

Difference Between Lipo and Tummy Tuck - What to Expect

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Difference Between Lipo and Tummy Tuck

What's the difference between lipo and tummy tuck? While they both aim to enhance the midsection, the procedures and recovery process are different.

([Newswire.net](#) -- May 17, 2019) -- Liposuction and tummy tuck are the two most common surgical procedures to change the look of the midsection. They can be performed by a cosmetic surgeon and aim to make the belly appear smaller, tighter, and flatter. In terms of risks,

recovery time, and the actual procedure, however, they are not the same. Keep reading to learn the difference between lipo and tummy tuck.

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Although both processes appeal to us with similar goals, there are actually some key differences. Liposuction is a good option if you want to eliminate small deposits of fat. [Liposuction can be done in areas](#) such as the stomach, buttocks, thighs, and hips. As a result, it will help contour and reduce bulges. However, it is not recommended to use liposuction if you are not within 10% of your ideal body weight. In addition to eliminating excess fat, a tummy tuck can also remove excess skin to restore the appearance of a contoured and flat midsection.

Procedures

In liposuction, you might be intravenously sedated or apply an anesthetic to the midsection. The surgeon would make a small incision around fat deposits with a cannula or a thin tube. After that, he or she will suction out the fat with a medical vacuum.

In a tummy tuck, the surgeon will apply general anesthesia to make you sleep. After that, they will make an incision at the skin's bottom and sew the muscle groups in the abdominal wall. Also, the surgeon might [pull the skin tight](#) and cut off excess skin.

Expected Results

People with liposuction on the abdomen often see a more proportioned and flatter midsection after recovering. These results are permanent. However, if you gain weight, fatty cells would build up again in the body, but not typically in those areas which were suctioned.

After a tummy tuck, you can also achieve permanent results. The abdominal wall would become stronger and more stable. The removed excess skin won't return if there is no fluctuation in your weight or pregnancy might stretch out this area again.

Possible Side Effects

The risks of side effects with liposuction are higher when the surgery is performed on a large area. Some common complications include temporary numbness, contour irregularities on top of the skin, and accumulation of fluids. Also, there are some rare risks such as infections, fat embolism, or puncture in the internal organ.

Tummy tucks often come with more risks of side effects. Infections and wound complications are the most common ones. Other possible complications include tissue necrosis, fluid accumulation, and changes in sensory activities.

Conclusion

So, what exactly is the [difference between lipo and tummy tuck](#)? Though both tummy tuck and liposuction aim to enhance the look of the midsection, these techniques are significantly different in their procedures and promised results. A tummy tuck is quite serious, while liposuction is a more straightforward procedure which requires less recovery downtime or risks.

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