

Tummy tuck

After significant weight loss or pregnancy, you may be left with excess skin and fat around your abdomen that cannot be improved by diet or exercise. This can also happen as a result of getting older but, no matter the cause, it can be uncomfortable and leave you unable to wear particular clothes.

Helping you achieve a more youthful and toned tummy

A tummy tuck (abdominoplasty) is a cosmetic procedure that removes excess or loose skin from the lower abdomen. Options include mini-tummy tucks and full-tummy tucks, through to much more extensive procedures after massive weight-loss.

If the 'six-pack' muscles have been stretched apart, it may also be good to plicate them back together at the same time as the tummy tuck. Your Consultant will advise you on the options available to you.

We work with experienced specialists who will help explore your goals and discuss sensible options for you to consider. When you book a consultation, you can choose to have this appointment at KIMS Hospital or Sevenoaks Medical Centre, and you will be seen by the Consultant who will perform your surgery. This will take place at KIMS Hospital in Maidstone. Your Consultant will provide you with guidance on the results you can expect, the recovery time and the additional information you need to help make the right decision for you. They will also follow you all the way through your recovery. This relationship is important to help you get the best possible results.

Prices & payment

We offer a guide price of:

Tummy tuck - standard
£5,995

The guide price is based on the usual clinical needs of patients. For more information, please see our [terms and conditions](#).

Personal medical loans

Payment to suit you with 0% and fixed rate interest options.

Following an appointment with your Consultant, you can apply for a loan to cover the cost of your treatment. With interest free finance at Representative 0% APR (fixed) along with longer term fixed rate loans, there is an option for everyone.

Consultants



Mr Oliver Harley

[View profile](#)



Mr Asit Khandwala

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Mr Siva Kumar

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Mr Simon Mackey

[View profile](#)

FAQs

Should I have tummy tuck surgery?

It is important to recognise that a tummy tuck is not a procedure designed for patients who wish to lose weight. It is intended for those who already maintain a healthy weight but cannot lose excess skin through diet and exercise.

During an initial consultation, your Consultant will examine your abdomen and give you all the

advice and guidance you need to make an informed decision.

What will the end result look like?

The end result will vary between patients, but the overall outcome is a flatter, more toned-looking tummy with less loose skin. Most patients feel more comfortable and are able to wear clothes they wouldn't have felt able to before. Stretch marks or surgical scars in the lower abdomen will also be removed with the skin that is taken.

Where will my surgery take place?

Regardless of where you had your initial consultation, an abdominoplasty will take place at KIMS Hospital in Maidstone. Most outpatient appointments, including follow up appointments with your Consultant, can take place at either KIMS Hospital or Sevenoaks Medical Centre.

How long will I stay in hospital?

Patients having a tummy tuck will usually stay in hospital for one or sometimes two nights. Your Consultant will be able to discuss this with you at your initial consultation.

How long is the recovery time for a tummy tuck?

The exact recovery time will vary greatly among individuals. Depending on your own procedure and your general physical condition, you will experience some moderate pain in the early days. Full recovery is generally in the region of six to twelve weeks. You will be given pain medication during your stay and when you go home.

Are there any scars?

For a full tummy tuck, there will be a scar running along the lower border of the abdomen, between the hips, which is usually hidden by underwear. There will be another small scar around your belly button. The length and visibility of the scars will vary from person to person. However, the scars are usually very subtle once they have fully healed and matured.

You should allow at least 18 months for the scars to mature and fade.

Are there any risks associated with a tummy tuck?

As with all cosmetic procedures, there are some risks associated. However, a tummy tuck is a very safe procedure when performed by a fully qualified and trained specialist. Some of the risks might include bleeding, infection, delayed wound healing, altered sensation, fluid collection under the skin and poor scarring.

Your Consultant will discuss associated risks with you at your initial consultation and give you



all of the necessary information to make an informed decision.