

FAQ's

YOUR PROCEDURE

There are three basic techniques used to flatten a protuberant abdomen. The best technique for you will depend largely on your goals and your specific problem. Liposuction alone can produce a thin abdominal wall for some. If your laxity and excessive skin is below your navel, a mini tummy tuck may be the right procedure for you. For those patients with severe laxity of their abdominal muscles or excessive skin, a full tummy tuck may be their only solution.

A tummy tuck is usually performed on an outpatient basis under general anesthesia with the patient asleep, or with spinal anesthesia.

A full tummy tuck involves an incision around the belly button and another incision that runs from hip to hip. Your entire abdominal wall is tightened with permanent sutures, and the excess skin and fat is removed.

A mini tummy tuck is usually done in conjunction with liposuction of the upper abdomen and the flanks. With a mini tummy tuck, a smaller incision is made in your bikini area and no incision is made around your belly button. Regardless of which procedure you have, your incision is closed with small, absorbable sutures. Small drains may be inserted to eliminate fluid buildup. A tight surgical garment is then used to give you support and help with the healing process.



Dr. Karlinsky is highly-skilled and trained as a facial and body sculpting specialist who has extensive experience working with post-bariatric/weight loss surgery patients. Having spent a significant portion of her career working closely with leading bariatric surgeons, she has a keen understanding about patients' end goals following significant weight loss. Removal of excess skin following massive weight loss with breast lifts, tummy tucks, thigh arm and body lifts are among some of her interests. She is also highly skilled in facial procedures, such as: face lifts, brow lifts, eyelid surgery, lip enhancement, ear surgery and nose surgery.

Dr. Karlinsky obtained her Bachelor's degree from Hunter College City University in New York City. She then received her medical degree from Ross University School of Medicine, where she focused on Cosmetic and Aesthetic surgery. After graduating medical school, Dr. Karlinsky completed her residency training at Beth Israel Medical Center in New York City, having graduated with the highest honor, as the Chief Resident of the Year and received the Leon Ginsburg Award. Dr. Karlinsky then went on to further hone her skills completing a Cosmetic Surgery Fellowship at the Facial Plastic and Cosmetic Surgical Center in Abilene, Texas.

Abdominoplasty Tummy Tuck



For a **Slimmer**
You



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Tummy Tuck

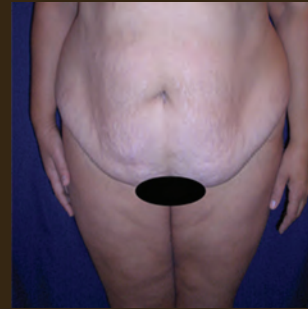
A PROTUBERANT ABDOMEN CAN BE A CAUSE OF DISTRESS OF WOMEN AND MEN ALIKE. IT CAN BE A RESULT OF EXCESS FAT, WEAK ABDOMINAL MUSCLES, PREGNANCY OR LOSE SKIN THAT HAS BEEN OVERSTRETCHED AND NO LONGER RESPONDS TO DIET AND EXERCISE. FOR THOSE WHO HAVE EXPERIENCED A MASSIVE WEIGHT LOSS, THEIR ONLY ALTERNATIVE, TO LOSE OVER-HANGING SKIN, IS SURGERY.

TUMMY TUCK

A "tummy Tuck" or abdominoplasty is a surgical procedure designed to flatten a protruding abdomen by tightening the muscles of the abdominal wall and removing excess fatty tissue and skin. The procedure is a common one and can benefit men and women who are bothered by their protruding abdomen. Patients whose weight has been stabilized in their weight loss program or who feel they are at their ideal weight are the best candidates for tummy tuck.

COULD YOU BENEFIT FROM A TUMMY TUCK?

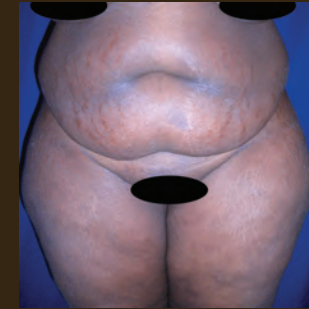
During your private consultation with your surgeon, you should explain your goals and expectations of the surgery. Your surgeon will assess the nature of your abdomen, and explain the probable outcome of your procedure. You will be shown several before and after treatment photographs of patients having undergone similar procedure.



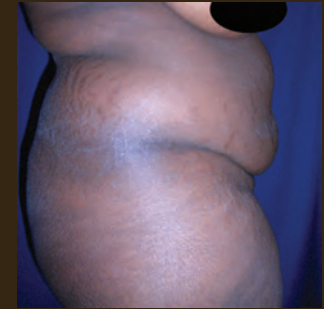
Before



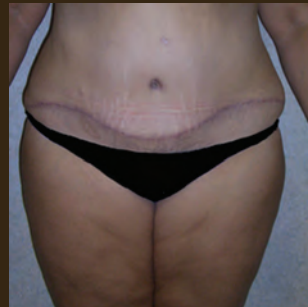
Before



Before



Before



After



After



After



After

WHAT WILL MY RECOVERY BE LIKE?

Most patients experience numbness in the area of their abdomen, which may last as long as a year. Any pain or discomfort that follows surgery can be adequately controlled with oral pain medication. If drains are used, they may remain in place for 3 to 7 days. A special abdominal support garment is necessary for several weeks. There will be scarring that will fade significantly over time. Most patients are back to work within one week. Your surgeon will advise you when you may resume normal activities. Results can be quite dramatic and patients love their slimmer, trimmer figures and flatter abdomens.

**FIND OUT IF YOU COULD BENEFIT FROM A TUMMY TUCK.
CALL OUR OFFICE AND SCHEDULE YOUR CONSULTATION TODAY.**