



Modified Abdominoplasty

A modified abdominoplasty is a minor surgical procedure to remove loose or overhanging skin in the lower abdomen, also called a “mini tummy tuck.” This is a procedure which removes a wedge of skin and underlying fat tissue from the lower abdomen to smooth and flatten that area.

How is this different from a regular Abdominoplasty?

A full abdominoplasty involves loosening all the skin and fat from the pubic bone to up under the ribs, the navel is separated from this flap which is then pulled down and a very large portion is removed. A new opening is made for the navel, which is brought through. Liposuction is often done at the same time. This is a much more extensive and expensive procedure and requires more recovery time.

Why would I do this?

Often after childbearing or a large weight loss, there is a loose flap of overhanging skin and fat that cannot be reduced even with exercise. Surgical removal is the only way to eliminate that flap.

What can I expect?

The procedure is done at Fairfax Surgical Center (10730 Main St, Fairfax, VA) under IV sedation, also known as “twilight anesthesia.” You will not feel or remember anything about the procedure, which takes about one hour to do. You should expect a large scar, basically hip to hip in a line just above the pubic hair.

How about afterwards?

There is definitely some discomfort and swelling that is more pronounced for about 2-3 days and usually completely resolves within 2-4 weeks. Depending on your pain tolerance, you might need some prescription pain medication, or you might be fine with over-the-counter medications such as ibuprofen. You will need to keep the site clean, which can be accomplished with normal showering. We also recommend using an antibiotic cream on the edges to keep them soft and to decrease the chance of infection. We will provide you with an abdominal binder which decreases swelling and give you a feeling of support.

What are the risks?

While not “major” this is still a surgical procedure. There is a small chance of bleeding and infection, and some patients experience widening of the scar or keloid formation.

What is the cost?

A regular abdominoplasty usually costs \$8000 to \$10000. Because this is a more limited procedure, the surgical fee is \$1920. The Surgical Center charges \$1030 for their facility fee and anesthesia services, bringing your total to \$2900.

Is this covered by my insurance?

Most likely, the answer is no because this is considered a cosmetic procedure. You will be asked to pay our fee at the time of scheduling.

How do I schedule this?

Just ask us to put you on the schedule! Patients often prefer to do this on a Thursday or Friday so they can start healing over the weekend and be back to work on Monday. During your preop appointment, we will measure you for your abdominal binder. There is a patient information form for Fairfax Surgical Center that can be filled out online.