



## Tummy Tuck

**WHAT IT IS:** Surgical procedure known as an abdominoplasty that reshapes the abdomen by removing excess fat and skin and tightening abdominal muscles. **GOOD IF YOU...** have banished your bikinis—perhaps even one-pieces—due to excessive saggy abdominal skin, often from multiple pregnancies. Some women get what's known as the "Mommy Makeover," a combo of a tummy tuck and breast enhancement. **WHAT IT DOES:** Through incisions above the bikini line and around the belly button, excess skin is surgically removed while the abdominal muscles are stitched closer together, creating a more taut appearance. A "tiny" tummy tuck removes a small amount of skin in the lower abdominal area, while a lipoabdominoplasty is more involved, combining fat suction and skin removal. **ANESTHESIA:** General anesthesia. **RECOVERY TIME:** Discomfort and bruising for two to three weeks. A post-op garment must be worn for three weeks and both heavy lifting and strenuous exercise must be avoided for four weeks. **HOW LONG IT LASTS:** Indefinitely, but proper diet and exercise must be maintained. **VISITS REQUIRED:** Onetime procedure, with monitoring up to a year after surgery. **COST:** Approximately \$9,500 for a tummy tuck, more when combined with liposuction or breast enhancement.

**FAST FACT:** Breast augmentation was the leading cosmetic procedure performed in the U.S. in 2012, followed by liposuction, abdominoplasty and blepharoplasty.

*The American Society for Aesthetic Plastic Surgery*

## Brachioplasty

**WHAT IT IS:** Surgical procedure that removes excess sagging skin on the upper arms, due to aging or weight loss. **GOOD IF YOU...** realize that when you wave hello, the skin on your upper arms is waving too, and nonsurgical methods just aren't cutting it (literally).

## OUR EXPERT PANEL

Many thanks to the following doctors who contributed their time and wisdom to this article:

**DARRICK E. ANTELL, M.D.**  
F.A.C.S.  
Board Certified Plastic and Reconstructive Surgeon  
Darrick E. Antell  
850 Park Avenue  
New York, NY 10075  
212.988.4040  
antell-md.com

**DANA S. BROWNELL, M.D.**  
Board Certified Physician,  
Aesthetic Medicine  
Westport MediSpa  
231 Post Road West  
Westport, CT 06880  
203.227.5437  
westportmedispa.com

**JOSEPH CONWAY, M.D.,**  
F.A.C.S.  
Board Certified Oculoplastic Surgeon  
Greenwich Ophthalmology Associates  
4 Dearfield Drive  
Greenwich, CT 06831  
203.869.3082  
&  
1250 Summer Street  
Stamford, CT 06905  
203.869.3082  
josephconwaymd.com

**ROBIN EVANS, M.D.**  
Board Certified Dermatologist  
Southern Connecticut Dermatology  
1275 Summer Street,  
Suite 101  
Stamford, CT 06905  
203.323.5660  
robinevansmd.com

**TANYA FUTORYAN, M.D.**  
Board Certified Dermatologist  
Westport Dermatology and Laser Center  
489 Post Road East  
Westport, CT 06880  
203.226.3600  
&  
36 Old Kings Highway,  
Suite 210  
Darien, CT 06820  
203.226.3600  
westportderm.com

**HENRY GASIOROWSKI, MD.**  
Board Certified Dermatologist and Dermatologic Surgeon  
Greenwich Dermatology  
40 West Elm Street  
Greenwich, CT 06830  
203.661.7546  
greenwichdermatology.com

**GREGORY LATRENTA, M.D.**  
Board Certified Plastic and Reconstructive Surgeon  
Carnegie Hill Plastic Surgery  
1150 Park Avenue  
New York, NY 10128  
212.369.5300  
&  
Williams & Company (Fridays)  
1020 Boston Post Road  
Darien, CT 06820  
203.656.2363  
latrenta.com