

Abdominoplasty in Kolkata



(Tummy Tuck Surgery)

Abdominoplasty, commonly known as a tummy tuck, is a cosmetic surgical procedure designed to improve the appearance of the abdomen by removing excess skin and fat while tightening the underlying abdominal muscles. It is especially popular among individuals who have developed loose skin and weakened muscles due to significant weight loss, pregnancy, or aging—conditions that often don't respond to diet and exercise alone.

What the Procedure Involves

Incision: A horizontal incision is typically made across the lower abdomen, from hip to hip, just above the pubic area.

Removal of Excess Tissue: Loose skin and stubborn fat are removed.

Muscle Tightening: The abdominal muscles are sutured together to restore firmness and tone.

Skin Redraping: The remaining skin is pulled taut and stitched into place to create a smoother, flatter abdominal profile.

Who Is a Good Candidate?

Individuals with excess abdominal skin or fat due to weight loss, pregnancy, or natural aging.

People with weakened or separated abdominal muscles (diastasis recti), often a result of pregnancy.

Those near their ideal weight who maintain a healthy lifestyle but struggle with loose skin or localized fat deposits.

Note: Abdominoplasty is a body contouring procedure, not a weight-loss surgery.

Benefits of Abdominoplasty

Flatter, firmer abdominal contour

Creates a more toned and proportionate appearance.

Improved self-confidence

Many patients report enhanced self-esteem and body image after surgery.

Correction of diastasis recti

Tightening of abdominal muscles can restore core strength and posture.

Important Considerations

Not a substitute for weight loss

It's important to achieve and maintain a stable weight before undergoing surgery.

Realistic expectations are essential

While results can be dramatic, it's crucial to understand the limitations and the recovery process.

Choose a qualified surgeon

Always consult with a board-certified plastic surgeon to assess your goals, health status, and suitability for the procedure.