



# Aesthetic Plastic Surgery of Indiana

News from  
Dr. Richard B. Linderman

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- \* Breast Augmentation
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## Is your tummy ready for summer?

### Mini Tummy Tuck vs. Full Tummy Tuck

I am often asked how do I determine what patient is a candidate for **Mini Tummy Tuck** as opposed to a **Full Tummy Tuck** or **Abdominoplasty**. In examining a patient several factors are assessed to make this choice.

What is the laxity of the abdominal muscles and where is it located? If it occurs primarily in the lower abdomen below the umbilicus, then a Mini Tummy Tuck may be considered. If muscle tone is poor for the entire abdomen then a Full Tummy Tuck is usually indicated.

Where are the areas of fat and loose skin located? If these are just in the lower abdomen, then again the mini tummy tuck might be chosen. A Full Tummy Tuck requires repositioning of the umbilicus but allows tightening of the skin in the upper abdomen. In the typical Full Tummy Tuck most or all of the skin between the pu-

bic area and the umbilicus is removed. Because of this the scar will be longer than in a Mini Tummy Tuck. However with proper planning, I am able to locate the scar within a typical two piece bathing line.

Liposuction is usually done with both procedures where indicated to define the waist and remove upper abdominal and anterior hip roll fat.



American Society  
of  
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### Liposuction vs. Tummy Tuck

I am often asked how do I determine who is a candidate for liposuction as opposed to tummy tuck or abdominoplasty.

This is a decision that takes experience and technical expertise.

First a potential patient should seek

out a board-certified plastic surgeon who has the ability and training to perform both procedures. If a doctor only knows how to perform liposuction, he is not equipped to recognize and select out those patients who would achieve a better result with tummy tuck surgery.

Factors to consider in choosing liposuction or tummy tuck include the quality of the skin, the amount of fat to be removed and estimated skin elasticity. If the skin is of poor quality with many stretch marks, there is a significant risk that treatment with liposuction alone will result in excess skin or contour irregularities. The more fat removed, the more the skin must contract in the abdomen with the chance of a poor result. Tummy tucks address skin excess and quality problems with removal and tightening of the remaining skin.

Frequently liposuction is combined with tummy tuck surgery to achieve an optimal result. A tummy tuck can be tailored to a patient's contour problem. Depending on the examination a mini tummy tuck or a full tummy tuck may be recommended.

## Giving Shape to Dreams

### Where are tummy tuck incisions placed?

Incisions will vary depending upon the type of tummy tuck being performed i.e. **mini tummy** or **full tummy tuck**.

My personal philosophy is that the location of the scar should be optimized for all patients. The idea is to hide the scar and keep it as low as possible so it does not show in a small two piece bathing suit.

Ideally the final scar should be located no more than a little over two inches above the top of the vagina.

The initial incision is marked pre operatively to take into account the tension on the final closure and allow for the final scar to rise higher. Occasionally a small vertical component may be added to the transverse scar in order to maintain the longer scar in the bikini line. Pre operative surgical marking can be done in the desired bathing suit to determine the final location of the scar. Although the

scar will extend from hip to hip in a full tummy tuck, this part usually heals quite well and can be covered by the lateral band of most swimsuits. It is a geometric fact that the more skin taken out, the longer the scar. However, scar extension can remove additional skin and fat. In some cases a circumferential or belt lipectomy can achieve a dramatic result.

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