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Ask the Expert

By Dr Jerome Edelstein, MD, FRCSC, Plastic Surgeon

Q: I recently lost a great deal of weight, and the skin around my abdomen is extremely loose. It's like I have a spare tire of loose skin, not fat. What can I do?

A: It sounds as if you would be an excellent candidate for a tummy-tuck (abdominoplasty). While you have lost a

tremendous amount of weight, and therefore fat, your skin hasn't bounced back because it has been stretched and has lost its elasticity. A tummy-tuck is designed to deal with this excess skin, whether it occurs because of weight loss, pregnancy, or general aging.

During a tummy-tuck, not only can we deal with the extra skin, we can also remove any remaining additional fat with liposuction, and can tighten the abdominal muscles as well. The muscles often get spread apart right down the middle of your tummy when you are very heavy or pregnant, contributing to the 'paunchy' look of the stomach area. No matter how many sit-ups you do, you will not be able to get those muscles back, but we can bring them back together and tighten the muscles during a tummy-tuck.

The main trade-off for a tummy-tuck is the fairly lengthy incision that needs to be made along the fold that runs under your abdomen, but the incisions are designed so that the resultant scar will be hidden beneath underwear and bathing suits.

Prices range between \$6,000 - \$9,000.

-Dr Jerome Edelstein, MD, FRCSC, Plastic Surgeon, Edelstein Cosmetic Plastic Surgery of Toronto,
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