

Anatomy of the iTuck[®]

Let's take a look at our version of the tummy tuck.

Before Surgery (top photo)

Most of the changes in the abdomen are due to pregnancy and weight fluctuations.

During pregnancy, the **muscles separate** to allow room for the baby. Afterward, they remain separated in the midline which gives a persistent bulge to the abdomen. Although exercise can strengthen the muscles, it cannot make them go back together in the midline.

Extra skin accumulates during pregnancy, and also due to weight fluctuations. Although skin has the ability to shrink with weight loss, the amount of shrinkage possible is usually less than desired, so some excess remains.

Usually, there is also some extra **fat in the hips** which has accumulated over time. It is important to address this during the tummy tuck procedure so that a good shape is achieved from all viewpoints.

After Surgery (bottom photo)

The patient shown here is only three months after surgery, however it can take up to six months for complete maturity of the result. So, this patient may achieve additional contour improvement especially



Actual patient

ly in the lower abdomen and around the belly button over the next three months.

The abdominal contour is flat due to tightening of the muscles. This acts like an **internal corset**. In the iTuck[®] procedure, a long acting numbing medication is used during surgery to provide significant **pain relief** from this otherwise uncomfortable portion of the procedure.

The extra skin has been removed permanently which eliminates the upper and lower abdominal skin rolls. Although traditional tummy tucks require placement of drains after surgery, the iTuck[®] procedure **eliminates the need for drains** by use of progressive tension sutures to secure the skin flap and prevent fluid collection underneath it.

Power-assisted **liposuction** of the hip area is a standard portion of our iTuck[®] procedure to provide an improved contour of this area. As a final element of pain control a Sof-Pulse[®] transmitter is placed external to the surgical dressings to decrease inflammation and pain.

The iTuck[®] procedure addresses all three of the abdominal layers, skin, fat, and muscle, to yield an improved contour while minimizing pain and recovery compared to traditional procedures.



Dr. David Kirn is a Board Certified Plastic Surgeon who is devoted to advanced techniques in Cosmetic Surgery of the Face, Breast, and Body. In private practice since 1998, he is located in a state of the art facility which includes a full service skin care center. The practice is focused on personalized patient care and attention to detail. Where possible, Dr. Kirn utilizes minimally invasive procedures. The goal is to deliver quality clinical results while minimizing patient recovery time. Examples of this include a no-drain tummy tuck (the iTuck[®]), armpit incision breast augmentation with gel or saline implants, fat grafting, and a short scar facelift (the MACS lift). In addition, Dr. Kirn and nurse-injectors Carey Sanders, RN and Shirley Ramsey, DNP, APRN, offer a full spectrum of non-surgical treatments such as Dysport[®], Botox[®], Restylane[®], Juvederm[®], Voluma[®], Radiesse[®], and laser.



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