

# Tummy Tuck

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## What is a Tummy Tuck?

Tummy tuck surgery is a procedure to remove sagging skin and fat tissue in the abdominal area, which leads to an unpleasant appearance. After this surgery, a flat and tight appearance is achieved in the abdomen. Abdominoplasty is performed through an incision made from the protruding parts of one hip to the other along your pubic area. After this incision, excess skin and fat tissue are removed by moving upwards towards the tummy. Then the remaining tissues are tightened and enclosed. Thanks to this, the sagging that occurs around the tummy is removed.

The belly button is removed to the right place from where it is sagging in the tummy tuck (abdominoplasty) surgeries. The position of the scars after tummy tuck (abdominoplasty) are planned to remain in your underwear.

Tummy tuck (abdominoplasty) is often accompanied by a liposuction procedure. Liposuction enables slimming and flattening in the abdomen and waist area by removing fat in parts without excess skin.

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## Why This Surgery?

The human body can restore the deformations to a certain extent. Weight issues such as sagging that have become long-term or have occurred after serious weight loss may not get better without surgical intervention.

In such cases the most appropriate procedure for you should be decided by a plastic surgeon who is a specialist in their field by performing the necessary medical examinations and analysis. Thanks to the tummy tuck (abdominoplasty) procedure you can solve your long-term problems that had been a tough nut.

# Cosmetic & Plastic Surgery

Premium quality 360 degree service in Istanbul

Dr. Burak Pasinlioğlu, a famous surgeon certified by the European Plastic Surgery Association (EFOBRAS), graduated from Ankara University Faculty of Medicine in 2013. In the Medical Specialty Examination (TUS) held in 2014, he ranked as 39th throughout Türkiye and was entitled to continue his specialty in Gazi University Faculty of Medicine, Department of Plastic, Reconstructive and Aesthetic Surgery, which is one of the most long-established plastic surgery clinics in Türkiye.

*Burak Pasinlioglu*

**Dr. Burak Pasinlioğlu**  
Aesthetic & Plastic Surgery

He participated in many surgeries as an observer at Cleveland Clinic, which was selected as the second best hospital in the world. In 2019, he worked with world-renowned plastic surgeon Prof. Dr. Moustapha Hamdi in breast aesthetics and reconstruction in Brussels for 3 months. He successfully completed the course organized by the Reconstructive Microsurgery Association and was entitled to receive a micro surgery certificate.

TrustMed Clinic offers 360-degree overall service with international Japanese corporate quality, offices in more than 60 countries, 25 years of experience and with renowned surgeon Dr. Burak Pasinlioğlu.



## What do the expert say?

Here you will find some useful information that will help you prepare for your plastic surgery, prepare the necessary setup to avoid any problems that may arise, and make the necessary arrangements to ensure that everything goes smoothly during your stay in Türkiye.

### 01 CONSULTATION

Your journey for your aesthetic surgery will begin with a consultation with our famous aesthetic surgeon in Istanbul. This meeting will last about 30 minutes.

During your in person consultation with our famous plastic surgeon Dr. Burak Pasinlioğlu, you can ask all the questions you have in mind about the operation. It may be a good idea to write down all your questions before the consultation. Our doctor will get familiar with all your expectations and provide you detailed information about this subject by determining what is possible for your anatomy. In addition, our doctor will explain to you how the operation process will proceed after answering all your questions.

### 02 PROCEDURE

It is important to consider the following before you turn up for your cosmetic surgery.

**Quit smoking:** Smoking reduces blood flow in the skin. For this reason, we recommend that you quit smoking six weeks before the operation and during the recovery period in order to have a faster recovery process after the operation.

**Minimise alcohol:** Try to minimise alcohol drinking before the operation. Do not drink alcohol on the day of the operation or stop drinking a few days before. After the operation is completed, you are not allowed to drink alcohol until the medication given to you is finished. Our doctor and team will warn you about this.

**General anaesthesia:** Your operation will be performed under general anaesthesia. Eat eight hours before the operation. Don't drink water or eat less than six hours before the operation.

## What do the expert say?

### 03 OPERATION DAY

On the day of your operation, our transfer vehicle will pick you up from your hotel and transfer you to the hospital where the operation will take place. Before the operation, you will have a preliminary in person meeting with our doctor and our team once again. As a result of this preliminary meeting, drawings will be made and photos will be taken according to your expectations.

Your aesthetic surgery will end with drawing being made, check of blood tests, operation, hospital stay, discharge and follow-up process.

### 04 RECOVERY PROCESS

You may feel a little sleepy and tired after your aesthetic surgery. This condition will decrease after one or two hours of rest.

Our doctor will provide you information about the operation during discharge. They will explain what you should pay attention to after the operation and the use of medication. We expect you to take your medication regularly. You may feel a little sluggish and tired after the operation. This condition, can be taken under control with the painkillers prescribed to you.

During the recovery process, our teams will call you to ask about your condition and ask you for a photo. An online consultation will be made with you by communicating your recovery process to our doctor.

## Mummy Makeover At a glance



**Duration of Treatment**  
5 Days



**Duration of Operation**  
3 Hours



**Anaesthesia**  
General



**Result**  
1 - 6 Months



**Sleep Position**  
1 Week Face Up



**Driving**  
10 Days



**Shower**  
7 Days



**Travel**  
10 Days



**Back to Work**  
14 Days



**Exercise Restriction**  
2 Months



HIS Travel is an international tourism company established in Japan in 1980 and has started to serve in Turkiye since 2005. Proudly offers a service at European standards in Turkiye thanks to its large investment in the field of health tourism. TrustMed Clinic is the contracted brand of HIS Travel.

The contracted doctors are highly successful and renown doctors in their respective specialties. In plastic and cosmetic surgery, works with the famous surgeon Dr. Burak Pasinlioğlu, who has a qualification certificate by the European Committee of Plastic Surgery (EBOPRAS) and the Turkish Society of Plastic Reconstructive Surgery.

In the specialty of dermatology TrustMed Clinic works with Assoc. Dr Ezgi Özkur, a renowned dermatologist with 4 international awards and Turkish board certification.

TrustMed Clinic aims to increase the standards of health tourism in Turkiye, incorporate high quality service and grow internationally.

TrustMed Clinic aims to be the best clinic in Turkiye and worldwide in mummy makeover, breast aesthetics, facial aesthetics, body aesthetics and male aesthetics in the specialty of aesthetic and plastic surgery, and in all dermocosmetic procedures in the specialty of dermatology. Thanks to its contracted doctors and no hidden cost guarantee, TrustMed Clinic is proudly serving among the leading companies in health tourism in Turkiye. Here at TrustMed Clinic, we offer you tailored services with discounted flight tickets, hotel organization, airport and city transfers, insurance services and post-operative care packages.

TrustMed Clinic, which sets forth with a motto focused and specialized in the field of body and skin, offers you full support in your treatment journey and outstanding personalized care with a service at European standards and a one-year recovery follow-up process.

