BODY CONTOURING

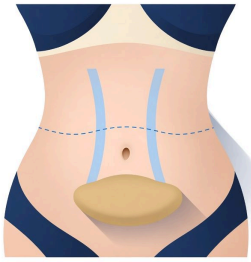
Liposuction or a Tummy Tuck?

The two operations patients confuse most often, and the three questions that tell them apart



Liposuction reduces fat in a defined area. An abdominoplasty addresses excess skin, laxity and sometimes separation of the abdominal muscles. Fat is only one of three possible problems.

WHAT IS BEING TREATED



Fat deposits, skin laxity and the abdominal wall – three separate findings on one area.

Liposuction

Targets localised fat.

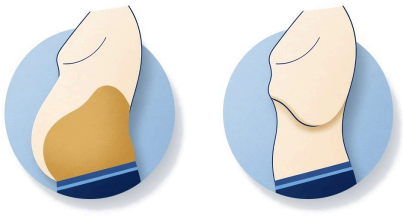
- ✓ Reduces volume in a defined area
- ✓ Leaves the skin to retract on its own
- ✓ Does not treat loose skin

Tummy tuck

Targets skin and the abdominal wall.

- ✓ Removes excess skin
- ✓ Can repair separated muscles
- ✓ Leaves a planned scar

EXCESS FAT, OR LOOSE SKIN?



Left – fullness from fat, with skin that still holds its shape. Right – skin that has lost its elasticity.

Neither procedure is a method of losing weight

Both are contouring operations, carried out on patients who are already at a stable weight they can maintain. Weight gained afterwards still goes on, in the areas that were left untouched. The best results belong to people whose weight was settled before the operation.

Send photographs for an assessment of which applies to you.

PAGE 2 OF 4

Which patient suits which

The honest answer is often "neither alone". Most abdomens present more than one of the three findings, which is why combined plans are common.

THREE QUESTIONS THAT SEPARATE THEM

Which of these describes your abdomen best?

LOOSE SKIN

Skin that hangs or creases points towards an abdominoplasty rather than liposuction.

FAT DEPOSITS

Localised fullness with good skin tone points towards liposuction.

ABDOMINAL WALL

A bulge that persists when you tense suggests muscle separation, which needs repair.

LIPOSUCTION MAY SUIT

- Localised deposits that diet has not shifted
- Skin with good elasticity that will retract
- A stable weight, close to the patient's usual range
- Contour, rather than volume, as the main complaint

A TUMMY TUCK MAY SUIT

- Skin that hangs, creases or does not retract
- Changes after pregnancy, including muscle separation
- → Significant laxity after substantial weight loss
- A bulge that persists even at a stable weight

THREE PATIENTS, THREE PLANS

PROFILE 1

Stable weight, a stubborn area

Good skin tone, one area that will not respond to training.

→ **Liposuction alone may be appropriate**

PROFILE 2

After pregnancy

Loose skin below the navel and a bulge that persists when tensing.

→ **Abdominoplasty, possibly with repair**

PROFILE 3

After major weight loss

Fat remaining in places and skin that no longer retracts anywhere.

→ **A combined approach, staged**

Ask whether a single procedure or a combined plan would suit you.

PAGE 3 OF 4

What each does, and what only an examination can tell

A photograph shows the shape. It cannot show whether the skin will retract, or whether the bulge comes from the muscle wall – and those two findings decide the plan.

WHAT EACH PROCEDURE DOES, AND DOES NOT DO

	LIPOSUCTION	TUMMY TUCK
Localised fat	Treats it directly	Often combined with liposuction for this
Loose skin	Does not remove it	Removes it; this is the main purpose
Muscle separation	Not addressed	Can be repaired in the same operation
Scarring	Small access points	A planned scar, usually low and hidden
Typical downtime	Shorter	Longer, with restricted movement at first

A general comparison. Your own plan depends on examination findings.

Combining the two

Liposuction is frequently performed alongside an abdominoplasty to refine the flanks and waist while the skin is addressed. Whether that is appropriate – and whether it is done in one stage – is a clinical decision, made on examination rather than on request.

WHAT AN EXAMINATION SETTLES THAT A PHOTOGRAPH CANNOT

- ✓ **Whether the skin will retract.** Elasticity is assessed by hand. It is the difference between liposuction working and liposuction leaving loose skin behind.
- ✓ **Whether the muscles have separated.** Felt while you tense. A bulge that stays when the abdomen is tight comes from the wall, not the fat.
- ✓ **Where the scar would sit.** Planned against your own waistband and underwear line, with you present, before anything is agreed.

Not sure which finding is yours? Describe it to us and we will tell you what to photograph.

PAGE 4 OF 4

Results, scars and recovery

The two operations differ as much in recovery as in what they remove. One is a contouring procedure; the other is major surgery.

AFTER LIPOSUCTION

- Swelling and bruising for several weeks
- A compression garment, worn as instructed
- The contour settles over two to three months

AFTER A TUMMY TUCK

- A more involved recovery, with limited movement at first
- A scar that is planned to sit below the underwear line
- A gradual return to daily life over several weeks

WHAT SHAPES THE OUTCOME

Skin quality

Elasticity sets how much retraction to expect.

Weight stability

Results hold best at a stable weight.

Extent of surgery

How much is addressed, and in how many stages.

Aftercare

Garments, movement and follow-up.

SIDE BY SIDE

	LIPOSUCTION	TUMMY TUCK
Recovery	Shorter; back to desk work sooner	Longer; restricted activity for weeks
Scars	Very small access points	A planned scar, usually low and horizontal
Final shape	Visible at two to three months	Settles over six months or more

YOUR NEXT STEP

Talk to us before you decide anything

Free Consultation
A conversation with a coordinator, with no commitment.

Send Your Photos
Our medical team reviews them and replies with an assessment.

WhatsApp Us
Questions answered in your own language, usually the same day.

✓ Free consultation · Free medical evaluation

WHATSAPP US

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This guide is for informational purposes.
Treatment suitability is determined after medical evaluation.