



Actual Patient



Actual Patient

Tummy Tuck

For Men & Women

by Dr Fee Lai

MBBS (Uni NSW) FRCS (Ed) FRACS

sydneytummytuck.com.au

02 9222 9333

special report

on

Tummy Tuck

by

Dr Fee Lai

MBBS(Uni NSW) FRCS(Ed) FRACS

Specialist Cosmetic Plastic Surgeon

(Recognised by The Australian Health Insurance Commission)

Member of The Australian Society of Plastic Surgeons
and Australasian Society of Aesthetic Plastic Surgeons



Phone 02 9222 9333

Suite 3 Level 8

187 Macquarie Street

Sydney NSW 2000

Phone 02 9689 2244

Shop 12, Westfield Shoppingtown

Cnr Aird & Marsden Streets,

Parramatta 2150

www.sydneytummytuck.com.au

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Dr Fee Lai

Dr Lai graduated in Medicine from the University of NSW in 1972. After internship he trained in General Surgery. Following further examinations, he was awarded in 1978 Fellowship of the Royal Australasian College of Surgeons and Fellowship of the Royal College of Surgeons of Edinburgh. He was then recognised as a specialist surgeon by the Health Insurance Commission of Australia.



Dr Lai undertook further training in Plastic Surgery for another three years in Sydney and in Bristol in the United Kingdom. He returned to Sydney in 1982 and started private practice in Plastic Surgery. He was also appointed as Visiting Plastic Surgeon to Westmead Teaching Hospital, Concord Teaching Hospital and Auburn District Hospital. He practised reconstructive as well as cosmetic plastic surgery during the early years.

Just over ten years ago Dr Lai changed his practice profile by performing only cosmetic plastic surgery.

The tummy tuck is an operation Dr Lai performs regularly. He has written this latest and updated comprehensive report for women and men who want to have the tummy tuck operation.

This report has been compiled from Dr Lai's 25 years of experience in the Tummy Tuck. After reading this report you should have a very clear idea of this procedure. Reading this report should be an important part of your preparation for the tummy tuck.

Remember that if you wish to have the operation, you must still organise an appointment to see Dr Lai. The phone numbers are (02) 9222 9333 for City or (02) 9689 2244 for Parramatta office.

Welcome

to this Special Report on Tummy Tuck (known as Abdominoplasty in medical language).

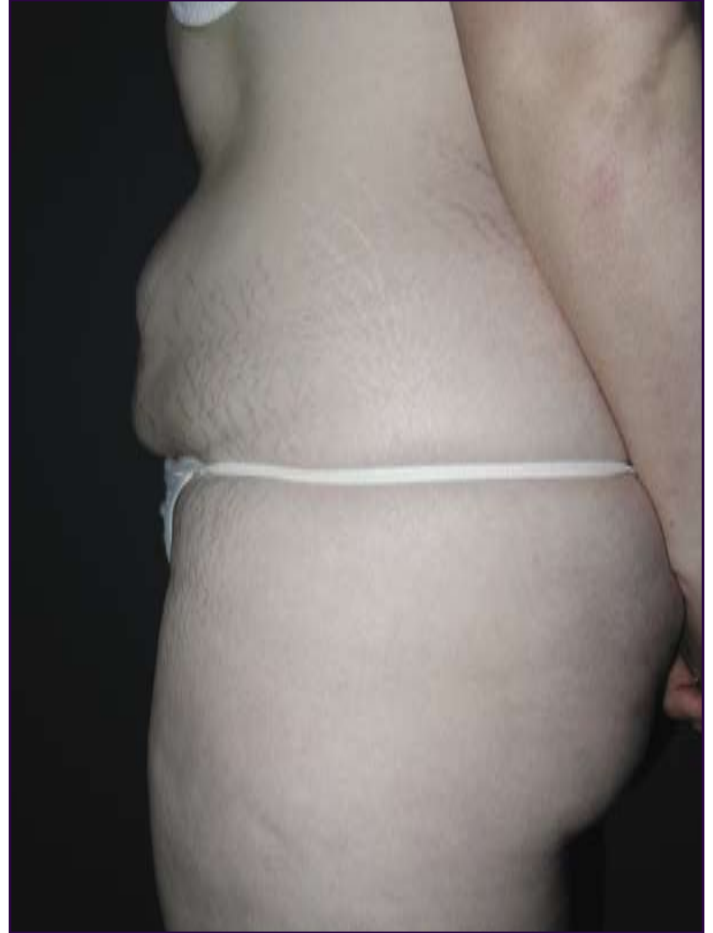
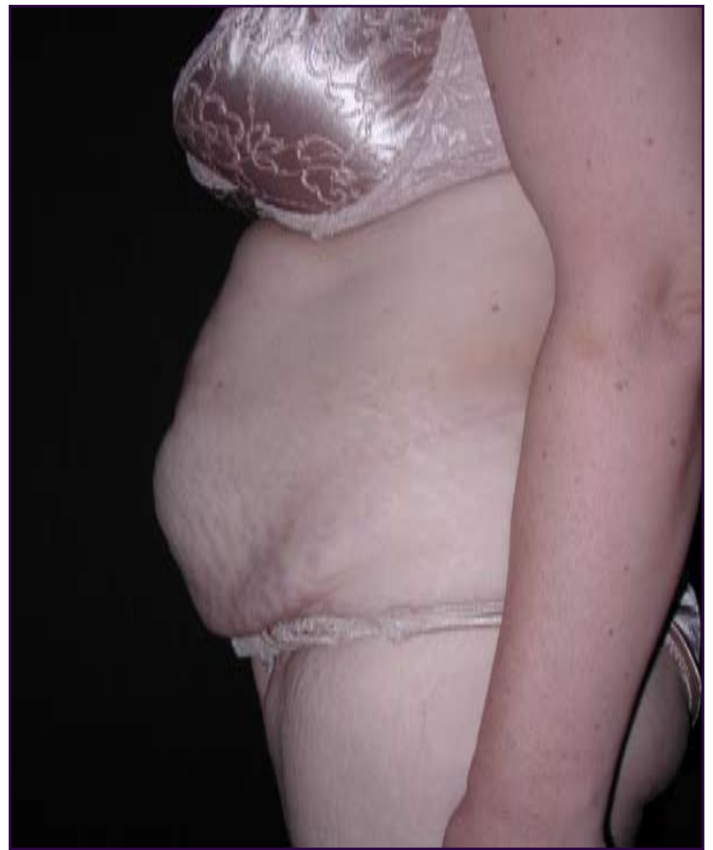
First, please let me introduce myself. My name is Fee Lai and I have been a registered Specialist Plastic Surgeon for twenty five years. I perform cosmetic plastic surgery only and the Tummy Tuck (Abdominoplasty) is one of the operations I carry out regularly.

You are reading this report probably because you may look

like this



or.... like these!!



or WORSE STILL



like these!!



Why you need or want a tummy tuck?

Yes you have a belly apron. Or just loose tummy skin. This has been caused by your pregnancies. Or from putting on and losing weight.

This skin is covered in stretch marks and you really hate the look of it.

Then there is that ugly muffin roll of wobbly floppy skin. You know you can't hide this under any fitting dress. Worse still, when you wear your pants, it rolls up like a spare tyre. You probably can't stand looking at yourself in the mirror. And you tend to wear large, loose clothing just to hide the rolls!

You don't like wearing swimming costumes and avoid going to the beach. Or sit by the pool in front of your friends. You may also feel sexually unattractive in front of your partner. Your confidence is lost. Your self esteem is low or probably shot!

Underneath the belly apron it is often sticky and sweaty. As a result rashes appear and it becomes red and annoyingly itchy. Baby powder is used to relieve this. Then this area also smells! Spray on or roll on deodorants are used to hide the odour.

Then your friend with all good intentions tell you to go to the gym. These 'experts' tell you to do all sorts of 'belly toning' exercises there!

After weeks or months exercising your heart out, you may lose some weight. Your tummy muscles might tone up. But when you get on the treadmill or step up on your cross-trainer, your belly still flops up and down! Yuck!

You may get desperate and start looking for the magic cure without surgery. Some of you may have tried the 'belt around your belly' vibrating machine. No surprise, after a numerous sessions your belly still wobbles all over. Others try the 'suction and rolling' machine for months. Again, as expected, the muffin rolls are still there.

Other unusual methods some of you may have tried include 'body wraps' muscle stimulating or ultrasonic machines. As expected there are little if any results to talk about.

A few of you may have tried mesotherapy. Or even liposuction alone. Yes, there may be a reduction in the fat bulk but that loose wobbly skin stays. It may even be looser and often it looks even worse!

Yes, over the years I have heard these complaints time and time again from my potential tummy tuck patients. Some become dejected or depressed. A few have become desperate enough to take pills for their depression. I hope you haven't gone down this direction.

You can't escape the fact that your belly apron or loose tummy skin is just like a deflated balloon. It never goes back to its original shape by itself. You have to accept that in order to have a flatter, tighter tummy you have to remove the belly apron or the loose tummy skin. This is the tummy tuck (abdominoplasty) operation.

Now here are some real photos of my tummy tuck patients.

From this



to this!



Before



After

From this



to this!



Before



After

The Results

This tremendous improvement you see after the tummy tuck happens in the vast majority of my patients.

You can see from the photos the belly apron or loose tummy skin is gone! On top of that most of the stretch marks have also disappeared after the tummy tuck.

Can you imagine these people feeling their tummy not only flatter but also tighter again? Some have been able to see their 'six pack' muscle again.

Can you also imagine my former patient's relief from the stickiness and sweatiness down there. No more dusting baby powder in these areas ever again! How about not feeling itchy or looking red underneath with no more rashes? Just imagine their relief also from not being smelly underneath there any more. No more buying expensive deodorants to spray-on there any more.

Can you also sense how good they feel about themselves. Especially walking into a dress shop to buy new nice fitting dresses. The tummy has got its nice shape back. No more muffin skin rolls or spare tyres! Just picture how they like looking at themselves in the mirror again. Imagine them regaining their self confidence. As well as an amazing boost in their self confidence. No more having to wear large loose clothing to hide that belly apron and loose tummy skin.

Can you picture them in their new swimwear and returning to the beach with their families and friends. They enjoy their summers again and like attending pool parties just like before. They also feel sexually attractive towards their partners again. This is despite the scar from the surgery.

Yes, all these changes are possible in the tummy tuck patient. I have seen them regularly in my twenty five years as a specialist plastic surgeon.

From this



to this!



Before



After

Your Personal Consultation with Dr Lai.

I hope by the time you see me, you would have read this Special Report. If you have, you should have a basic idea about the operation, risks, benefits, potential complications, expected results, preparing for surgery and aftercare.

You will be asked about your reasons for wanting the procedure and what your expectations are. I will also want to know about your past surgical history and general medical history. A routine physical examination will be carried out and clinical photographs taken.

The whole procedure will be discussed with you including risks, benefits, potential complications and expected results. A written quote will be given to you informing you of the total cost.

Now I would like to give you more information about the tummy tuck. So please read on.

From this



to this!



Before



After

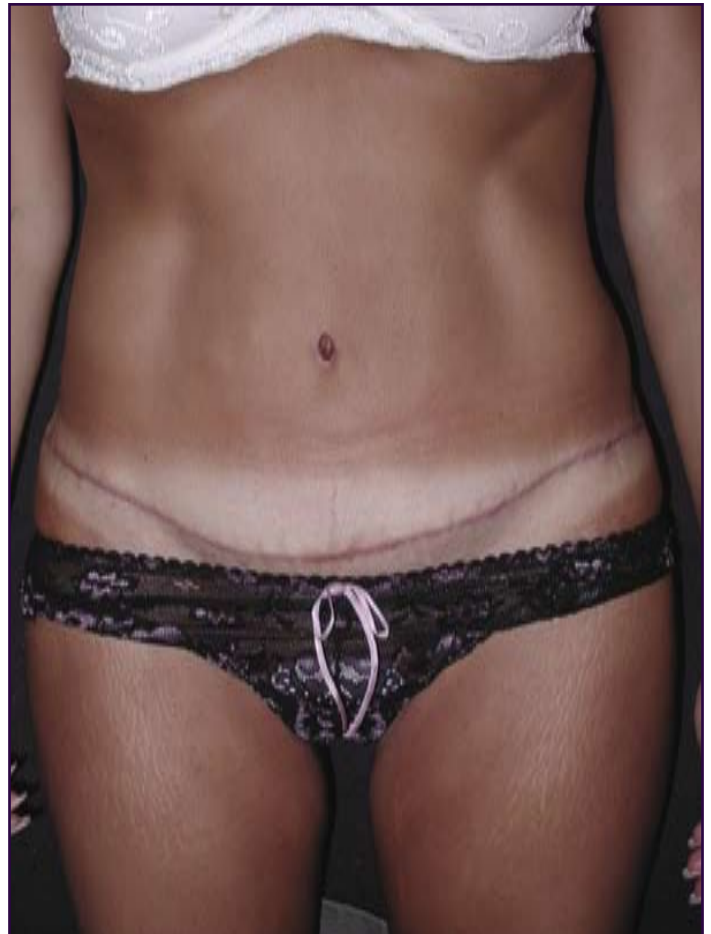
From this



to this!



Before



After

How is the Operation performed?

I won't go into details but explain it as simply as possible.

- The operation is carried out under a **General Anaesthesia** (completely asleep) in a licensed operating theatre in a hospital.
- The **incision** (cut) is above the pubic area in a horizontal direction. It extends to the hips on each side. Sometimes a cut is necessary in the middle from the belly button down to the pubic area. You can see the **scars** in the photos.
- The skin is lifted from the muscle underneath and the extra skin is removed. The **belly button** is left attached to the muscles.
- The **muscle is tightened in the middle** with stitches as part of the operation. This is because the muscle has been stretched or split in the middle from pregnancy or putting on weight.
- The wound is then closed with dissolving stitches.

- A **'hole'** is made in the remaining skin for the **belly button** to pop up and be repositioned.
- Two tubes (**drains**) are also placed. **Drains** are small tubes put through the skin. One end is under the skin. The other end is in a suction container. Drains are used to suck out any fluid or blood under the skin.
- **Liposuction** is often carried out at the same time. This is performed to remove excess fat under the skin. Or it is performed to trim out any small pockets of fat that is remaining.
- The wounds are dressed and a pressure garment (**tummy binder**) for the tummy worn.

This is a very short description of the procedure. As simple as I can put it to you. Hopefully you now have an idea of how the operation is performed.



Before



After

What happens immediately after surgery and while you are in hospital?

- You will be nursed in bed in a semi-flexed position (pillows under knees and head and upper back raised). This is done to prevent extra strain on your wound.
- Pain control with medications will be given for your comfort. Sometimes patient controlled analgesia (PCA) is given. Here you are able to give yourself pain relief with a push of the button.
- Antibiotics are also given to you.
- You will wear special stockings to prevent deep venous thrombosis (clots in your legs).
- With the help of nursing staff, you are encouraged to walk to the toilet when the need arises. This is to decrease the chances of clots forming in your legs.
- Your wound is checked the next day. The drains are also checked at the same time. If there is little drainage (fluid or blood), the drains are removed, either just one or both.
- If all is well, you will be discharged from hospital on the third day. Antibiotics and pain killers will be prescribed.
- Follow up is in my rooms a week after discharge and at regular intervals after that.



Before



After

Limitations, Risks and Possible Complications

It would be absolutely irresponsible of me if I did not inform you about the limitations, risks and potential complications of the tummy tuck operation.

I sincerely believe that knowing about these would better prepare you for the procedure. And as a surgeon I am also better prepared because I am aware of them.

The great majority of tummy tuck operations turn out very well. However, it must be understood that there is no guarantee this will happen every time. Certain factors like the patient's skin's biological make up, wound healing and scarring are beyond the control of the surgeon.

Limitations of the Tummy Tuck.

- Some patients not only have extra skin of the tummy. The excess skin extends round to the back! Often this happens in the massive weight loss patient. In such cases a total body lift is indicated. This involves removal of skin from the back as well. The procedure could be performed either as a single or a two-stage procedure.
- When there are extensive stretch marks not all of them can be removed. Therefore some stretch marks will be left behind. But the overall result is still better than before the operation.

- Sometimes the muscles have been severely stretched. In such cases, no amount of tightening will give the desired result of a tighter tummy.
- Occasionally, the tummy skin varies in thickness in different areas. This may result in some unevenness in the skin, even after surgery.
- Some patients' expectations may be very high and unrealistic. Although very significant improvements are achieved, these patients are still dissatisfied.
- How long does the result last depends on how you age. If your skin's biological make-up is good, then you age slower and your results last longer. Of course, things like less sunbaking and good nutrition will also make your result last longer. And if you don't look after yourself for example by overeating and putting on weight, your results will for sure be affected.

In general, even if you age, your results from the tummy tuck would still be much better than if you did not have the operation.

It is important that you see me first, so that I can assess you as to whether you are a suitable candidate for the tummy tuck. This is from both the physical and psychological aspects.

Risks and Possible Complications

Like all things we do in life, there are always associated risks and possible complications. What I am about to disclose here is to make you aware of the possibilities.

Because the tummy tuck is a totally elective operation, you must be in good health before going ahead with the procedure. Eat healthily with plenty of fresh fruits and vegetables. Keep fit and have plenty of rest. If you have some illness, such as the flu just before the operation date, I will postpone the procedure until you have recovered.

I also believe in the role of nutritional supplements because the majority of the population do not have a decent diet. Anything to improve your health is a bonus. I believe in the optimal use of vitamins, minerals, antioxidants and phytonutrients to assist your wound healing and general recovery.

General Risks.

1. Smoking – This increases the risks of all potential complications. They include chest infections and poor wound healing. You should stop smoking three weeks before and three weeks after the operation.

2. Anaesthetic – A general anaesthetic (completely asleep) is used for you. Anaesthetic nowadays is very safe. But there are still some risks present, including death and brain damage. Fortunately this is extremely rare nowadays.
3. Chest Infection – There is a small risk of this because when your tummy is tightened, your breathing inwards becomes harder. If you are a heavy smoker or uncontrolled asthmatic you have increase risk of chest infection. Antibiotics are given as a precaution during and after the operation.
4. Deep Vein Thrombosis – This is due to blood clots developing in the leg. Not moving your legs is a common cause. The incidence is rare, but it can be life threatening. Precautions, like leg compression are used during the procedure. You will be wearing compression stockings post operatively, and it is important for you to move your legs as soon as you recover from your anaesthetic.



Before



After

Risks and Possible Complications, continued

Specific Risks

1. **Bleeding** – Although uncommon, bleeding can happen in the space between the skin and the muscle. If the bleeding continues blood clots can form, which is called a haematoma. The blood clots need to be removed. This is carried out under a general anaesthetic in the operating theatre. Very rarely is the bleeding severe and a blood transfusion needed. The final result of the tummy tuck is usually not affected by the bleeding.
2. **Infection** – This is not common. It can either affect the skin (which is called cellulitis) or the wound itself. If the infection is serious the wound will break down or there may be skin loss. If these are extensive, skin grafting may be necessary.
3. **Wound separation** – This again is rare and is due to poor healing. Typically this happens in heavy smokers and in diabetics. Again if the wound does not heal by itself, restitching or skin grafting may be necessary.
4. **Bruising** – This happens every time but settles usually after three weeks. The degree of bruising varies between individuals.
5. **Swelling** – This again is unavoidable after the tummy tuck. The majority of the swelling settles after three weeks. The rest settles by three months.
6. **Seroma** – This is fluid under the skin. It happens after the drains have been removed. Usually your body absorbs the fluid. Sometimes there is a very large amount of fluid present. This is detected as a splashing sensation. It will have to be removed by a syringe and needle in the rooms. The procedure may have to be repeated if the fluid gathers again. This is done weekly until the fluid secretion settles.
7. **Loss of Sensation (Numbness)** – This affects the area between the belly button and the scar. It happens every time after the tummy tuck, because some nerves are cut in the procedure. Sometimes the upper thighs also experience numbness. The numbness improved after six to nine months but is never the same like before. You must take care not to put a hot water bottle to the numb area, because a burn can happen without you knowing it.



Before



After

Risks and Possible Complications, continued

8. Asymmetry – Even before the operation your left side of the body is not the same as the right side of the body. If you look very carefully your belly button is also not exactly in midline.

This does not change after the tummy tuck. I find that often my patients' eyesight improve after surgery. This is because they look at themselves more critically after the surgery and tend to pick out minor imperfections.

9. Scarring – You would have seen from the photos that the tummy tuck scar goes from hip to hip and sometimes extends vertically downwards from the belly button to the pubic region. It may not be perfectly horizontal or even between left and right sides. Often the scar is red, raised and itchy. It will take at least nine to twelve months to start settling down.

Occasionally, the scar will continue to be red, raised and itchy well after nine months. This is a keloid scar and is usually treated with steroid injections (don't worry it won't make you a 'Mr Universe'). Silicone compression strips may also be used.

Still, my many former patients tell me they prefer the scar rather than the floppy,

wobbly sweaty flab of belly skin.

10. Pain – This is controlled immediately by injections of pain killers. Later on pain killing tablets are given for you to take. Usually, the pain is tolerable after one week without pain killers.

11. Tightness – You will experience this feeling because both the muscles and skin have been pulled tight. You will have to walk around bent over slightly for one to two weeks. Also, you will feel fuller faster when eating. I would advise you to eat smaller meals more frequently. This might be beneficial to preventing weight gain.

12. Redo Surgery – Occasionally, this is require to revise ugly scars where healing has been poor.

Again, I must emphasise that well over ninety percent of tummy tucks do very well. Less than ten percent will have minor problems related to wound healing and scarring. Only rarely are there disasters requiring skin grafting because of skin loss.

Overall, my tummy tuck patients have benefited tremendously from the operation. They prefer their scar much better than their belly apron or loose, flabby, wobbly, sweaty, red and smelly skin.



Before



After

Preparing for Surgery

1. General Health – You should be in the best of health before surgery. A diet rich in fruit, vegetables and lean meat is encouraged. Nutritional supplements containing multivitamins, trace minerals, phytonutrients and antioxidants in optimal doses are recommended. This is to promote better wound healing and recovery.

If you are unwell on or just before the day of the operation, your procedure will be postponed for about two to four weeks.

2. Your Medications – You must inform me about all medications you currently take. I may have to discuss with your local doctor about adjusting the medications if necessary.

Avoid blood thinning medications like aspirin, anti-inflammatory drugs, high doses of vitamin E or some herbal supplements three weeks before the operation.

3. Diabetics – If you are one, I will have to discuss with your local doctor or endocrinologist about adjusting your doses of medications if necessary.

4. Smoking – You should stop smoking three weeks before and three weeks after the procedure. Smoking increases the risk of chest and wound infection. It also impairs wound healing. If these happen, serious consequences can result.

5. Fasting – You must fast (no eating or drinking) six hours before the operation. The hospital will inform you in detail after you have booked for the operation.

6. Clothing – Bring loose fitting clothes with buttons on the front (blouses or men's shirts) so you don't have to lift your arms above your shoulders to slip into your

clothing. This is to avoid stretching your tummy tuck scars.

7. Time Off Work – You must be prepared to take at least two weeks off work if you have a 'desk job'. Naturally, you need more if heavy lifting is involved. I will discuss this with you personally.

8. Hospital Stay – A minimum stay of two days is recommended. This is because drains are removed either on the first or second day.

Recovery from the operation is more comfortable in hospital during the first couple of days. You have the nursing staff to help you around in the immediate recovery period.

Before



After



After Care

1. Dressings – Your dressing will be removed the following day and your wound inspected. A waterproof coating will be sprayed on top of the tapes covering the wound. You can have a shower sitting on a chair. You are not allowed to have a bath for about six weeks. After your showers you can dry the wound with a towel and hair dryer.
2. Drains – These will be removed either on the first or second day after the operation.
3. Binder (garment) – You must wear this for support for six weeks (except when you have a shower). This will help keep the muscle stitches intact during healing.
4. Driving the Car – You should avoid this for at least three weeks because the strain you might place on your muscles during manoeuvring.
5. Heavy Lifting – These activities must be avoided for at least eight weeks. Your muscles can then recover properly.
6. Returning to the Gym – Walking with the binder is allowed. Other activities such as the use of the cross trainer can be allowed after four weeks (slowly & gently). Similarly this is for the exercise bike. Sit ups is to be avoided for eight weeks. You need to discuss what you plan to do in the gym with me before proceeding.

Before



After



Case Studies

These are case studies of some of my tummy tuck patients. Due to privacy issues their names cannot be published. Initials are used instead.

All of these patients have been very happy with the outcome of their tummy tucks. They know what people like you are going through emotionally and physically because of your belly apron or loose tummy skin.

They want people like you to experience the joy and satisfaction after the tummy tuck. No more belly apron. No more muffin rolls. No more sweat, rash, itch or smell underneath ever again! The boost in their body image with increased self esteem and confidence has been tremendous. I am very appreciative of their generosity in sharing their experience with you.

As you can see, between they have different body shapes. The final result of the tummy is also dependent on the original body shape. There is a possibility you may not like some of the result shown here. However, for these patients they have improved significantly despite the long scar.

Although your tummy may look like one of the case studies, the outcome of the surgery may not necessarily be the same. This is because of factors like skin and muscle tone and individual healing powers.

Please take your time to read these case studies and view their photos.

Case 1 D.K.

This 39 year old lady has had 4 children. She developed loose, stretched extra tummy skin from the repeated pregnancies and over the years, her thighs have also increased in bulk. With these, she complained of difficulty fitting into pants.

You can see in the 'before' photos, that she has a mild belly apron as well as bulky inner and outer thighs. Her tummy also sticks out because the muscles are stretched. She

then had a tummy tuck as well as liposuction of her inner and outer thighs.

Have a look at her 'after' photos. Her belly apron is gone. You can see her tummy skin tightened (the birthmark on her left side is lower). Her tummy does not stick out like before because her muscles have been tightened. Her inner and outer thighs are also less bulky from the liposuction.

Before



After



Before



After



Case 2 A.P.

Here is a 32 year old lady who complained about the extra fat and loose skin of her tummy. She has 2 children and definitely not having anymore.

You can see in her 'before' photos that although she has no belly apron, her tummy skin is loose with extra fat. Stretch marks are also present.

She had a tummy tuck combined with liposuction at the ends of her scar (hip region). Her tummy muscles were also tightened. You can see her improvement in the 'after' photos. Her tummy is flat. There is a better waistline. The stretch marks have been pulled down instead of being at the belly button area. Her scar after 5 months is beginning to fade.

Before



After



Before



After



Case 3 E.O.

Here we have a case of a 42 year old lady who has had 2 children. Plus she has had previous abdominal surgery. She was very conscious of her loose tummy skin as well as the scars from her previous surgery.

Her 'before' photos show the loose wobbly extra tummy skin with excess fat. Besides there is also scarring from previous abdominal surgery with significant distortion. Her belly also sticks out because of the stretched 'six pack' muscle. She had a tummy tuck with liposuction and tummy muscle tightening.

Her belly scars were also revised. She is one of the rare cases where a 'up-and-down' scar was required from the belly button to the pubic region.

Her 'after' photos show her tummy is much flatter with her skin tighter, (note the tattoo being lower). Her vertical (up-and-down) and horizontal scars have also faded well after only 3 months. Her waistline is narrower and there is a hint of the 'six-pack' muscle showing through.



Before



After



Case 4 L.V.

We have here a 36 year old lady with 4 children and definitely not having any more. She complained about her loose tummy skin as well as her belly protruding. This is despite exercising all the time at the gym.

In the 'before' photos you can see that she has no fat in her tummy. But her belly skin is very loose and crêpe with stretch marks. This is the result of repeated stretching and deflating from her multiple pregnancies. Her stretched tummy muscles also caused her belly to stick out – there is not much tone in

her muscles which have also been split in the middle.

She had a tummy tuck together with tightening of her 'six pack' muscles.

In the 'after' photos (9 months later) you can see that the crêpe skin is gone. Her waistline is much improved, which has given her a curvaceous figure. Her 'six pack' muscles are seen and the belly does not stick out. Her belly button is better looking than before and the scar is beginning to fade.

Before



After



Before



After



Case 5 B.G.

Here is a 38 year old lady who had one child and not having any more. She also lost about 10 kilos before she came to see me. Because she was sick and tired of her ugly tummy she decided to do something about it.

In the 'before' photos you can see she has a belly apron. Stretch marks are present and she did have rashes under the fold of her belly apron. Her tummy muscles were also split in the middle.

She had a tummy tuck with removal of her belly apron. Her tummy muscles were also tightened.

In her 'after' photos (2 months) you can see the vast improvement. Her tummy skin is much tighter, the stretch marks have been moved downwards and her belly button is far more attractive than before. There is no more belly apron left, and the tummy doesn't stick out like before. Her self-esteem and confidence have also been boosted.

Before



After



Before



After



Case 6. N.V.

This 48 year old lady has had 4 children. With each pregnancy her weight increased. So by the time she came to see me she had complained of her belly hanging over with sweatiness, rashes, itchiness and unpleasant smell underneath. She had great difficulty fitting into pants and very embarrassed to undress in front of her husband.

In the 'before' photos you can see she certainly had a massive problem. The belly apron is extensive with muffin rolls. The tummy protrudes because her tummy muscles are also slack from repeated pregnancies.

Her tummy tuck operation together with

muscle tightening was carried out. Over 3.5 kilos of fat and skin was removed.

In the 'after' photos the tremendous improvement is obvious. There is a better waistline with no more belly apron, muffin rolls or tummy sticking out. The scars (2 months) are reasonable at this stage. The pigmented area on the right groin area is from the rash that used to be there (under the fold of belly apron).

Naturally she has had a tremendous boost in confidence and self-esteem. Besides she has a new wardrobe of clothes.

Before



After



Before



After



Case 7. R.B

This 28 year old man lost over 40 kilos over 2 years with a diet. What was left was loose tummy skin and he naturally wanted to remove this as it was wobbling all over.

The 'before' photos show his belly apron from the remaining skin after dieting. You can also see the stretch marks that are present and the tummy also sticks out.

He had the tummy tuck operation together with muscle tightening. Liposuction was also carried out. 2 kilos of fat and skin was removed. He recovered well from the

operation and was just about back to normal after one month.

In the 'after' photos (1 month) you can see the belly apron is gone. The tummy does not stick out as much. The scar is still fresh and he has rashes around it because of shaving for the operation. Men also have this tummy tuck operation mainly because of massive weight loss.

Before



After



Before



After



Case 8. P.D.

This 36 year old had gastric banding 3 years ago. Over the last 3 years he lost a massive 55 kilos in weight, but was left with a lot of extra skin hanging and flopping all over. You can see this in the before photos. It was a real inconvenience for him to drag this extra skin around, not to mention the discomfort from the sweatiness and stickiness under the flap of belly apron.

He had the tummy tuck operation together with liposuction. 4 kilos of skin and fat was removed. The results in the after photos show the belly apron gone. Although he has a vertical (up and down) scar this is much better than that belly apron which has restricted much of his everyday activities. The scars are still fresh (2 months old) but should settle and fade in about 18 months.

Before



After



Before



After



Case studies of these women and men have been selected because they typically represent the people who come to see me for the tummy tuck. Can you identify with some of them?

If you have any thoughts about having a tummy tuck, please don't hesitate to pick up the phone and call

(02) 9222 9333 or (02) 9689 2244

for an appointment to see me.

At consultation all your concerns or requests will be taken into account. You will be thoroughly examined and I will explain the whole procedure again to you.

Thank you for reading this special report.

Please turn over for map locations of Sydney Tummy Tuck.



Dr Fee Lai
MBBS (Uni NSW) FRCS (Ed) FRACS

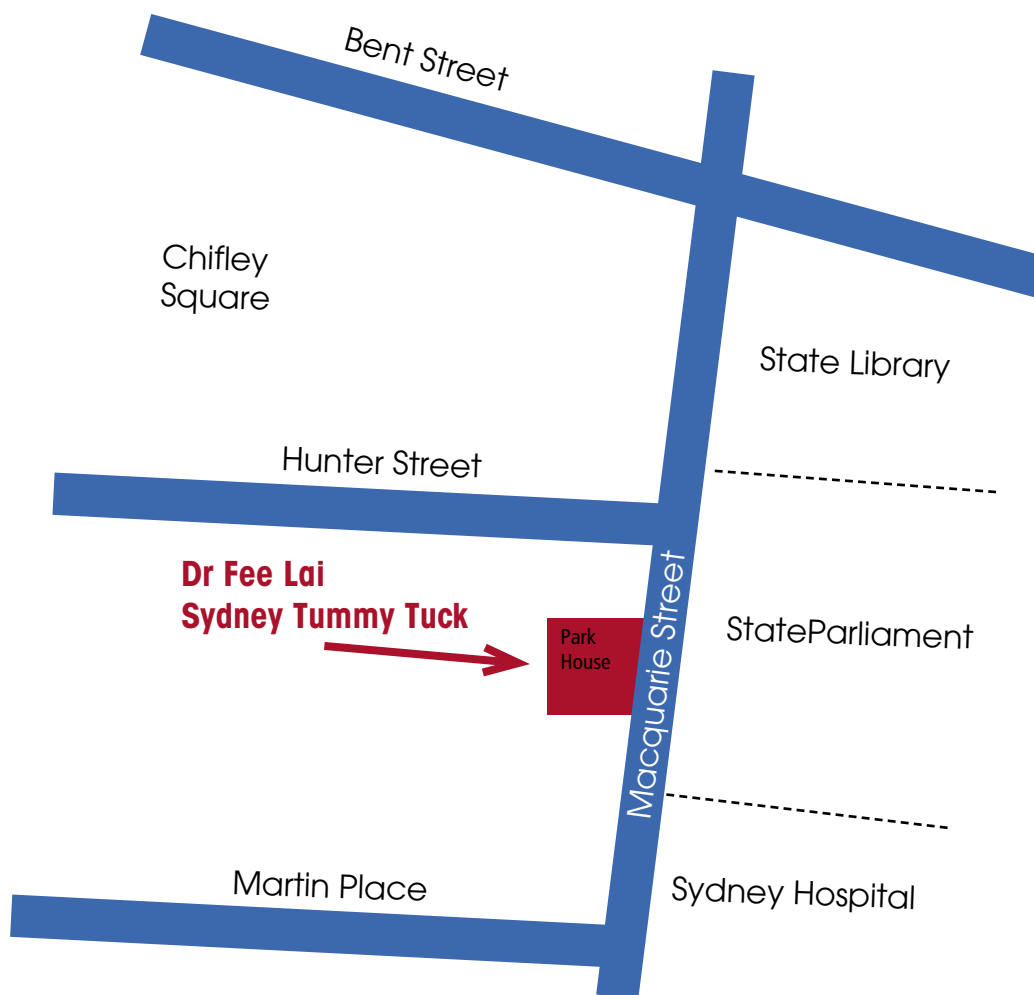
Parramatta Location



Shop 12, Westfield Shoppingtown
Cnr Aird & Marsden Streets
Parramatta NSW 2150

Phone: 02 9689 2244

Sydney Location



Suite 3, Level 8
Park House, 187 Macquarie Street
Sydney NSW 2000

Phone: 02 9222 9333

Notes

Notes

Dr Fee Lai

MBBS (Uni NSW) FRCS (Ed) FRACS

www.sydneytummytuck.com.au

Suite 3 Level 8 187 Macquarie Street Sydney NSW 2000 • Phone **02 9222 9333**

Shop 12 Westfield Shoppingtown Cnr Aird & Marsden Street Parramatta NSW 2150 • **02 9689 2244**