

# ALL ABOUT TUMMY TUCKS

**Dr Michael Yunaev, Oncoplastic Breast, General and Cosmetic Surgeon**

MBBS, FRACS, MS Breast Surgery, BMedSci (Hons), MPH

There are 5 different tummy tucks that I regularly use in my practice on a daily basis and that most patients require whether they are a weight loss patient or a trying to regain their shape post pregnancy.

These are:

1. Mini Abdominoplasty
2. Full LipoAbdominoplasty
3. Extended Lipoabdominoplasty
4. Fleur de Lis Lipoabdominoplasty
5. Circumferential Lipoabdominoplasty or Belt Lipectomy

These 5 variations of this procedure cover the vast majority of problems that patients encounter with either excess skin or skin and fat deposits, as well as problems related to abdominal muscle separation or abdominal wall hernias.

All of these operations aim to excise the excess skin left over from weight loss or pregnancy. If that excess is minor a mini procedure may be required, which means that the incision is smaller than the full tummy tuck, but still reasonably long to allow the surgeon to address the issue at hand. The mini tummy tuck can be done with a limited muscle separation correction as well. Mini tummy tucks may or may not be accompanied by liposuction as needed on individual basis. It is generally called a mini as the amount of internal dissection performed is significantly smaller and generally only done on the lower abdomen, rather than the full abdomen as is in the other more extensive procedures.

If more skin and/or lower abdominal fat pad is present than the extent of surgery may need to increase to either full or extended tummy tuck. These operations are more significant in scope and time they take, but also allow for a full repair of the muscle separation and any abdominal wall hernias present as well. They are also always accompanied by limited liposuction procedure to help in body contouring and recreation of a waistline.



The Fleur de Lis and Belt lipectomy are generally reserved for patients post massive weight loss, as the amount of the excess skin to be removed can be very large and require incisions from different vectors. For instance in Fleur de Lis approach in addition to the low abdominal horizontal incision there is also a vertical midline incision to help reduce the excess skin and recreate a waistline. In Belt lipectomy, the incision is carried out circumferentially and is often combined with a buttocks or thigh lift. This procedure can be performed in one or two stages depending on the goals of the operation.

These 5 procedures encompass the majority of patients in my practice, however occasionally additional procedures can be used to help in some selected cases, such as reverse abdominoplasty, which simply put is based on an incision at the top of the abdomen (rather than the bottom) and is often combined with a breast lift or reduction to help hide the scars.

If you have patients in need of these procedures, establishing expertise of the surgeon performing these is very important, as it will likely determine what sort of outcome your patients will have, as these are major life changing procedures, potentially with significant complications.

If you have questions, as usual don't hesitate to contact my rooms on 02 98197449. We have 6 locations in Sydney and Bowral to help minimise the inconvenience for your patients.



## Dr Michael Yunaev

Oncoplastic Breast, General and Cosmetic Surgeon  
MBBS, FRACS, MS (Breast Surgery) BMedSci (Hons), MPH

### About Dr Michael Yunaev

**Dr Michael Yunaev is an Oncoplastic Breast, General and Cosmetic Surgeon and is the Principal Doctor at Breast & Body Clinic. Dr Yunaev is a highly trained Surgeon with extensive experience and passion for treatment of all aspects of Breast Cancer Surgery, Benign and Congenital Breast Disease and Aesthetic Breast and Body Surgery, as well as General Surgery.**

Dr Yunaev completed Fellowship in General Surgery with the Royal Australasian College of Surgeons, whilst based in Westmead Hospital as a registrar. As a consultant in General Surgery he went on to do a further 2 year fellowship through BreastSurgANZ focusing on Breast Cancer Surgery, Breast Reconstruction and Oncoplastic Techniques for Breast Conservation and working with some of Australia's earliest pioneers in this field. At this time he deepened his understanding of the underlying Breast Disease process and treatment by undertaking a Master Of Surgery degree through Sydney University and promoting improved training in Oncoplastic Breast surgery in Australia through his research and dissertation.

Finally since completing his Oncoplastic Fellowship, he went on to train as an Aesthetic Surgeon focusing on breast and body, training with Sydney's leading and most renowned Plastic and Cosmetic Surgeons for further 2 years.

Concurrently he founded Breast & Body Clinic to provide the benefits of his extensive training to his patients, whilst focusing on providing excellent patient centred care.

Dr Yunaev is an active member of the Breast Surgeons Australia and New Zealand Society, Australasian Society for Breast Disease, General Surgeons Australia and Royal Australasian College of Surgeons. He is involved in training of a younger generation of surgeons through the Royal College of Surgeons and is active in research in his chosen field.

### Dr Yunaev Specialises in the following procedures:

- Breast Cancer Surgery
- Oncoplastic Breast Conservation Surgery
- Breast Reconstruction with Implants and Flaps
- Aesthetic/Congenital/Revision Breast Surgery
- Male Breast Surgery for cancer or gynaecomastia
- Acute and Elective Open and Laparoscopic General Surgery (Hernias, Gall Bladders, Skin Cancer, Endoscopy)

### About Breast & Body Clinic

Our Clinic represents an association of dedicated specialists providing a multi-disciplinary approach to treatment and support of patients with best of coordinated care to ensure optimal outcome. Exceptional Patient Care is our mission and is of paramount importance to our team. We strive to ensure patients are given support and guidance underpinned by clear and accurate information, allowing them to be involved in and make informed decisions about their treatment.

*In addition, Dr Yunaev is committed to providing an on call acute general surgery service and continues to perform open and laparoscopic general surgical procedures in elective and emergency situations.*

**We will accommodate all urgent Referrals  
with a Fast Track Appointment**

### CONSULTING LOCATIONS

**St Luke's Clinic, Hemsley House  
Norwest Private Hospital  
Eastbrooke Medical Centre  
Chris O'Brien Lifehouse  
Sydney Specialist Suites  
Waratah Private Hospital**

### OPERATING LOCATIONS

**Chris O'Brien Lifehouse  
St Luke's Hospital  
Norwest Hospital  
Waratah Private Hospital  
Bondi Junction Private Hospital**

**P: (02) 9819 7449 | F: (02) 9356 0460**

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