

## QUESTIONS TO ASK YOUR SURGEON: MINI TUMMY TUCK

**Do I have rectus diastasis? Is it severe enough that I need a standard tummy tuck or is a mini tummy tuck sufficient?**

As the belly expands during pregnancy, it does not only affect the outer skin—it also stretches the underlying abdominal muscles, known as the abdominal fascia, hence creating rectus diastasis. When this occurs, the muscles tend to bulge outward, creating a pooch and unflattering appearance. That being said, during a mini tummy tuck, the muscle separation is not often addressed.

**During my mini tummy tuck, will you tighten my stomach muscles below the belly button only?**

If you address only the bulge below the belly button and not the bulge above the belly button, you will have a weird pooch above the belly button, creating an uneven appearance. If a patient has a significant muscle bulge, a full tummy tuck is necessary to get access to the entirety of the abdominal muscles.

**Which part of my abdominal skin is being removed? Will that fully address my stretch marks?**

When it comes to the stomach, stretch marks are an extremely common problem. There is no treatment that has been proven to reduce stretch marks, beyond surgical removal of the offending skin. If your stretch marks fall within the area being excised, they will be removed.

- **Do you close my incision or does someone else?**

At many cosmetic surgery facilities, the surgeon allows another person to close the patient. This is not the case with Dr. Rahban—he doesn't let anybody else touch his patient..

- **Do you use layered closure?**

In closing the incision, Dr. Rahban employs layered closure. He starts from the bottom and meticulously closes each individual layer of tissue outward to the surface skin. By properly aligning the layers from the inside out, he ensures there is no depression on the resultant scar.

- **Do you offer a second consultation prior to my procedure?**

Every patient goes through a thorough pre-operative process. This begins with a pre-op visit two weeks prior to surgery. This is similar to a second consult. During this time, you will go over the details of your surgery with Dr. Rahban, and you will get a second opportunity to ask questions and go over your procedure, thus ensuring a complete understanding.

- **How many follow-up appointments do we have?**

After a mini tummy tuck, Dr. Rahban schedules a total of five follow-up appointments. Most plastic surgeons schedule two follow-ups, during which time you may not even see the doctor. During every follow-up appointment, Dr. Rabhan sees his patients personally.