Pregnancy After Tummy Tuck

Tummy tuck surgery, also known as abdominoplasty, tightens the muscles in the belly and removes excess skin and fat from the area. It involves some structural changes to the abdomen and causes many women to become concerned about their abilities to carry healthy pregnancies without putting their unborn babies in danger.

Mothers who have had tummy tuck surgeries are no more likely to have a complicated delivery than mothers who have not had the surgery. Tummy tucks do not affect the uterus or other reproductive organs and will pose no threat to an unborn baby. The only tissues that are affected by tummy tuck surgery are the skin and fat tissues that are removed and the muscle tissue that is tightened to give a more toned appearance.

However, there is a high probability that mothers who become pregnant after a tummy tuck surgery may need to have the procedure repeated. The belly swells during pregnancy to make room for the growing baby. After birth, the abdomen is often left slightly stretched out, with sagging skin and stubborn baby fat that does not return to normal after the baby is delivered. The muscle tissues that was tightened during the tummy tuck surgery can separate, leaving the new mother with an appearance similar to what she had before her tummy tuck surgery.

Many plastic surgeons suggest that women who are interested in tummy tuck surgery wait until after they have children if they are planning to start a family. Although tummy tuck surgery will not affect the health and development of your future children, it can affect the results of your cosmetic procedure. Many women have problems with sagging skin and extra fat from their pregnancy and have trouble getting rid of these unwanted features, especially since having a new baby makes it difficult to find the time to exercise. Waiting until after you have had your children will allow you to avoid having to undergo additional cosmetic procedures.

Not all women who have tummy tuck surgery before having children have these complications, but the risk of reverting to your pre-tummy tuck body is always present when you become pregnant. No two women have the same pregnancy experience, with some women having larger babies or gaining more weight and fat than others. Some pregnant women who have had tummy tuck surgery also experience belly pain in the area where their muscles were tightened, although this is normal and not a cause for concern.
You should speak to your surgeon about your plans to have children before making a decision to delay having tummy tuck surgery. Your surgeon can tell you about the likelihood that you will need a second tummy tuck surgery to go back to your pre-pregnancy appearance. Surgeons typically prefer that women wait until after their pregnancies to have a tummy tuck procedure, since it may be more difficult to replicate the results of the first tummy tuck after a pregnancy.