

# Tummy Tuck

*Abdominoplasty — Your Friendly Guide to a Flatter, Firmer Abdomen*

Your friendly, plain-English guide to what to expect — from start to finish.

## What is a Tummy Tuck?

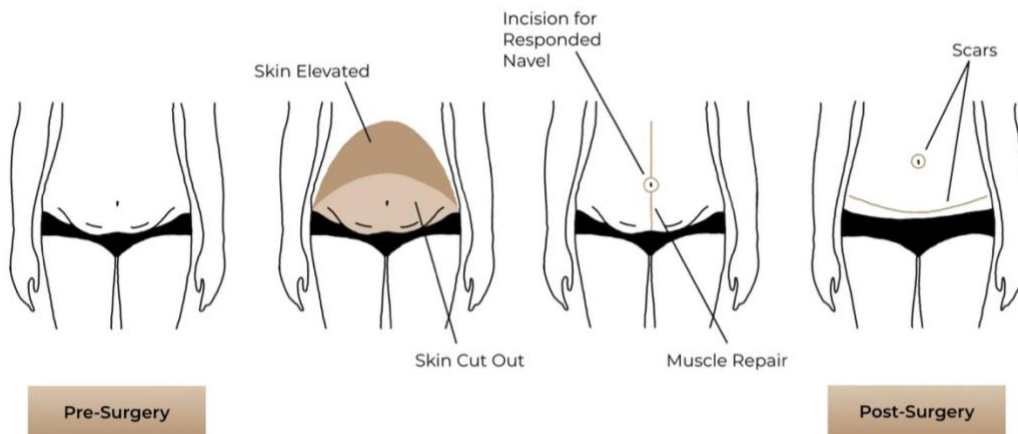
A tummy tuck (medically called abdominoplasty) removes excess skin and fat from the abdomen and can also repair weakened or separated abdominal muscles. The result is a flatter, firmer, more proportionate stomach profile.

**This is not a weight loss procedure** — it is a body contouring procedure. It works best when you are close to your ideal weight and looking to address loose skin and muscle issues that simply cannot be fixed with exercise.

Suitability for a tummy tuck depends on a range of factors, including your overall health, BMI, skin quality, abdominal tissue, and individual surgical goals. In some cases, excess abdominal fullness may be due to loose skin, soft tissue, or weight-related factors, and a tummy tuck may not be appropriate for everyone.

A full medical assessment is required before any treatment recommendations can be made.

## TUMMY TUCK



*Illustrations are for guidance only. Individual results vary.*

## What Can a Tummy Tuck Improve?

|   |                                                                              |
|---|------------------------------------------------------------------------------|
| ✓ | Excess loose or sagging skin in the abdominal area                           |
| ✓ | Protruding abdomen that doesn't respond to diet or exercise                  |
| ✓ | Weakened or separated abdominal muscles (diastasis) — common after pregnancy |
| ✓ | Localized fat deposits in the abdomen and waist                              |
| ✓ | Overhang of skin and tissue below the belly button                           |

A tummy tuck cannot fix stretch marks, though if they sit on skin that is being removed, they may be reduced. It is also not a substitute for healthy habits — maintaining your weight after surgery is important for lasting results. Please be aware for those with a high BMI of over 30 this procedure may not be as effective, and possibly bariatric surgery may be recommended



## Are You a Good Candidate?

|   |                                                                                               |
|---|-----------------------------------------------------------------------------------------------|
| ✓ | You are a healthy adult <b>close to your ideal body weight</b>                                |
| ✓ | You are a non-smoker                                                                          |
| ✓ | You are not planning significant further weight loss (minimum of one year if post bariatric ) |
| ✓ | Women: you are not planning future pregnancies (which can affect results)                     |
| ✓ | You have realistic expectations about what the procedure can achieve                          |

## How the Surgery Works — Step by Step

1

### Anaesthesia

A tummy tuck is most commonly performed under general anaesthesia with 2 overnights hospital stay possible depending on the extent of surgery.

2

### The main incision

A horizontal incision is made low on the abdomen — between the pubic hairline and belly button. The length depends on how much skin needs to be removed. This scar sits below the bikini line.

3

### Muscle repair

If your abdominal muscles have separated (a very common effect of pregnancy), they are stitched back together to create a firmer, flatter core. This part alone transforms the shape significantly.

4

### Excess fat and skin removed

Unwanted fat is removed (sometimes with liposuction), and the excess skin is excised. A second small incision around the belly button may be needed to address skin in the upper abdomen.

5

### Skin smoothed and closed

The skin is pulled downward and smoothed over the new contour. The belly button is repositioned through a new opening. Incisions are closed with sutures.

6

### Compression garment applied

You will be wrapped in an elastic bandage or compression garment to minimise swelling and support the healing abdomen. Small drain tubes may be placed temporarily.

Please note: Where multiple procedures are recommended, your surgical team may perform these in two separate sessions during one trip, or — where procedures are more extensive — may advise a gap of up to four months between surgeries for your safety and to optimise your results.

### DISCLAIMER — Medications, Vitamins & Supplements

Please ensure all personal medications are fully disclosed to your surgeon on your medical assessment form, and that all medications are handed to the nursing station on the day of your procedure. Please note that blood thinning medications — including certain vitamins and supplements such as fish oil, vitamin E, garlic, and aspirin — must be ceased at least two weeks prior to surgery, as directed by your surgical team.

## Recovery Timeline

| Timeline     | What to Expect                                                                                                                |
|--------------|-------------------------------------------------------------------------------------------------------------------------------|
| Days 1–5     | Swelling and discomfort — managed with medication. You may not be able to stand fully upright yet. Sleep with knees elevated. |
| Days 5–10    | Sutures removed if necessary. Slowly begin to stand more upright. Light walking encouraged to reduce blood clot risk.         |
| Weeks 2–3    | Most people return to light work and normal activities. Avoid lifting, straining, or vigorous exercise.                       |
| Weeks 3–6    | Progressive return to normal activity. Swelling continues to reduce. Compression garment worn as instructed.                  |
| Months 3–12+ | Final flat, firm profile fully emerges. Scar continues to fade — protected by clothing and swimwear.                          |

### Important post-surgery movement restriction

For the first few days you will be instructed not to stand fully upright — this protects the internal sutures while they heal. Do not rush this. Sleeping with pillows under your knees also helps significantly.

## Risks

|   |                                                                 |
|---|-----------------------------------------------------------------|
| ! | Blood clots or blood pooling under the skin (haematoma)         |
| ! | Fluid accumulation (seroma)                                     |
| ! | Infection or poor wound healing at the incision site            |
| ! | Numbness or changes in skin sensation (usually temporary)       |
| ! | Permanent scarring — though the scar sits below the bikini line |
| ! | Anaesthesia-related risks — discussed fully before surgery      |

## Cost Comparison — India vs New Zealand

| Cost Item                                                                                                         | India (NZD approx.) | NZ (approx.)          |
|-------------------------------------------------------------------------------------------------------------------|---------------------|-----------------------|
| Tummy tuck (full abdominoplasty)                                                                                  | ~ \$6,900 – \$8,950 | ~ \$15,000 – \$25,000 |
| Combined with liposuction                                                                                         | ~ \$8,950 – \$9,000 | ~ \$24,000 – \$30,000 |
| Mummy Makeover: 360' liposuction with fleur-de-lis abdominoplasty plus breast lift with fat transfer to breasts   | ~ \$10,480          | ~ \$35,000 – \$52,000 |
| Extreme Makeover: 360' liposuction of abdomen, flanks and lower back, extended tummy tuck and vertical thigh lift | ~ \$8,950           | ~ \$32,000-\$52,000   |
| Premedical checks and consultation                                                                                | Included            | ~ \$350-\$1,000       |

Please note: GST of 18% is applicable on all cosmetic surgery procedures performed in India and will be added to your surgical quote by the hospital.

**All surgical costs paid directly to the hospital. Airfares, accommodation, transfers and JBTG fees quoted separately.**

#### **About JBTG Limited's Role**

JBTG Limited (Bums, Tums & Gums) is your logistics organiser and tour escort — not a medical professional. Your surgical contract, all clinical decisions, and your medical records are between you and the hospital directly. Our job is to get you there safely, support you throughout, and bring you home.

## Ready to Find Out More?

Getting started is simpler than you might think:

1

#### **Get in touch**

Call or email us for a no-obligation chat. Tell us a bit about what you're hoping to have done.

2

#### **We connect you with our India brokers**

Our trusted on-the-ground medical brokers identify the right surgeon and hospital for your specific needs.

3

#### **You receive a personalised quote**

The surgical team provides a detailed quote once your information has been reviewed.

4

#### **We arrange everything**

Flights, hotel, all transfers, and your full logistics package — all taken care of.

5

#### **We travel with you**

You're not going alone. Your JBTG escort accompanies you throughout the entire trip.

## Insurance — What You Need to Know

Travel insurance is highly recommended for anyone travelling to India for surgery. Standard New Zealand travel insurance policies will not cover elective procedures — so it's important to arrange specialist medical travel cover before you go. We work with Global Protective Solutions, who offer insurance specifically designed for medical tourists. Their policy covers the procedure itself and any complications for up to six months after your procedure date, including care back home in New Zealand. Please note that this is not a standard travel insurance policy — it does not cover the other elements of your trip such as flights, luggage, or cancellations.

You can enroll directly through our dedicated link at [www.globalprotectivesolutions.com/enroll/bumstumsgums](http://www.globalprotectivesolutions.com/enroll/bumstumsgums). A visa is also required to enter India, and while we cannot apply on your behalf, we will guide you through the process and make sure you have everything you need well in advance of travel

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*Tummy Tuck patient guide | All surgical costs paid directly to the hospital | JBTG Limited provides logistics only*