

## COSMETIC PLASTIC SURGERY: Procedures at a Glance

This brochure offers a general overview of cosmetic surgery procedures. Some of these cosmetic procedures, however, may also fulfill true medical needs. You should understand that the circumstances and experience of every individual will be unique.

If you're considering cosmetic plastic surgery, please ask Dr. Pensler for further information about the particular procedure and what to expect.

In addition, please note that all surgery carries some uncertainty and risk, including the possibility of infection, bleeding, blood clots and adverse reactions to the anesthesia. You can reduce your risks by closely following Dr. Pensler's advice, both before and after surgery.

*A flat stomach is important to a physically fit appearance. However, a healthy diet and regular abdominal workouts can sometime do little to eliminate accumulations of excess fat and loose, sagging skin in the abdominal area. If you are bothered by these appearance problems, abdominoplasty (also called a tummy tuck) may be a good choice for you.*

*Abdominoplasty is designed to firm and smooth the abdomen. This cosmetic procedure removes excess skin and fat from the abdomen and may also tighten the muscles of the abdominal wall. The result is a flatter, tighter abdominal profile.*

### **ABDOMINOPLASTY**

*(Tummy Tuck)*

**Procedure:** Flatten abdomen by removing excess fat and skin and tightening muscles of abdominal wall.

**Length:** 2 to 5 hours.

**Anesthesia:** Usually local with sedation.

**In/Outpatient:** Usually outpatient.

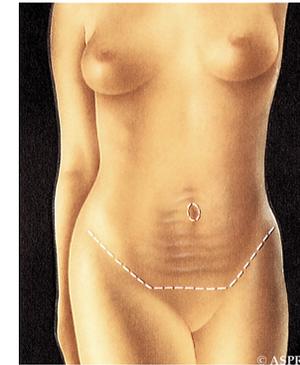
**Side Effects:** Temporary pain; swelling; soreness; numbness of abdominal skin; bruising; tiredness for several weeks or months.

**Risks:** Blood clots; infection; bleeding under the skin flap; poor healing resulting in conspicuous scarring or skin loss; possible need for a second operation.

**Recovery:** *Back to work:* 1 to 3 weeks. *More strenuous activities:* 4 to 6 weeks or more. *Fading and flattening of scars:* 3 months to 2 years.

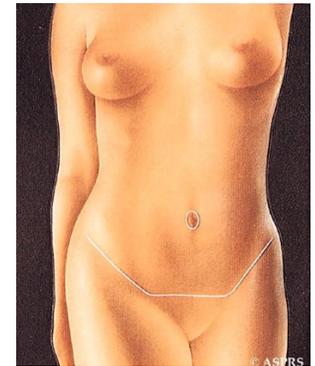
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Generally, a horizontal incision is placed just within or above the pubic area. The length of the incision varies by patient depending on the amount of skin to be removed. In patient with larger amounts of loose skin, a second incision may be made around the navel. Excess skin above the navel is separated from the deeper tissues so it can be pulled downward and removed.

After a few months, your incision will begin to fade and you'll see a truer picture of the final result of the surgery.



### ***Are there other options?***

Traditional abdominoplasty isn't the best choice for everyone. Dr. Pensler will advise you if either of these other options will work well with your anatomy and meet your surgical goals.

**The "mini" abdominoplasty** – This procedure may benefit you if you are primarily dissatisfied with the appearance of the abdominal area below the navel. A mini abdominoplasty requires only a short horizontal incision and no navel incision. It's important to realize, however, that the mini abdominoplasty will not correct loose skin above the navel.

**Liposuction alone** – If you have good skin elasticity and muscle tone, liposuction alone may be used to remove abdominal fat. This alternative may appeal to patients who are planning to become pregnant in the future.