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Dr. Haas Voted #1 for Best Plastic Surgeon: Breast, Best Plastic Surgeon: Face, and Best Liposuction Doctor

Image's® E-Newsletter May 2010



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Ask Dr. Haas



Q: I'd like improvement in my tummy and don't know if I need a tummy tuck or liposuction.

A: You may need either or both to get the best result. If you don't have lots of stretch marks or a lot of excess skin, sometimes liposuction alone will give you the look you want. If you've had big, long babies, your stomach muscles are probably stretched out along with your skin. That generally means you'll need a tummy tuck to get a flat belly. I almost always do a little bit of liposuction on the 'love handles' and hips to accentuate the new waist. Liposuction is less invasive than a tummy tuck and recovery is shorter. Patients can expect to resume normal activity, with some soreness, in a few days to a week or so. Tummy tucks will result in a flatter abdomen, but recovery is longer. Expect 3 weeks off work and you will not be 100% for roughly two months. The scar is usually hip-to-hip with a tuck, but with today's techniques, is certainly worth the improvement in shape. The decisions on the above are very logical and will be explained fully in your consultation and pre-op visits. We want patients to be as educated as possible in regards to what to expect from certain procedures.

For More Q&A's