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CONSULTANT PLASTIC SURGEON

PATIENT INFORMATION

Mini tummy tuck

Mini abdominoplasty for loose skin below the belly button

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Version 1.0
November 2026

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01 Why you have this booklet

You've been given this booklet because you have talked to Mr Kumar about a mini tummy tuck, or you're about to.

It explains what the operation involves, who it suits, how it differs from a full tummy tuck, how to prepare, and the risks and recovery.

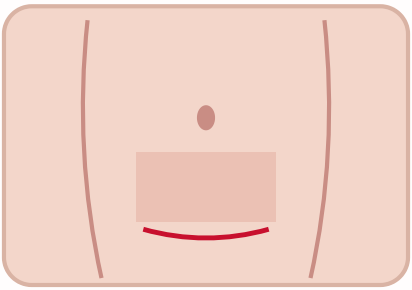
It won't answer every question, and it isn't a substitute for talking things through with Mr Kumar, so please note down anything you want to ask and bring it to your next appointment. There is space for your questions at the back.

02 What a mini tummy tuck involves

A mini tummy tuck removes a small pouch of loose skin and fat from below the belly button, through a low scar. If needed, the tummy muscles below the belly button are tightened at the same time.

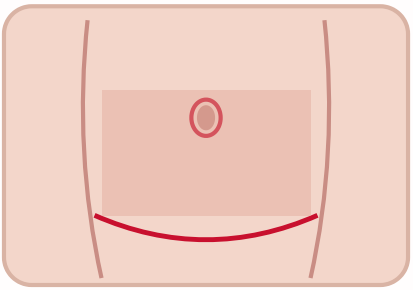
The belly button isn't moved, and the scar is shorter than for a full tummy tuck, usually a little longer than a caesarean section scar. If you have a caesarean scar, it can often be removed as part of the new scar.

A. Mini tummy tuck



Skin below the belly button is removed through a shorter, low scar

B. Full tummy tuck



Skin above and below is removed, with a longer scar and a new belly button opening

Figure 1. The area treated (shaded) and the scar (red line) in a mini and a full tummy tuck. A simplified drawing for guidance only.

03 Mini or full tummy tuck?

A mini tummy tuck suits people whose loose skin and bulge are below the belly button only, with reasonably firm skin above it. If there is loose skin above the belly button, or the tummy muscles have separated all the way up, a full tummy tuck will give a better result. A mini tummy tuck in that situation is likely to leave you disappointed.

Mini tummy tuck

Treats the area below the belly button. Shorter scar, belly button not moved, quicker recovery.

Full tummy tuck

Treats the whole tummy, repairs the muscles from the ribs down and repositions the belly button. Longer scar, usually from hip to hip.

Mr Kumar will examine you and tell you honestly which suits you. The article ‘Mini vs full tummy tuck: which do I need?’ on mrsivakumar.com explains more.

04 Is it right for you?

You’re likely to be a good candidate if:

- your loose skin and bulge are below the belly button
- your weight is stable and close to a healthy weight
- you have finished having children, ideally
- you don’t smoke, or can stop

What the treatment won't do

- **It won't treat loose skin or separated muscles above the belly button.**
- **It isn't a weight-loss operation.**
- **It won't remove every stretch mark,** only those in the skin removed.
- **It won't stop changes** from weight gain or a future pregnancy.

Please tell Mr Kumar if you have, or have had

- plans for a future pregnancy
- plans to lose a lot of weight, or you use weight-loss injections
- previous tummy surgery, including caesarean sections, or a hernia
- you smoke, vape or use nicotine replacement
- a bleeding or clotting disorder, a previous clot, or you take blood thinners
- diabetes, heart or lung disease
- a tendency to keloid or thickened scars

05 Other options

You don't have to have this operation. Depending on what bothers you, the alternatives include:

- a full tummy tuck, if there is loose skin above the belly button
- liposuction alone, if your skin is firm

- skin tightening with energy devices, for mild looseness
- exercise and a stable weight
- doing nothing

06 What you can expect from the result

The lower tummy looks flatter straight away, although swelling takes several weeks to settle and a few months to go completely. The scar is pink at first and fades and flattens over 12–18 months. The result is long-lasting if your weight stays stable.

07 Getting ready

Before your operation you'll have a pre-operative assessment, with your medical history, an examination, photographs and sometimes blood tests. You'll also be asked to:

- stop smoking, vaping and nicotine replacement for at least 6 weeks before and after surgery
- stop aspirin, anti-inflammatory painkillers and supplements such as fish oil, garlic, ginkgo and vitamin E, usually 1–2 weeks beforehand. Please don't stop any prescribed blood thinner without checking first.
- follow the fasting instructions you are given for your general anaesthetic
- arrange for someone to take you home and stay with you for the first night
- avoid long-haul flights for about 4–6 weeks after surgery
- have loose, comfortable clothes ready, and something to raise your knees in bed

08 The operation

The operation is done under general anaesthetic and takes about 1½–2 hours. Mr Kumar marks your tummy with you beforehand. The loose skin and

fat below the belly button are removed, the lower muscles tightened if needed, and the wound closed in layers with dissolving stitches. Liposuction of the waist or flanks can be added if planned. Many people go home the same day, and some stay one night. You wake up in a compression garment, occasionally with a small drain.

09 Recovery

- **Days 1–3:** soreness and tightness across the lower tummy. You may walk slightly bent at first. Short walks help your circulation.
- **Week 1:** rest at home with short walks. Wear your garment day and night. Wound check at about one week.
- **Weeks 1–2:** most people return to desk work, and to driving once they can make an emergency stop comfortably.
- **Week 6:** return to exercise and lifting, building up gradually. Stop wearing your garment if advised.
- **3–18 months:** swelling settles fully, and the scar fades and flattens.

10 Risks and complications

Most people recover without any serious problems. But like any treatment it carries risks, and you should understand them before you decide. Where reliable published figures exist, we've given an approximate, rounded figure. Where they don't, we've used these standard terms:

COMMON	UNCOMMON	RARE	VERY RARE
more than 1 in 100	1 in 100 to 1 in 1,000	1 in 1,000 to 1 in 10,000	fewer than 1 in 10,000

Your own risk may be higher or lower depending on your health, whether you smoke, and the details of your treatment. Mr Kumar will talk through what applies to you.

What almost everyone experiences

These aren't really complications. They're a normal part of healing.

- Swelling, bruising and tightness for several weeks.
- Numbness of the skin above the scar, which improves over months but may not fully recover.
- A red scar that fades over 12–18 months.

Other complications

- **Fluid collection (seroma)** COMMON
  Fluid under the skin, usually drained with a needle in clinic, sometimes more than once.
- **Slow wound healing** COMMON
  Small areas of slow healing along the scar. These heal with dressings. Much more likely in smokers.
- **Small bulges at the scar ends (dog ears)** COMMON
  Usually settle, but occasionally need a small correction under local anaesthetic.
- **Some loose skin remaining** COMMON
  Particularly above the scar. A full tummy tuck may be needed later if this bothers you.
- **Collection of blood (haematoma)** UNCOMMON
  May need a return to theatre.
- **Infection** UNCOMMON
  Usually treated with antibiotics.
- **Noticeable or thickened scars** UNCOMMON
  Most improve with time, massage or treatment.

Rare but serious complications

Please read this section carefully.

- **Blood clots in the leg or lung** RARE
  Deep vein thrombosis or pulmonary embolism. A clot in the lung can be life-threatening. Walking early, drinking plenty and any stockings or injections you are given reduce the risk.

Complications of the anaesthetic

Modern anaesthesia is very safe. Feeling sick, a sore throat or feeling drowsy are common for a short time afterwards. Serious problems, such as a severe allergic reaction, are very rare. Your anaesthetist will meet you before the operation and explain the risks for you personally.

11 Further treatment

A small further procedure is occasionally needed, for example to tidy the end of a scar. This isn't usually considered until things have fully settled, often 6–12 months afterwards. The cost of any further procedure isn't automatically included in your original fee; the clinic team can explain our policy.

12 Photographs and records

Photographs are taken before and after your treatment and kept in your medical records. They help Mr Kumar plan your treatment, record how things looked beforehand and follow your progress. This is standard good practice. If we ever want to use your photographs for teaching, publication or marketing, we will ask you separately and specifically, and saying no won't affect your care in any way.

13 Costs and insurance

A mini tummy tuck is a cosmetic operation, so it isn't covered by health insurance or the NHS. You'll receive a written quote before you decide. Self-pay consultations cost £250 and follow-ups £150.

14 Your decision

This is your decision and you have the right to:

- take as long as you need to decide, and bring someone with you to appointments
- say no to treatment, or withdraw your consent at any stage, without having to explain why and without it affecting any other care you receive
- ask for a second opinion from another surgeon.

15 Your personal information

Your personal and medical information is kept securely and used in line with UK data protection law (the UK GDPR and the Data Protection Act 2018). It's only shared with the people directly involved in your care, or where the law requires it, unless you give your consent for anything else.

16 Who to contact, and when to get help urgently

If you have any questions or worries, please contact the clinic during opening hours on 020 3026 9695 or info@theuclinic.com.

Contact us promptly if you have

- redness that is spreading, warmth, discharge from the wound, or a temperature
- swelling that is increasing, or a tummy that becomes tight and painful
- bleeding that doesn't stop with 10 minutes of firm pressure
- pain, swelling or redness in your calf, or breathlessness or chest pain

Out of hours, your emergency contact number will be given by the treating hospital or clinic. In an emergency, call 999.

17 What happens next

Before your treatment, Mr Kumar will go through this information with you again and take your written consent. If anything in this booklet has raised a question, or if anything changes with your health or your medication before then, please let us know.

My questions

Note down anything you want to ask Mr Kumar and bring it to your next appointment.

Notes

Notes

Questions or worries?

Please contact the clinic during opening hours. Out of hours, your emergency contact number will be given by the treating hospital. In an emergency, call 999.

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