plastetik

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PATIENT INFORMATION

Body contouring

Everything important about the treatment, preparation, the day of surgery and healing – to read at your leisure and as a basis for your consultation.

This patient information was translated with the help of AI. Translation errors are possible – the German version is authoritative.

Body contouring and tightening – targeted shaping

For a harmonious body silhouette, it can be advisable to remove excess fatty tissue, tighten excess skin or even out irregularities – tailored to your body.

PROCEDURES	PREREQUISITE	ANESTHESIA	GOAL
Abdomen, body lift, arms, thighs	stable body weight	General anesthesia	natural proportions

After major weight loss, after pregnancies or with increasing age, the skin loses elasticity. Excess skin remains that does not recede through either exercise or diet – and that is often perceived as a burden in everyday life.

Common procedures

Tummy tuck

In a tummy tuck (abdominoplasty), I remove excess skin and fatty tissue from the lower abdomen. If the abdominal muscles have separated – for example after pregnancies – they can be brought back together in the same operation. The scar lies low, so that it is usually covered by underwear or a bikini.

Body lift

A body lift tightens the trunk all the way around: abdomen, flanks, buttocks and outer thighs. It is mainly considered after massive weight loss, when excess skin has formed in a ring around the body. Body lifts and abdominal wall reconstructions were already an integral part of my training.

Upper arm and thigh lift

Sagging skin on the inner sides of the upper arms or thighs can be tightened surgically. The tightening is often combined with liposuction to further shape the contour.

My approach

When deciding which approach is indicated individually, my priority is always a natural result that suits the body. It takes into account your wishes and anatomical conditions as well as the realistic

possibilities of the procedure.

- Many years of experience and a high level of specialist medical expertise
- A detailed consultation to find the individually right solution together
- Modern, tissue-sparing surgical techniques, performed with the utmost precision
- A natural-looking harmonization of body contours and proportions

> The best result of body contouring is achieved with a stable body weight, good skin elasticity and realistic expectations.

The tummy tuck explained in more detail

- **Mini tummy tuck:** only the area below the navel is tightened; the navel stays in place.
- **Full tummy tuck:** skin and fat are tightened from the costal arch to the groin; the navel is cut around and sewn back in at the same location.
- **With separated abdominal muscles (diastasis recti):** the edges of the muscles are brought back together with internal sutures – like an internal corset.
- **Combination with liposuction:** on the flanks for a harmonious waist.

The scar runs low, usually from hip bone to hip bone, and can as a rule be concealed under underwear or swimwear. Stretch marks only disappear insofar as they lie in the area of skin that is removed.

Upper arms and thighs

With slight sagging, liposuction may be sufficient, because the skin contracts somewhat afterwards. With significant excess skin, tightening is performed:

- **Upper arm:** scar on the inner side, between the armpit and the elbow – usually hardly visible when the arm is hanging down.
- **Thigh:** with minor sagging, an incision in the groin; with more pronounced sagging, additionally on the inner side towards the knee.

Recovery at a glance

	Abdomen	Upper arm	Thigh
Compression	Compression girdle, approx. 6 weeks	Bolero, a few weeks	Compression pants, a few weeks
Office work	after about 2 weeks	after about 1 week	after 1 to 2 weeks
Sports	gradually from about 6 weeks	after about 3 to 4 weeks	light activity after about 4 weeks

These figures are guidelines; the actual course depends on the extent of the procedure and on your healing.

Procedure

01 **Consultation**
I examine the affected regions and discuss with you which procedures are advisable – and in which order.

02 **Planning**
We decide together on the incision pattern and the course of the scars.

03 **Surgery**
Tightening operations are performed under general anesthesia; depending on the extent, an inpatient stay is necessary.

04 **Aftercare**
Compression garments, wound checks and a gradual return to everyday life and sports.

Risks

Tightening operations are major procedures. The risks include secondary bleeding, seromas, wound healing problems, infections, thromboses and conspicuous scars. Smoking significantly increases

the risk of wound healing problems. Careful preparation and informed consent are therefore particularly important.

Frequently asked questions

When is the right time after weight loss?

Your weight should be stable for several months. Then the excess skin can be assessed reliably, and the result will last.

How visible are the scars?

Tightening procedures leave scars. I plan them so that they lie in natural folds or under clothing as far as possible. Over the course of months, they fade considerably.

Are tightening operations paid for by health insurance?

As a rule, these are self-pay services. In the case of medical complaints, such as recurring skin inflammation under large skin folds, coverage of costs may be possible in individual cases.

Do stretch marks disappear with a tummy tuck?

Only the stretch marks that lie in the area of skin that is removed. Stretch marks above it remain, but often move down somewhat.

Is the result permanent?

With a stable weight, as a rule, yes. Major weight fluctuations or another pregnancy can change the result.

PART 2 · THE PROCESS STEP BY STEP

BODY · PROCESS

Body contouring and tightening – the process step by step

Tightening operations are major procedures with predictable healing. This is how they typically proceed – using the tummy tuck as an example.

PREREQUISITE	ANESTHESIA	STAY	FINAL RESULT
stable weight	General anesthesia	inpatient depending on extent	after a few months

Tightening operations require a stable body weight and good preparation. Using the tummy tuck as an example, the steps show the **typical** process; for a body lift as well as upper arm and thigh lifts, it is similar.

The process at a glance

01

A FEW WEEKS BEFOREHAND

Preparation

Examination, planning of incision pattern and extent, preliminary examinations, informed consent.

02

DAY OF SURGERY

Surgery

Tightening under general anesthesia; depending on the extent, with an inpatient stay.

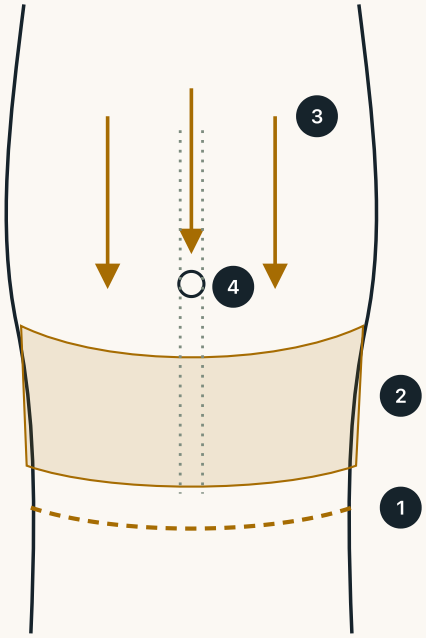
03

WEEKS TO MONTHS

Aftercare

Compression, rest, check-ups; scars mature over months.

What happens during a tummy tuck



PRINCIPLE

1 **Low incision**
above the pubic area – usually covered by underwear or a bikini

2 **Excess is removed**
skin and fatty tissue of the lower abdomen (marked)

3 **Abdominal wall is tightened**
the skin is moved downwards and sutured with little tension

4 **Navel and muscles**
the navel is reinserted; if needed, the abdominal muscles are brought together

Schematic illustration · individual approach based on the findings

Schematic illustration using the tummy tuck as an example.

Phase 1: Preparation

01 **Examination**
Excess skin, tissue quality and abdominal muscles are assessed.

02 **Weight**
It should be stable for several months – otherwise the result is not reliable.

03 **Planning**
The incision pattern and course of the scars are defined so that they lie under clothing as far as possible.

04 **Preliminary examinations and thrombosis prevention**
as instructed by the doctor.

05 **Smoking**
stop in good time beforehand if possible – it significantly increases the risk of wound healing problems.

06 **Informed consent and organization**
with time to think it over; plan for help during the first few weeks.

Phase 2: The day of surgery

01 **Marking while standing**
The incision pattern and the excess to be removed are marked.

02 **Anesthesia**
Tightening operations are performed under general anesthesia.

03 **Procedure**
Excess skin and fatty tissue of the lower abdomen are removed and the abdominal wall is tightened downwards; if necessary, separated abdominal muscles are brought together and the navel is repositioned.

04 **Closure**
Layered suturing, drains if necessary, compression girdle.

05 **Inpatient stay**
Depending on the extent, an inpatient stay is necessary.

Phase 3: Aftercare and healing

Day 1–3

slightly bent posture, get up early (thrombosis prevention), drains are removed

Week 1–2

Wound checks; light activities

Week 3–6

Continue wearing the compression girdle; do not lift anything heavy

from week 6

Gradually resume sports – after consultation

Month 6–12

Scars become lighter and flatter

> Contact us immediately in case of fever, increasing pain, shortness of breath, calf pain, redness or discharge from the wound.

Your checklist

- Keep your weight stable for months
- Stop smoking in good time
- Have the compression girdle fitted in advance
- Help with the household for the first few weeks

Your next step

Nothing can replace a personal consultation. There I answer your questions and together we clarify what makes sense for you.

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Important note: This information is for general education and does not replace a personal medical consultation and informed-consent discussion. Procedures, time frames and healing courses are typical values and may vary individually. A specific result cannot be promised.

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