



# THE TOP TUMMY

FLAT, TIGHT, TONED, FLAB-FREE—WHATEVER YOUR MISSION IS WHEN IT COMES TO YOUR MIDSECTION, KNOWING WHAT CAN MAKE A DIFFERENCE IN GETTING THERE, AS OPPOSED TO WHAT WON'T PROVIDE A GOOD END RESULT, IS KEY. SURGICAL INTERVENTION IS STILL THE SUREFIRE WAY TO SLIM AND TRIM YOUR MIDDLE, BUT WITH ANY TYPE OF PROCEDURE THERE ARE A FEW "GRAY" AREAS TO DISCUSS WITH YOUR PLASTIC SURGEON.

*false*

**MYTH 01**

*A tummy tuck can make you constipated.*

**THE TRUTH**

When done properly, a tummy tuck should have no bearing on your digestive tract since no incisions are made near the digestive system.

It's rarely discussed, but some women have complained about changes to their digestive system post-tummy tuck. As Dr. Sanders explains, only skin, fat and muscle should be addressed during a tummy tuck, nothing else. "Even if the muscles are tightened there should be no cuts or disruptions made to the digestive tract," he says. "The only time that problems can arise is if a large hernia is in the nearby space. If there is one, it should be addressed." There is always the potential for some swelling in the stomach that could temporarily affect the bowels but in most cases, once the area is fully healed and you are no longer in a compression garment, no problems should persist. In fact, Birmingham, AL, plastic surgeon James Grotting, MD, says that more often than not patients talk of improved bowel and bladder function. "And, in some, a tummy tuck can even help alleviate back pain."

*true*

**MYTH 02**

*You can't undergo a tummy tuck right after a C-section.*

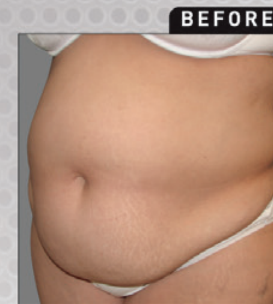
**THE TRUTH**

A tummy tuck should never be done directly following delivery since the area is still swollen and any extra weight has not yet been lost.

Coined "too posh to push," the concept of having an elective C-section, and combining it with a tummy tuck at the same time, was purportedly a trend popularized by Hollywood celebrities. While the two procedures are both invasive surgeries that require some serious healing time and can result in similar scars, they should never be done at once. Directly after delivery, and even during breast-feeding, hormone levels are elevated and, in most, there's still a considerable amount of water weight. If you're considering a tummy tuck post-pregnancy, wait until at least six months after delivery and try to get as close as possible to your ideal weight.



**FLAT STOMACH INSTANTLY AFTER BABY?**



**BEFORE**



**AFTER**

This patient had a tummy tuck and liposuction. Procedures performed by Sean Simon, MD; Miami, FL.