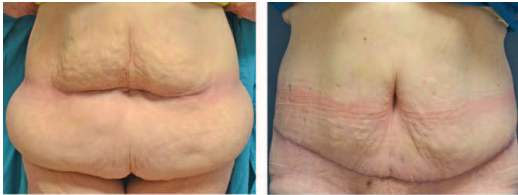


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# Tummy Tuck or Panniculectomy

"A panniculectomy is a functional, not cosmetic procedure."



PANNICULECTOMY  
Before | After

"A panniculectomy is not meant to improve your overall body shape."

"Abdominoplasty or Tummy Tuck is a cosmetic procedure."



TUMMY TUCK  
Before | After

  
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# Abdominoplasty

Tummy Tuck

## Panniculectomy



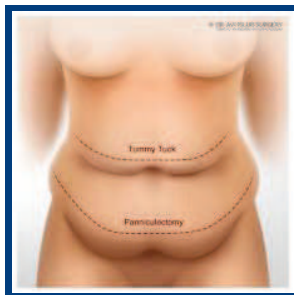
PANNICULECTOMY  
Before | After



Before | After

The difference between a **panniculectomy** and an **abdominoplasty (tummy tuck)** can be confusing to patients. It is understandable because the two procedures have some aspects in common **but they are not the same**. This distinction has become even more relevant because of the growing popularity of weight loss surgery.

A **tummy tuck** is a cosmetic procedure designed primarily to improve the appearance of the torso. It often also involves tightening of the abdominal muscles that are typically stretched out during pregnancy. Since a tummy tuck is a cosmetic procedure, **it is not covered by insurance**.



The word panniculectomy means removal of the panniculus, which is the overhanging skin of the lower abdomen that typically occurs after major weight loss. A panniculectomy is a functional, not cosmetic procedure. It is designed to relieve problems associated with the overhanging skin (panniculus) that often occurs after major weight loss. The most common health problems that may lead to insurance approval for a panniculectomy are skin irritation, cellulitis, or skin erosion under the panniculus along with interference with typical daily activities.

A panniculectomy is not meant to improve your overall body shape. It is strictly intended to help remove the overhanging skin on the lower abdomen that is causing health issues.

From a surgical standpoint, a panniculectomy involves removal of the excess skin and subcutaneous fat and closure of the wound. It occasionally may necessitate removal (not repositioning) of the umbilicus (belly button), because of severe displacement.

A tummy tuck is much more extensive and may involve the following procedures:

- release of excess skin and fat from the bottom of the ribs to maximize the tightening and contouring that can be achieved
- tightening of the rectus (abdominal) muscles as well as the fascia (fibrous tissue) that surrounds the muscles
- reconstruction of the umbilicus (belly button)
- liposuction of the flanks

### Tummy Tuck



Before | After



Before | After