



## **Dr. Saeed Marefat , Medical Director of Metropolitan Plastic Surgery, “The Tummy Tuck”**

**Background:** Dr. Marefat, the director of Metropolitan Plastic Surgery PC, is a board certified plastic surgeon that has practiced Plastic Surgery in Northern Virginia since 1992. He is affiliated with several outstanding medical facilities including Alexandria Hospital, Fairfax Hospital, Virginia Hospital Center, Potomac Hospital, and Mount Vernon Hospital.

### **INTERVIEW**

**Q: Dr. Marefat could you tell us a little bit about your plastic surgery practice and philosophy?**

A: Metropolitan Plastic Surgery, PC located in Northern Virginia and Washington DC specializes in all aspects of Cosmetic Plastic Surgery for men and women. The services offered at this facility include cosmetic operations such as Breast augmentation, Liposuction and Tummy Tuck Surgery. Metropolitan Plastic Surgery also offers many Non-Surgical Cosmetic procedures such as Laser Surgery, Injection of Soft Tissue Fillers (Radiesse, Restylane, Juvederm), and Botox® Treatments.

I perform all operations and procedures with a meticulous touch in order minimize pain, discomfort, and swelling. The distinguishing feature of our practice is the personal attention that my staff and I give our patients. The various components of our team both individually and collectively give a tremendous advantage to our patients, and places Metropolitan Plastic Surgery among the finest Plastic Surgery centers in the greater Washington area.

**Q: I know a lot of people aren't happy with their stomachs and are interested in tummy tucks--can you describe what you do during the procedure?**

A: Tummy tucks are operations designed to remove excess fat and skin from the abdomen while tightening the abdominal muscles that have lost their strength with weight fluctuations or pregnancy. Depending on the severity of the abdominal wall weakness and excess skin, the incisions for this operation may be short or long. The operation may include a conservative degree of fat removal with liposuction. Once the fat is removed, the skin of the abdomen is lifted. The muscles ( commonly called 'abs' )are located and brought together with suture in the midline of the abdomen. It is similar to a hernia repair, except that the problem is due to weakness in the central abdominal fascia rather that a tear or opening of the fascia. After the abdominal muscles are tightened, the excess skin is trimmed in the lower abdomen. Depending on how much excess skin is present the lower abdominal incision may be short (such

as a c-section scar) or long ( from hip to hip). The belly button is brought out in its normal anatomic location in the center of the abdomen through a small incision in the overlying skin. Drains are usually placed for a few days to remove the excess water accumulation under the skin.

**Q: Who are the best candidates for a tummy tuck?**

A: The best candidates for Tummy Tucks are young and healthy women who have a small amount of excess fat, moderate excess skin, and abdominal wall weakness. Massive weight loss patients, both men and women, who have had Gastric by-pass surgery are another group of frequently request this operation.

**Q: What are the risks?**

A: Of course there are risks with this operation, but these risks can be minimized with using correct judgement in choosing the patient and performing the operation in a medically sound fashion. This operation is usually done under general anesthesia in a hospital or ambulatory surgical center. Candidates for this operation should stop smoking for at least two weeks before and two weeks after surgery. Smoking can increase chances of delayed healing or skin loss and is a very serious risk factor in this operation. Infection, bleeding , or other medical complications are rare. Most people who have this operation recover within 10 days. The majority of patients do not take pain medication after the first week of surgery.

**Q: Are patients generally pleased with the results--are they immediate or does it take time to see your stomach look flatter and more toned?**

A: Patients are very pleased with results of this surgery. When I read my patients testimonials after surgery, almost all say that they would do this operation again if they had a choice. Improvement is noticeable immediately after surgery, however the long term results are not seen until a few months after surgery when all the swelling has resolved.

**Q: Can you give us a general idea of cost of a tummy tuck?**

A: The cost of Tummy tuck varies according to the geographic location of the patient and the type of procedure being done. More populated urban areas are usually more expensive for all types of cosmetic procedures. There are price differences in large cities as well. Some plastic surgeons are more expensive than others. The smaller Tummy tucks may range from \$3000-\$5000, while the larger procedures may range from \$7000-\$10,000. In order to get a better idea of how much these procedures cost you should consult a plastic surgeon.

**Metropolitan Plastic Surgery, PC**

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