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Tummy Tuck Surgery: Understand the Risks by [Julia Roger](#)

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tummy tuck or Abdominoplasty is a type of cosmetic surgery that is performed to firm the tummy or the abdomen. In a tummy tuck surgery, extra skin and fat are removed from the lower and middle abdomen, which strengthens the abdominal wall muscles and fascia. This is a common problem after pregnancy and after weight loss. For these cases tummy tuck surgery helps them tighten the loose muscles in the lower and middle abdomen. There are different procedures for different problems. According to the scope of operations Abdominoplasty is subdivided into 6 categories “complete, partial, extended, circumferential Abdominoplasty, high lateral tension tummy tuck and combination procedures. A normal and complete tummy tuck surgery can take place between 1 and 5 hours, depending upon the criticality of the surgery. However, a partial tummy tuck requires 1 to 2 hours to complete.

Like every surgery, tummy tuck surgery too has risks, problems and stress involved. The patient needs to recover from the same. The recovery may take some time depending upon the intensity of the surgery and surgical techniques. It is suggested to refrain yourself from heavy activities during this time. During the initial stage, the patient may have bruises and discomfort, but the bruises can be minimized by using abdominal binder or compression garments. Using of nicotine is prohibited for a month or more. The full recovery may take about 3-6 months. There are risks also involved in this surgery. The risks may be quite simple or sometimes serious and life threatening. It is highly recommended to assess the risk associated with the procedure along with the benefits. Some of the possible risks are “bleeding and fluid accumulation, more time consumption for the healing of wound, skin infections etc. Sometimes cardiac arrests and heart attacks are the potential risk in this surgery.

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