



Dr Mansi Dhende
Aesthetics

The only guide you need

Tummy Tuck

Dr. Mansi Dhende

Board Certified Plastic Surgeon,
Dr. Mansi Dhende Aesthetics, India
MCh Plastic Surgery,
MS General Surgery, MBBS

© Copyright Dr. Mansi Dhende Aesthetics



What's Inside



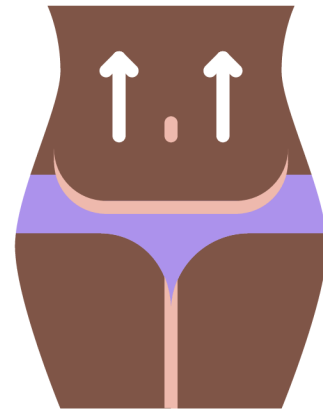
Tummy Tuck Explained	03
Am I a good candidate?	04
Planning your surgery	05
Frequently asked questions	08
About your Surgeon	12
Our Patients' Before and After Photos	13
You're Almost There: Your Next Steps...	14

General Disclaimer: Outcomes vary based on individual patient conditions and can be influenced by several factors including lifestyle, weight, diet, and overall health. Please consult your Consultant Plastic Surgeon for specific details. This information is intended for general purposes only and does not constitute medical advice or establish a doctor-patient relationship. Potential risks and complications of surgery will be thoroughly discussed during a consultation with your Plastic Surgeon. Photography Disclaimer: Unless marked with a copyright notice and the Surgeon's or Clinic's name, our photographs or images are licensed stock photography and not of actual patients. Dr. Mansi Dhende Aesthetics disclaims any liability for any consequential damages arising directly or indirectly from this multimedia content. © Copyright 2021.

What is Tummy Tuck ?

A Tummy Tuck, also known as abdominoplasty, is a surgical procedure aimed at improving the appearance of the abdomen. This procedure involves removing excess skin and fat from the abdominal area and tightening the muscles to create a smoother and firmer profile.

A Tummy Tuck is a cosmetic surgery that removes excess skin and fat from the abdomen and tightens the abdominal muscles. This procedure is often sought by individuals who have experienced significant weight loss or pregnancy, which can leave behind loose skin and weakened muscles.



Tummy Tuck Surgery Can Help To:

- Remove excess skin and fat from the abdomen
- Tighten and repair weakened or separated abdominal muscles
- Improve the contour and appearance of the abdominal area
- Enhance self-confidence and body image



When to Consider Tummy Tuck ?

You may be a good candidate for Tummy Tuck if you:

- Have excess abdominal skin and fat that does not respond to diet and exercise
- Have weakened or separated abdominal muscles
- Are in good overall health and at a stable weight
- Do not smoke, or are willing to quit smoking prior to surgery
- Have realistic expectations about the outcome of the surgery



Common Reasons for Wanting Tummy Tuck

You may consider Tummy Tuck Surgery if you:

- Have excess abdominal skin following significant weight loss or pregnancy
- Experience discomfort or skin irritation due to loose abdominal skin
- Desire a flatter, more toned abdominal appearance
- Are looking to improve your self-esteem and body image



Areas Which Can Be Treated with Tummy Tuck

- Abdomen and waist
- Flanks (love handles)

Surgery Checklist

Before deciding on your surgeon or proceeding with Tummy Tuck, consider these important questions:

- Is my plastic surgeon highly skilled, with an MCh or DNB (Plastic and Reconstructive Surgery) qualification recognized by the National Medical Commission (previously Medical Council of India), respective State Medical Council and board-certified by IAAPS/ APSI ?
- Will my Tummy Tuck Surgery be performed in a fully accredited hospital?
- Am I in good health and do I maintain a nutritionally healthy lifestyle?
- Do I have realistic expectations about what Tummy Tuck Surgery can achieve?
- Am I choosing to have surgery for the right reasons and at the right time?
- Am I willing and able to undergo an initial recovery period of approximately 4-6 weeks?
- Do I have someone (a friend, partner, or relative) who can assist me during my recovery, and am I patient enough to wait until all the swelling subsides before seeing my final results?

Customized for You:

Individual Surgical Journey: Everyone's surgical journey is different, and your exact process may vary from the general details provided.

Customized Approach: Your plastic surgeon will tailor the Tummy Tuck surgery to suit your specific aesthetic need, desired outcomes, and the approach that will yield a natural, long-lasting result.

For more information on the process of a Tummy Tuck surgery or any other questions, please contact us at +91-9958513448.

Surgical Process

Anaesthesia

- The procedure is typically performed under general anesthesia.

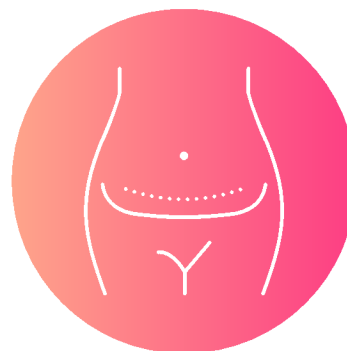
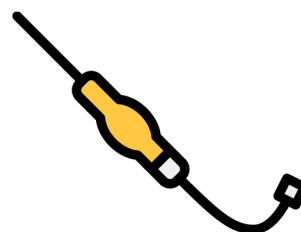
Incision

- A horizontal incision is made between the pubic hairline and the navel. The length of the incision depends on the amount of excess skin.



Repair and Excess Skin Removal

- The abdominal muscles are tightened, and excess skin and fat are removed.



Incision Closure

- The incisions are closed with sutures.

Customized for You:

Individual Surgical Journey: Everyone's surgical journey is different, and your exact process may vary from the general details provided.

Customized Approach: Your plastic surgeon will tailor the Tummy Tuck surgery to suit your specific aesthetic need, desired outcomes, and the approach that will yield a natural, long-lasting result.

For more information on the surgical process of a Tummy Tuck surgery or any other questions, please contact us at +91-9958513448.

Post-Operative Recovery

- **Initial Recovery:** The initial recovery period typically lasts 1-2 weeks. You may experience swelling, bruising, and discomfort during this time. Take adequate rest.
- **Activity Restrictions:** Avoid strenuous activities and heavy lifting for at least 4-6 weeks.
- **Compression Garments:** Wear compression garments as instructed by your surgeon to minimize swelling and support healing.
- **Follow-Up Appointments:** Attend all scheduled follow-up appointments to monitor your progress and address any concerns.



Maintaining Results

Individual Variability:

Every patient is unique, and surgery results can vary.

It is important to work collaboratively with your surgeon and maintain realistic expectations.

Factors Impacting Results:

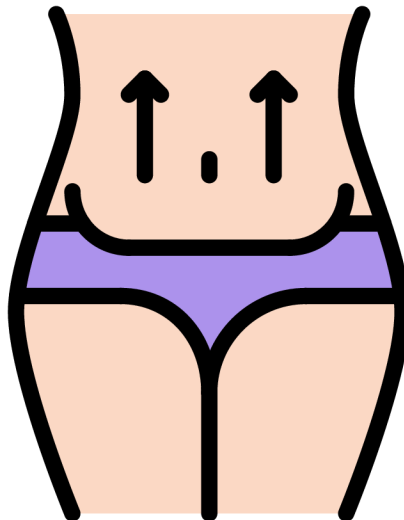
Your results from Tummy Tuck may be affected by fluctuations in weight, or Body Mass Index (BMI).

Longevity of Results:

To maximize the longevity of your Tummy Tuck results, maintain a healthy, nutritious lifestyle.

Benefits of Tummy Tuck

- Achieve a smoother, more toned abdominal appearance.
- Remove excess skin and fat that doesn't respond to diet and exercise.
- Repair of weakened or separated abdominal muscles.
- Improve your body contour and proportions.
- Enhance your self-confidence and body image.



Does Tummy Tuck Hurt?

Expected Discomfort: Most surgeries involve some discomfort and pain during the initial post-surgery healing periods. Discomfort levels vary for each patient due to several factors, including individual pain perception and sensitivity.

Managing Pain: Pain during the healing period, particularly in the days immediately following surgery, is generally manageable by following your surgeon's recommendations and post-operative instructions precisely.



What Steps Can Be Taken to Minimize Pain?

Our approach to recovery focuses on getting you back to your normal life as soon as possible. We are dedicated to keeping you as comfortable as possible during your pre-operative sessions, surgical procedure, and healing and recovery period following surgery.

When Can I Return to Work After Surgery?

Recovery time before returning to work or daily activities like driving varies based on the procedure and the nature of your job. Generally, patients can return to work within 2-3 weeks following surgery. Those with physically demanding jobs may need more time. It is advisable to allow 4-6 weeks for adequate healing before resuming activities like heavy lifting or strenuous exercise.



Do I Need to Avoid Exercise?

Recommended Waiting Period: Your plastic surgeon typically advises waiting at least 6-8 weeks before resuming strenuous exercise.

Consult Your Surgeon: Always consult your surgeon before returning to any form of exercise or similar activities to ensure a safe recovery.

Will I Need to Stay in the Hospital Overnight After Surgery?

An overnight hospital stay may be required for this procedure to ensure patients are properly monitored and receive high-quality care. Your plastic surgeon will provide specific advice regarding the length of your hospital stay and your post-surgery care requirements.

Will Pregnancy Affect My Tummy Tuck Results?

Yes, pregnancy can affect your Tummy Tuck results. Pregnancy often leads to weight fluctuations and changes in body shape, which can impact the appearance of your body shape. It is generally recommended to undergo a Tummy Tuck procedure after you have completed your family planning to ensure long-lasting results.

How soon after surgery can I expect to see results?

While each patient is unique, results are typically visible after sometime. However, it generally takes 4-6 weeks for swelling to subside, providing a clearer view of the final outcome once the healing and recovery period is complete.

Any advice on my smoking habit?

Stop Smoking Prior to Surgery and After Surgery.

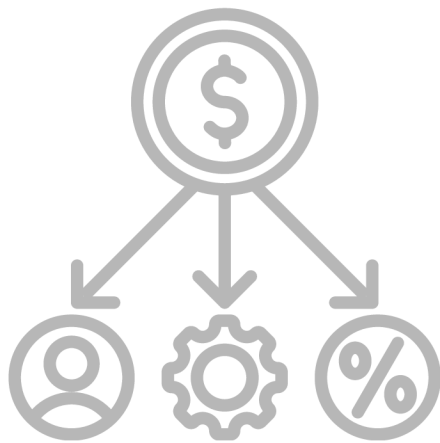
Impact on Healing: Smoking decreases oxygen delivery to skin, impacting healing. Patients must stop smoking at least 6 weeks before surgery and after surgery.

How long will my Tummy Tuck results last?

To maintain the results of Tummy Tuck, it is crucial to follow a healthy diet and exercise regimen to avoid significant fluctuations in BMI and health.

How Much Will My Tummy Tuck Surgery Cost?

The cost of your surgery will vary based on the type of procedure, the hospital, and the length of your hospital stay. During your initial consultation, you will receive an approximate price range for your surgery.



Do You Still Have Unanswered Questions?

For more information about your Tummy Tuck journey, talk to our expert plastic surgeon at +91-9958513448. We are happy to answer any questions you may have.



What Can I Expect at My Initial Consultation?

During your initial appointment with your plastic surgeon, you will typically:

- Undergo a physical examination.
- Have your photos taken.
- Review Before and After photos from past patients.
- Learn more about your surgical options.
- Receive detailed information about your selected surgery options.
- Discuss the possible risks and complications associated with surgery.
- Get information about surgery pricing and available dates.
- Have the opportunity to ask questions; feel free to bring a friend or family member for support.

About Dr. Mansi Dhende

Dr. Mansi Dhende

MCh Plastic & Reconstructive Surgery,
MS General Surgery,
MBBS

Dr. Mansi Dhende (MBBS, MS General Surgery and MCh Plastic Surgery) is a Board-Certified Female Plastic Surgeon in Delhi. Her first talk in the field of plastic surgery was on the “applications of tissue expanders”. She is an active Life member of Indian Association of Aesthetic Plastic Surgeons (IAAPS), only representative organisation of qualified Plastic Surgeons practicing Aesthetic Plastic Surgery (Cosmetic Surgery).

She has been trained by the reputed faculties in the field of General Surgery (MS) & experts in plastic, aesthetic and reconstructive surgery (MCh).

After completing her formal education as a plastic surgeon, she joined various fellowship programs to refine her skill set in Plastic and Aesthetic Surgery.



Area of Expertise

Dr. Mansi Dhende is a trusted professional in the plastic & aesthetic surgery field, offering a comprehensive range of surgical and non-surgical procedures tailored to meet the unique needs of each patient.

Dr. Mansi Dhende specializes in aesthetic transformative procedures, including breast augmentation, breast reduction, mommy makeovers, liposuction (male & female), tummy tucks, hair transplants, brow lifts, facelifts, body contouring, gynecomastia, buccal fat removal, buttocks augmentation, as well as non-surgical treatments such as neurotoxins, dermal fillers, and thread lifts.

Visit us to see the results



Schedule a confidential consultation with Dr. Mansi Dhende (Plastic Surgeon) by phone or by sending us an enquiry via our website.



Phone: +91-9958513448.



Website: www.drmansidhendeplasticsurgeon.com



Clinic Address: Aartas CliniShare, 18A, Ring Rd, Vikram Vihar, Lajpat Nagar IV, New Delhi, India - 110024



@drmansidhendeplasticsurgeon

General Disclaimer: Outcomes vary based on individual patient conditions and can be influenced by several factors including lifestyle, weight, diet, and overall health. Please consult your Consultant Plastic Surgeon for specific details. This information is intended for general purposes only and does not constitute medical advice or establish a doctor-patient relationship. Potential risks and complications of surgery will be thoroughly discussed during a consultation with your Plastic Surgeon. Photography Disclaimer: Unless marked with a copyright notice and the Surgeon's or Clinic's name, our photographs or images are licensed stock photography and not of actual patients. Dr. Mansi Dhende Aesthetics disclaims any liability for any consequential damages arising directly or indirectly from this multimedia content. © Copyright 2021.

Schedule Your Consultation

Schedule a confidential consultation with Dr. Mansi Dhende (Plastic Surgeon) by phone or by sending us an enquiry via our website.



Phone: +91-9958513448.



Website: www.drmansidhendeplasticsurgeon.com



Clinic Address: Aartas CliniShare, 18A, Ring Rd, Vikram Vihar, Lajpat Nagar IV, New Delhi, India - 110024



Follow our online community

Follow @drmansidhendeplasticsurgeon on Instagram for more information, insightful updates and real patient before and after images.

General Disclaimer: Outcomes vary based on individual patient conditions and can be influenced by several factors including lifestyle, weight, diet, and overall health. Please consult your Consultant Plastic Surgeon for specific details. This information is intended for general purposes only and does not constitute medical advice or establish a doctor-patient relationship. Potential risks and complications of surgery will be thoroughly discussed during a consultation with your Plastic Surgeon. Photography Disclaimer: Unless marked with a copyright notice and the Surgeon's or Clinic's name, our photographs or images are licensed stock photography and not of actual patients. Dr. Mansi Dhende Aesthetics disclaims any liability for any consequential damages arising directly or indirectly from this multimedia content. © Copyright 2021.