

BYRDIE



Ask a Plastic Surgeon: What Kind of Scarring Should You Expect From a Tummy Tuck?

written by
REBECCA NORRIS
BYRDIE.COM

UPDATED SEP 18, 2020

According to the [American Society of Plastic Surgeons](#), tummy tucks are among the top five most common cosmetic surgeries among women. As telling as the statistics are, what they don't share is just how much scarring can occur as a result of the of this surgical procedure. For that reason, we chatted with a few plastic surgeons to determine what kind of scarring you should expect from a tummy tuck. **So, if you're seriously considering going under the knife or if you're already on the other side of the procedure, keep reading to learn what type of scarring to look out for.**

MEET THE EXPERT

Dr. Bryan G. Forley is a board-certified plastic surgeon specializing in plastic and reconstructive surgery.

Tummy Tuck Scar Healing: What It Looks Like and How Long It Takes

At the end of the day, Forley says that given tummy tucks are elective surgical procedures, the scars are designed to be as favorable as possible—as opposed

to a scar resulting from an uncontrolled traumatic injury. “A favorable scar is characterized by a fine line that is flat, non-tender, and not discolored,” he says, acknowledging that in the initial stages of healing, discoloration is normal. All this is to say, the overall outcome of the scarring is largely dependent on the healing capacity of the individual patient. “This is genetically determined and plays a role in the final appearance of the scar,” he concludes.

Apply a Silicone Scar Gel

According to Forley, topical silicone gel has been shown to improve hydration of the outer layer of skin cells, which benefits the healing process by reducing different aspects of scarring, including thickening and discoloration.

Consider Scar Revision

If your tummy tuck scarring is severe, Forley says you may want to start the process over. “In some cases, a scar may benefit from excision and starting the wound healing process again,” he explains. “This may be especially indicated when conditions at the onset of the initial healing process, such as an infection or impaired blood supply, may have led to an unfavorable result.”

The Takeaway

All tummy tucks are met with some type of scarring. The visibility and permanence of scars will depend solely on the way your body heals—so long as you go to a trained and board-certified plastic surgeon and follow the prescribed post-op protocol, that is. The way any past or existing scars from falls or scrapes have healed is typically a solid indicator as to how your tummy tuck scar will heal.