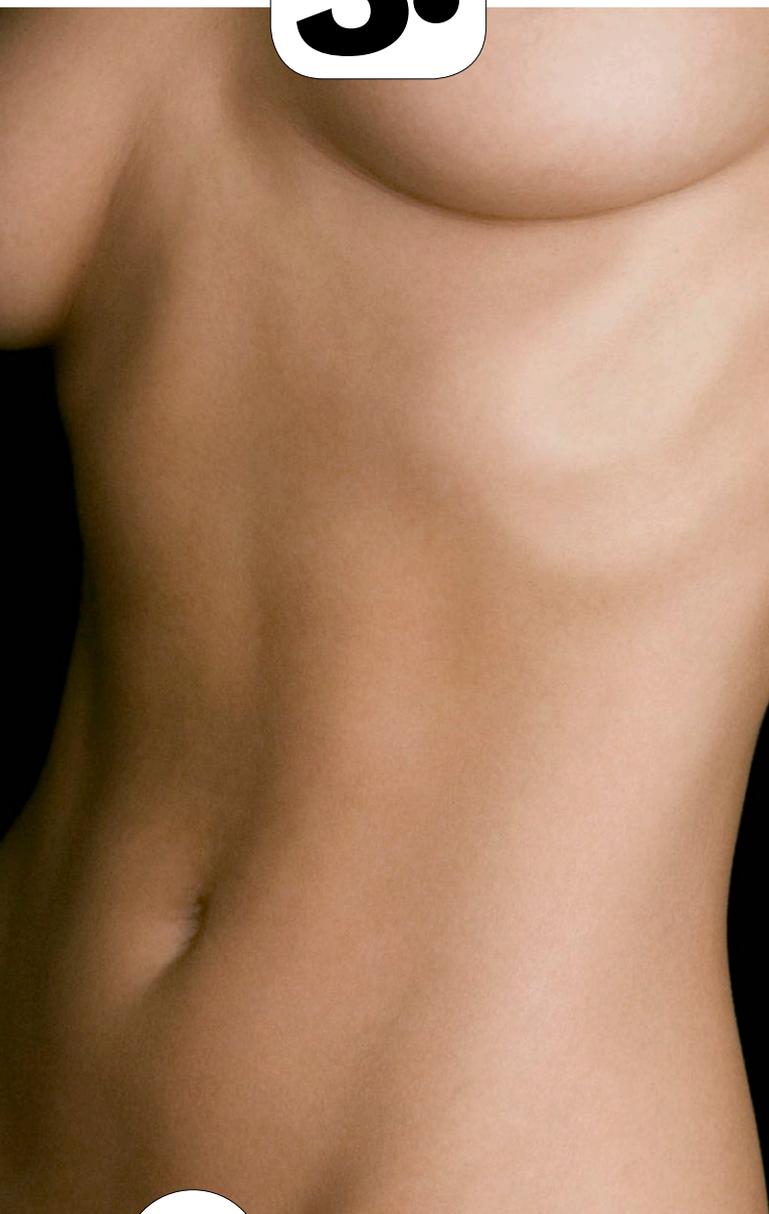


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Tummy Tuck



MURRAY BEAGLEY
TUMMY TUCK

MURRAY BEAGLEY is a Remuera-based Plastic and Reconstructive Surgeon, where he has practised for the last eight years. He works in both the private and public sectors, incorporating a wide range of cosmetic and reconstructive surgery, including complex hand and genital reconstruction. He says tummy tuck (abdominoplasty) surgery is a commonly performed procedure and can produce dramatic and life-changing results. However, this is significant surgery and should not be underestimated in terms of the operation nor the recovery time.

Q&A

WHAT HAPPENS IN THIS PROCEDURE?

All the flabby excess skin from the pubic region up to the belly button is removed, and the six-pack muscles beneath are sewn together and tightened up. The procedure is tailored to suit each patient and may include liposuction. Surgery usually takes about three hours, sometimes longer if there is a lot of fat between the skin and the muscle.

WHAT BENEFIT CAN BE EXPECTED?

In most cases the benefits are multiple – people look better, they feel better and they enjoy a huge self confidence boost. Imagine the buzz when a bikini can be worn at the beach for the first time in years!

WHAT ARE THE RECENT DEVELOPMENTS OR IMPROVEMENTS IN HOW THIS IS DONE?

The use of quilting sutures is a relatively recent technique in tummy tuck surgery. These deep sutures attach the skin flap to the underlying muscle allowing for a greater definition of the abdominal wall. Quilting does take extra time, but it is time well spent, in addition to allowing better contouring it also minimises the risk of developing a seroma (collection of fluid) in the wound, a potential complication of this surgery. Dissolvable staples are now routinely used beneath the skin which allows for a faster wound closure, lessening the time required for anaesthetic.

ABOUT HOW MUCH DOES IT COST?

The price ranges between about \$15,000 and \$17,000. Patients usually spend two nights in hospital after surgery and have to lie low for a couple of weeks after.