



**Two-time Best of Our Valley winner for Best Board-Certified Plastic Surgeon, Joseph Berardi M.D. of Berardi Aesthetics and Plastic Surgery, on the topic of tummy tuck after pregnancy.**

A very common complaint of women after children is, "I can't get my flat abdomen back no matter how much I exercise and eat right!" The reason for this stems from the loss or lack of elastic properties of various layers of our abdomen.

The various layers of our abdomen have different properties. The skin is typically very elastic, but after multiple or sometimes even one pregnancy, you may be left behind with hanging, loose skin. Stretch marks may also be present. These are permanent and are typically due to rapid expansion of our skin. The adipose or fatty layer of the abdomen may improve after pregnancy, but some areas may persist, despite diet and exercise. The abdominal wall is the deepest layer and is the third culprit preventing you from achieving your flat abdomen. This layer is fairly inelastic and is composed of the rectus abdominis muscles (your six-pack muscles) and the fascia, which surrounds the muscles. Once this layer is stretched out, your abdomen will take on a more round instead of flat appearance.

Fortunately, a tummy tuck, also called abdominoplasty, can address all of these issues. Through an incision at the lower abdomen, we are able to remove excess skin, remove excess fat and tighten your waistline. Once complete, any evidence of surgery is hidden below your waistline by your clothing.

Who is a candidate for such a surgery? Any person with the above complaints is a good candidate. Mothers would typically want to wait at least six months after delivery to allow your body to recover as much as possible. A mother's body will continue to change after pregnancy and will usually stabilize after this time.

A tummy tuck is very often performed in conjunction with liposuction of the waistline and other parts of your body. Breast surgeries are also commonly performed at the same time. Breasts are equally affected by pregnancy, and shape could be improved with a breast implant, breast lift or a combination of both surgeries. Addressing the tummy and breasts at the same time is often called a "mommy makeover."

To Learn More

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