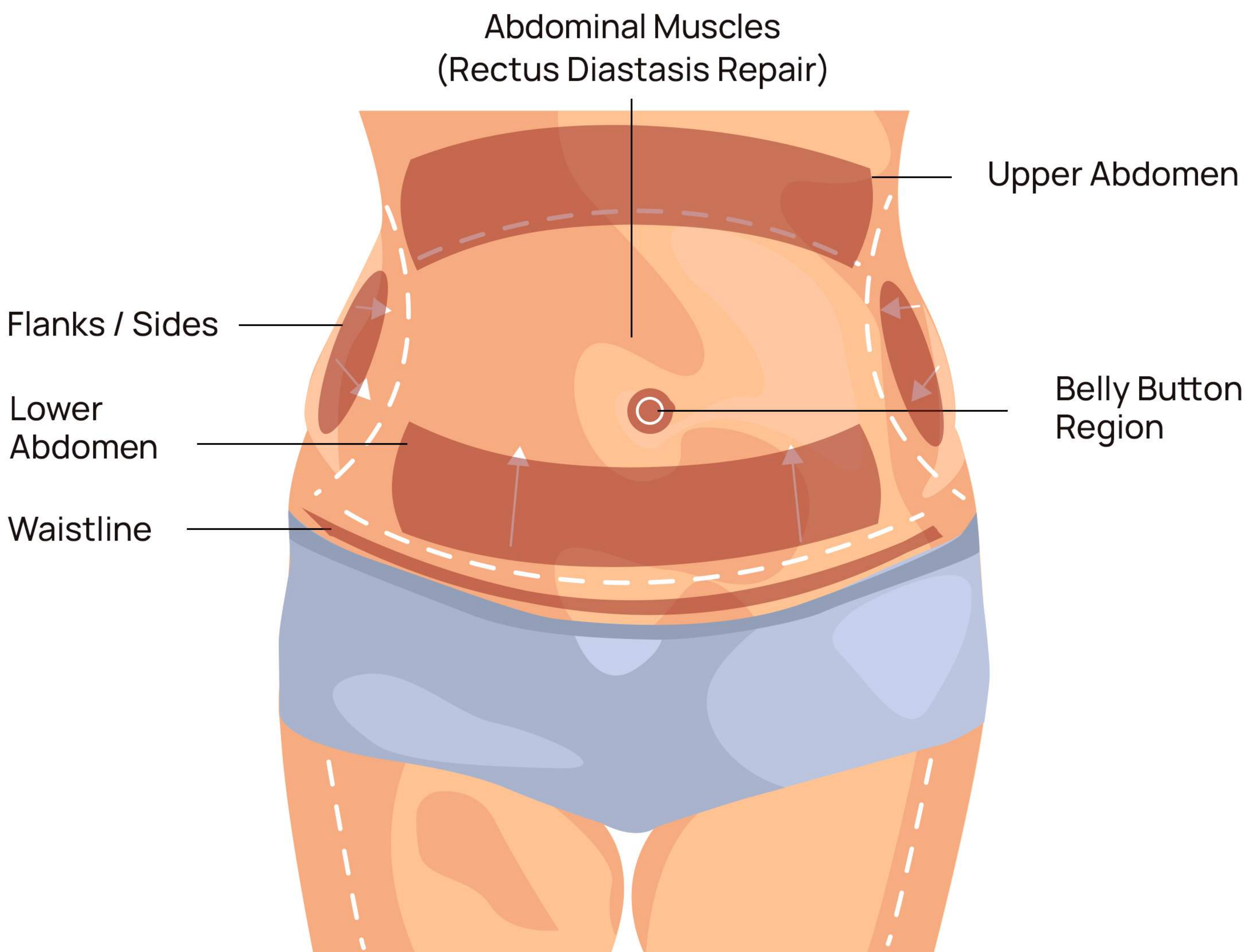
**Dr. Amit Gupta**

India's Most Trusted Plastic Surgeon



Tummy tuck surgery, or abdominoplasty, is a body contouring procedure designed to remove excess fat and sagging skin from the abdomen while tightening weakened or separated abdominal muscles. It is ideal for individuals who have loose skin due to pregnancy, weight fluctuations, or aging that cannot be addressed with diet or exercise alone.

## Target Areas for Tummy Tuck





## Candidate for Tummy Tuck

- ✓ You have loose or hanging abdominal skin.
- ✓ You've experienced significant weight loss or pregnancy-related changes.
- ✓ You want a flatter, firmer, and more contoured midsection.
- ✓ You have separated or weakened abdominal muscles.
- ✓ Your skin elasticity is poor in the abdominal area.

## What Tummy Tuck Can / Can't Do

### Tummy Tuck Can:

- ✓ Remove loose, sagging skin from the abdomen
- ✓ Tighten separated abdominal muscles
- ✓ Improve waistline definition
- ✓ Reduce the appearance of stretch marks (especially below the belly button)
- ✓ Boost self-image and body confidence

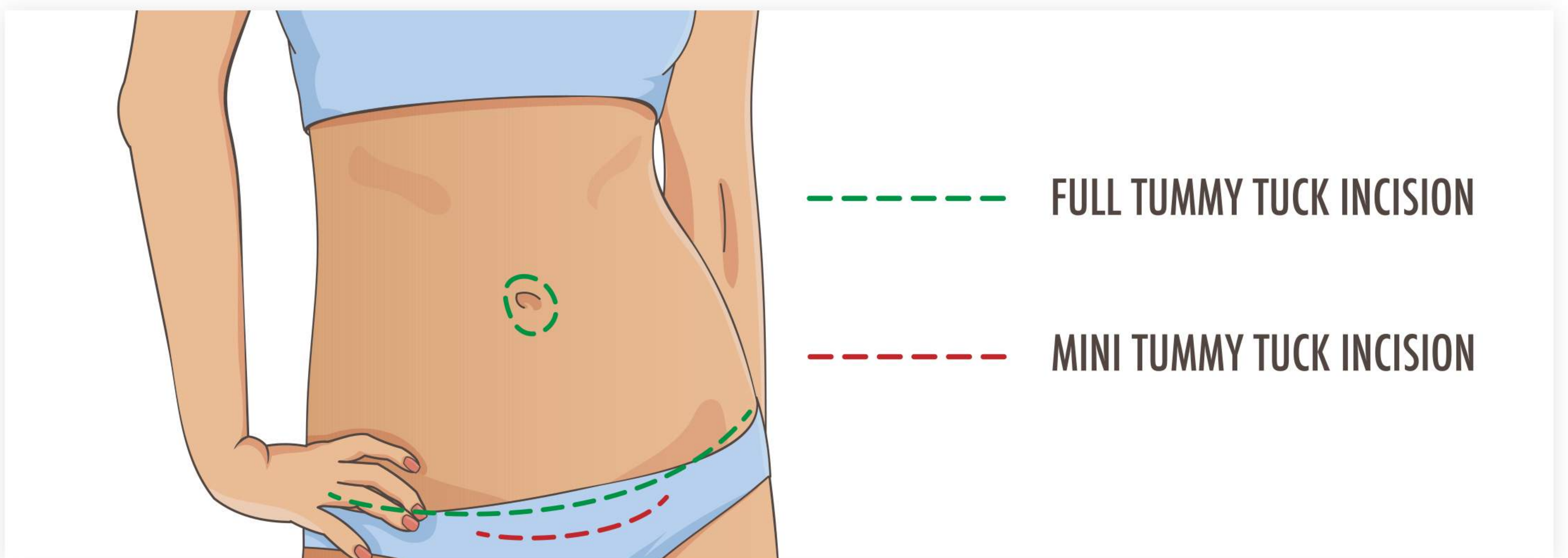
### Tummy Tuck Can't:

- ✗ Serve as a substitute for weight loss
- ✗ Correct internal obesity or visceral fat
- ✗ Maintain results without a healthy lifestyle



## ✨ What Sets Dr. Amit's Technique Apart:

- Combines High-Definition Liposuction with Tummy Tuck.
- Emphasizes muscle contouring and waistline narrowing.
- Custom-designed to match each patient's anatomy and goals



## Procedure of Tummy Tuck Surgery



### Anesthesia

Administered as general anesthesia for patient comfort

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### Incision

A horizontal incision is made between the pubic hairline and belly button; placement is discreet to be hidden in underwear lines



## Muscle Repair & Skin Removal



Separated abdominal muscles are sutured back together.

Excess skin and fat are removed, and the belly button is repositioned if needed.

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## Sculpting & Closure



Dr. Amit enhances definition through liposuction if required.

Incisions are closed with precision to support optimal healing and minimal scarring.

## Procedure of Tummy Tuck Surgery

- Most patients can return home the **same day or next day** post-surgery
- **Moderate discomfort** is expected for the first 72 hours; managed with prescribed medication
- **Swelling and tightness** may last 2-3 weeks
- **Desk jobs** can usually be resumed within 7-10 days
- **Strenuous activity** should be avoided for 4-6 weeks



- A **compression garment** must be worn for 6-8 weeks to support healing and maintain the sculpted contour
- Full results become visible as swelling subsides, typically within **2-3 months**

TUMMY TUCK WITH 360° VASER LIPOSUCTION



TUMMY TUCK SURGERY



TUMMY TUCK SURGERY WITH 360° VASER LIPOSUCTION



TUMMY TUCK SURGERY WITH 360° VASER LIPOSUCTION



TUMMY TUCK WITH 360° VASER LIPOSUCTION



EXTENDED TUMMY TUCK WITH 360° VASER LIPOSUCTION



TUMMY TUCK WITH 360° VASER LIPOSUCTION



TUMMY TUCK WITH 360° VASER LIPOSUCTION

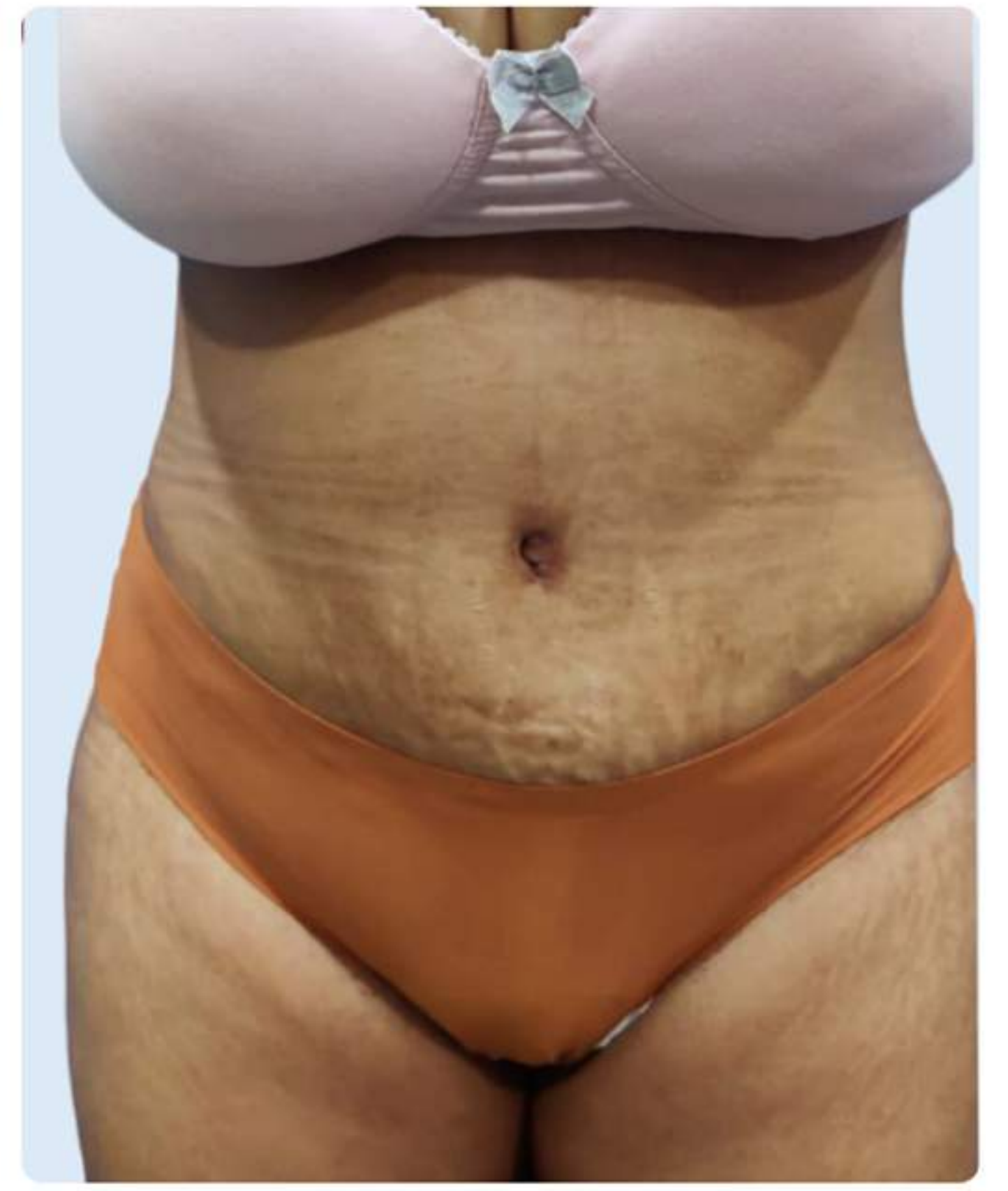




TUMMY TUCK WITH 360° VASER LIPOSUCTION



TUMMY TUCK WITH 360° VASER LIPOSUCTION



## Dr. Amit Gupta

Super Specialist Plastic & Aesthetic procedure



Dr. Amit Gupta has completed all his training from MAMC, Delhi, and has completed his Fellowships in Cosmetic Procedure from Europe & Brazil. He has a total experience of more than 23 years and has done more than 26000 procedures. Help and guide over 10000+ patients every year.

Dr. Amit Gupta is a well-renowned plastic surgeon in India who was trained in Brazil. He treats 1000+ patients every year from all across the globe. He has graduated from the prestigious Maulana Azad Medical College in Delhi. Dr. Amit Gupta completed his post-graduation in General Surgery and has a super specialization in plastic procedure from the same institute.

**To book an appointment**



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