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SURGICAL Arts



Introduction

Say goodbye to loose, saggy skin and stubborn fat pockets to restore a flatter, tighter abdominal area with pleasing contours.

Pregnancy, significant weight loss, getting older, and genetic disposition can leave your abdomen looking poochy and out of shape. You've exercised your heart out and you try to eat a healthy diet, but those bulges and loose skin are still there. Is it time for surgical intervention? For thousands of men and women, the answer is a resounding yes.

In 2019, abdominoplasty (tummy tuck) was the [#4 most popular cosmetic surgery among women](#) and the #5 most popular among men.

Tummy tuck is not a one-size-fits-all surgical procedure. There are different types of tummy tucks, designed to achieve somewhat different goals. Understanding the differences will help you thoroughly explore your own options so you can make the best decisions about whether to move forward with surgery and which surgeon you want to perform the work.

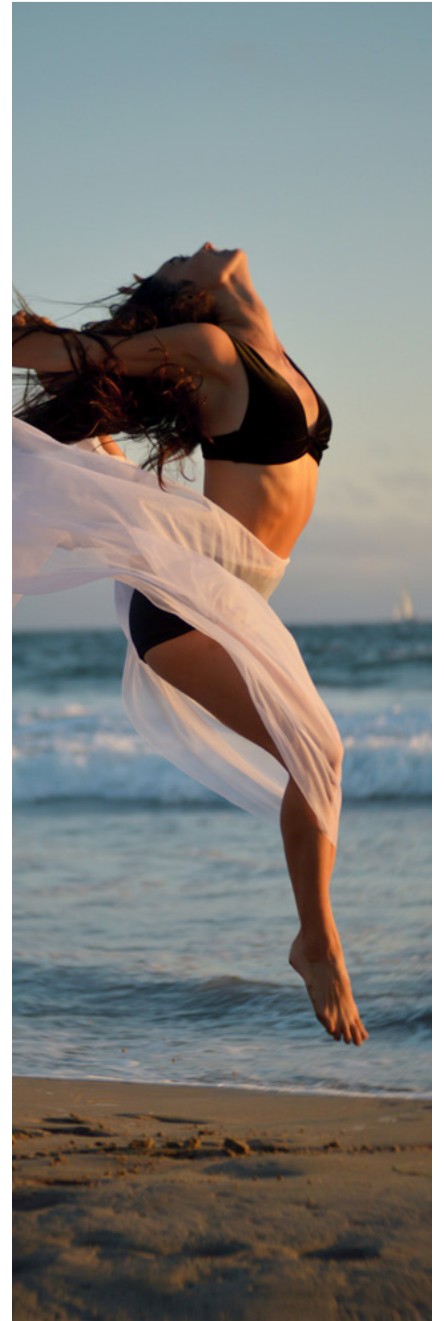
What is a tummy tuck?

As noted above, a tummy tuck is a surgical procedure designed to remove excess skin and fat. It can also and, if necessary, repair stretched abdominal muscles.

You may have pockets of fat and loose, saggy skin as a result of pregnancy, weight loss, or simply the process of aging. Whether these issues are severe or more moderate, a tummy tuck can significantly improve your appearance and physical comfort and boost your self-confidence.

Pregnancy and childbirth can also cause the abdominal muscles to pull apart, a condition called diastasis recti. Exercise cannot tighten these muscles, it requires surgical repair. Pregnancy also causes stretch marks which can sometimes be eliminated along with excess skin if they are on the lower abdomen.

Tummy tuck is a popular choice for women considering a Mommy Makeover – a combination of surgical procedures individually selected to address a patient's specific concerns (enhancement or restoration of the breasts, abdomen, vaginal area, and/or general re-contouring).



Deciding between liposuction and a tummy tuck

Liposuction and tummy tucks often go hand in hand. However, there is a [very big difference between the two procedures.](#)

Liposuction is the process of removing fat cells with a small cannula. A tummy tuck is a more involved and invasive

procedure in which excess skin is removed and the abdominal muscles are tightened, if needed.

Patients who have stubborn fat that won't go away with diet and exercise may be a candidate for liposuction without having a tummy tuck – if you do not have severely loose skin or stretching of the abdominal muscles (diastasis

recti). Liposuction can help to create a more feminine or masculine physique, and often we will recommend [adding Renuvion skin tightening at the time of liposuction](#) for the right candidates.

Liposuction removes fat but does nothing to tighten skin. Renuvion does an exceptional job of tightening skin but does not remove unwanted fat.



If you have a [significant amount of loose skin as well as pockets of unwanted fat](#), a tummy tuck is the best solution. A tummy tuck addresses both of these problems, plus it can repair underlying muscles that often become stretched during pregnancy.

As we mentioned before, liposuction and tummy tucks often go hand in hand. That is especially true at Image Surgical Arts because we routinely perform a significant amount of liposuction as part of our tummy tuck procedures. Our 360-degree liposuction technique removes excess fat from the hips, lower back (sacrum), mid back, flanks, and abdomen. Without the sculpting that liposuction can provide, patients will often be left looking “boxy,” without the curves most women desire or definition most men want. This is why Dr. Harris is so meticulous and thorough with the liposuction portion of our tummy tuck procedures.

The best way to learn whether liposuction only or a tummy tuck will provide you with the best results is to schedule a complimentary consultation with Dr. Harris.



The different types of tummy tucks

There are different types of tummy tucks that can be suitable for different patients. Several factors go into deciding which type of procedure would be best for you. Let's examine each type of tummy tuck and look at pros and cons for each.

Standard (Full) Tummy Tuck

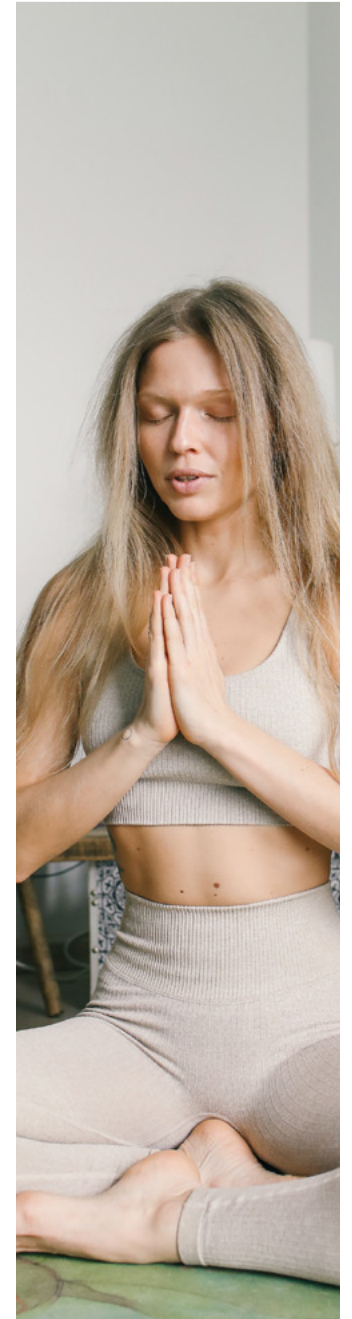
A standard tummy tuck is by far the most common type of tummy tuck performed. It is best suited for patients who have a moderate amount of [loose skin](#), stretched abdominal muscles, and stubborn pockets of fat. For this reason, the standard tummy tuck procedure is the most common type of tummy tuck performed as part of our Mommy Makeover procedures.

However, at Image Surgical Arts, our standard tummy tucks are more than standard because they include the 360-degree liposuction

technique that we mentioned earlier. The usual full procedure focuses primarily on removing excess skin, so although it will produce results that look smoother and thinner, the overall appearance can be shapeless, not the feminine or masculine contours most patients want to see. Dr. Harris' 360-degree liposuction technique allows him to smoothly contour the lower and mid back, flanks, and abdomen for all-around improvement.

The incision with a standard tummy tuck usually runs along the lower abdomen from approximately hip bone to hip bone. Dr. Harris makes this incision as low as possible so it will be hidden under a bikini. A low incision allows Dr. Harris to remove the stretch marks below the belly button as he removes excess skin. He will make a second incision around the belly button, so it can be properly positioned once excess skin is removed.

Usually after pregnancy, the abdominal muscles remain stretched. Dr. Harris will sew these



muscles back together to help flatten the tummy and provide an “internal corset.” A standard tummy tuck will tighten skin in the full torso – upper abdomen, waist, and lower abdomen.

Fleur-de-Lis Tummy Tuck

We will often recommend a Fleur-de-Lis tummy tuck in patients who have undergone massive weight loss

whether from diet and exercise or after a bariatric surgery procedure. This style of tummy tuck allows for maximum skin removal.

In addition to the horizontal incision on the lower abdomen that is part of a standard tummy tuck, the surgeon will make a vertical incision from the bottom of the breast bone down to

the middle of the horizontal incision. This allows us to not only pull the skin down from the top to the bottom as with a standard tummy tuck, but also to pull even more skin from the sides in toward the middle. We also tighten the abdominal muscles when necessary. Liposuction of the back, waist, and abdomen is often included as well.



Patients that benefit the most from this type of tummy tuck are those with a significant amount of loose skin. The trade-off for more extensive skin excision is that you will have a vertical incision that will leave a visible scar. Some patients may opt for an [extended tummy tuck](#), an incision from hip to hip that can also treat excess skin (though not as much) without a vertical incision. However, for many patients with significant excess skin, the extra incision and thin scar are more than worth it because we can create much more comprehensive results. You can think of the scar as a salute to your weight loss success.

Mini Tummy Tuck

The mini tummy tuck is the least common tummy tuck performed at Image Surgical Arts. Patients who are candidates for a mini tummy tuck are those who have excess loose skin only below the belly button and no abdominal

muscle stretching. The incision is in the same location as with a standard tummy tuck but usually shorter. The best candidates are those with no abdominal muscle stretching and minimal loose skin.

Since we have added Renuvion skin tightening to our practice at Image Surgical Arts, we find many patients can achieve similar results to a mini tummy tuck without the surgery and associated scarring. However, sometimes a mini tummy tuck is the best option. Only the skin and muscles of the lower abdomen can be tightened with a mini tummy tuck. It does not address the upper abdomen, so there is no need for an incision to reposition the belly button.

We nearly always include liposuction as part of a mini tummy tuck to enhance natural feminine curves or to further define a masculine physique.



What does a tummy tuck procedure involve?

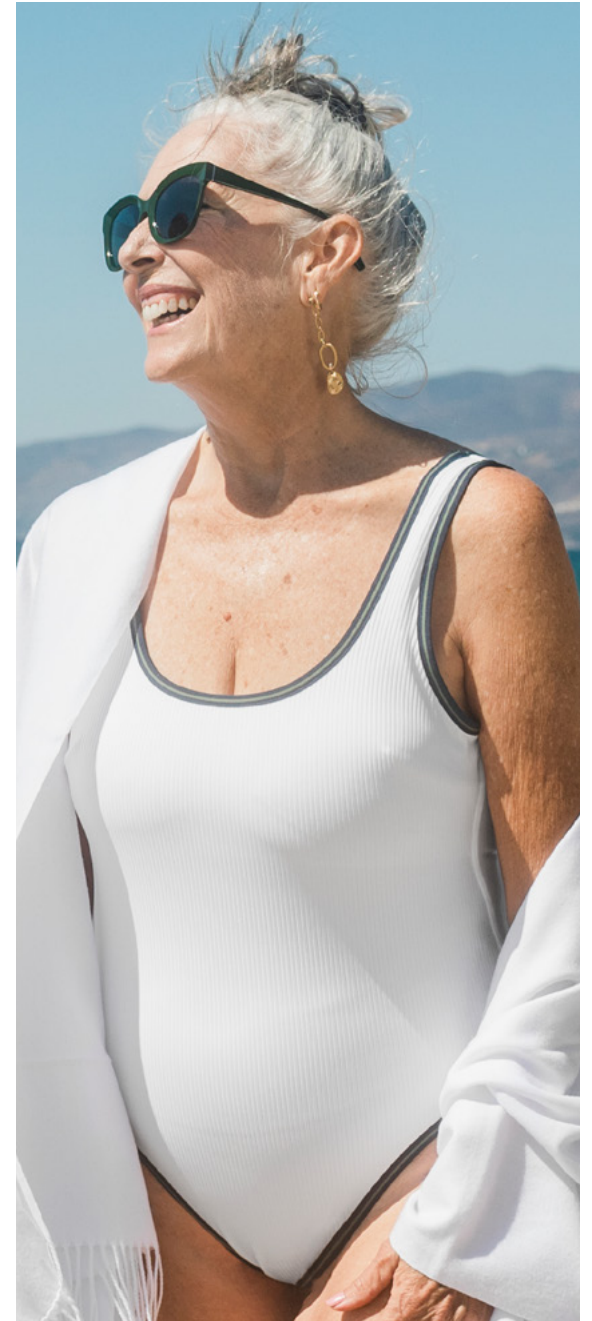
Knowing what to expect can help you decide if surgery is right for you, make you feel more confident and comfortable as the big day approaches, and prepare you for successful recovery. Here's what to expect from a tummy tuck.

Part 1 – Making the Decision

Should you get a tummy tuck? Step number one in making that decision is honestly assessing your goals.

- Do you look in the mirror and wonder how you can get rid of the loose skin around your abdominal area?
- When you wear jeans, do you have spill-over that bothers you?
- Do you want to look better (and feel more comfortable) in your clothes?
- Do you want to look better out of clothes?
- Do you want to simply feel better in your skin?

These are just some of the questions that people considering a tummy tuck will ask themselves. Only you know the “right” answer for yourself. A tummy tuck can positively address all of these issues, but first you need to know what you want to achieve.



Are you just wanting to lose weight? Liposuction and tummy tucks are NEVER to be considered as a weight loss solution. While both procedures can remove inches from your waist, they are for men and women who have already done what they can to lose weight and trim down through diet and exercise or, in some cases, bariatric surgery. Tummy tuck is the finale of this process that gives your appearance the finishing touches.

Another vital part of the decision making process involves setting realistic expectations of what your final result will look like. We aren't all built the same way. It is important when looking at before and after galleries to [compare yourself to others who start with similar](#)

[body types](#). Taking an honest and realistic look at what is possible for you will help you decide whether or not to move forward with surgery.

There are other important factors to consider in making your decision:

Fat location. Is your stubborn fat under the muscles or outside the muscles? Dr. Harris can help you answer this question. Liposuction and tummy tucks cannot remove internal, or visceral, fat that is underneath the muscle. They can only treat fat that is outside the muscle layer. While this issue may not affect your decision to get a tummy tuck, it can definitely affect your prospective results.

Availability of aftercare. Do you have a friend or family member who will be able to assist you during the recovery process? Are the people closest to you supportive of your decision? Tummy tuck surgery is a procedure that will require physical and emotional support afterwards while you recover and heal.

Your motivation. Are you doing this for yourself and not because someone else wants you to, or you feel you must live up to some cultural standard? You should never feel pressured into doing an elective surgical procedure. It is your body and it is your decision.





Part 2 – Setting the Date

The timing of your tummy tuck procedure is also an important consideration.

The last thing you want is to rush your recovery, so you'll want to plan in advance when to schedule your surgery. There are several things to think about.

Time off. You will need to set aside enough time away from your work and home responsibilities so that you can recover without unwanted distractions. Depending on the type of work you do, you will need to consider when returning to work is feasible. Dr. Harris can discuss the limitations that are recommended following a tummy tuck, which may vary somewhat depending on the details of your procedure.

If your job or other responsibilities require strenuous activity, you may need to give yourself extra time to recover, in order to prevent any unwanted discomfort or delay healing. Our patients with “desk jobs” can often

return to work sooner than those with more physically demanding careers.

Vacations or special events you have planned. For example, if you're planning a beach vacation, you will want to give yourself a minimum of 4 to 6 weeks before submerging any of your wounds into water (lakes, ocean, pools, spas). Not to mention you want to be well-healed so as to look your best in your swimwear.

If you're planning a ski vacation, you will want to give yourself at least 6 weeks to recover, prior to undergoing the physical demands of snow skiing or boarding. If you aren't fully healed, a fall could risk your recovery and results.

Your caregiver's schedule. We recommend that someone stay with you at all times for at least 48 to 72 hours after your procedure. The initial stages of your recovery are so important – having a caregiver will allow you to begin the healing process in the most relaxing way possible.

Time in compression garments.

Different surgical practices have different beliefs about the importance of compression garments after a tummy tuck. Dr. Harris is a firm believer in the importance of compression after a liposuction and/or tummy tuck procedure. He recommends that patients wear compression garments for about 3-4 months following their procedure.

Toward the end of that time, however, he is usually ok with patients going without the compression garments for brief periods. You can discuss these nuances with Dr. Harris during your personal consultation.

tummy tuck. Many surgeons will do only a few areas of liposuction (or none at all) as part of a tummy tuck. Dr. Harris typically performs liposuction to at least seven areas including the lower back (sacrum), mid back, back bra roll, waist, hips, mons and upper and lower abdomen.

This 360-degree liposuction technique is what distinguishes an Image Surgical Arts tummy tuck from what you would get elsewhere. You get “total picture” results instead of improving only your frontal appearance. After all, your body is 3-dimensional.

A tummy tuck is an outpatient procedure performed in our own accredited state-of-the-art surgical center. Depending on the details, your surgery will take between 3 to 4 hours. In general, here’s how it will go:

- You will be anesthetized, as agreed with Dr. Harris beforehand.
- You will be face-down to start, so Dr. Harris can perform liposuction to designated areas on the back and waist.
- You will then be moved onto your



Part 3 – The Procedure

Details of a tummy tuck procedure can vary based on the type of procedure you and Dr. Harris choose. For general discussion purposes, let’s look at a standard tummy tuck.

Tummy tucks at Image Surgical Arts are different from most, due to the amount of liposuction Dr. Harris incorporates into your



back, and Dr. Harris will perform liposuction on the abdomen and the front of the waist. It is important to remember that only fat which is outside the muscles can be liposuctioned. We cannot remove internal, or visceral, fat using this procedure.

- Once liposuction is complete, Dr. Harris will make an incision from hip to hip and start the tummy tuck phase. He will tighten the abdominal muscles if they have been pulled apart (most commonly from pregnancy), then he will pull the excess skin downward (like a window shade), trim away the excess and suture the incision closed. Having also made an incision around the belly button, he will be able to position it correctly and suture it in place as well.
- Dr. Harris will place one or two drains when he closes the incision, to remove any built-up fluid.
- You will be placed in a compression garment, and we will take you to the recovery room where you will be monitored by one of our nurses until it is safe for you to go home.

Dr. Harris will see you back in the office the next morning to check on your surgical sites, show you how to do your first dressing change, make sure all is well, and answer any questions you may have.

Part 4 – Heading Home

Once you are back at home, it is important that you follow all the instructions given to you by our clinical staff. There is an important reason behind every detail, and we know you want your recovery to go as quickly and successfully as possible.

A comfortable place to rest. Most patients find that a recliner will allow them to rest most easily, since at first it may not be comfortable to lay completely flat on your back — especially if your abdominal muscles were tightened during your tummy tuck. You won't be allowed to lay on your belly, as that can pull on the incisions and the drain(s). As an alternative to the recliner, you may consider a chair and ottoman or a comfy couch with extra pillows to elevate and support your head and shoulders.

Comfort zone. Surround your comfy place to rest with all the things you will need often, such as remote controls, books, water bottle, medication, etc., arranged so you can easily reach them.

Prepare this set-up prior to your surgery, so can start relaxing and recovering the minute you get home.

Caregiver. You will need to have a responsible adult with you at all times for the first 48 to 72 hours. You will not be able to “do for yourself” at first. Besides, a little extra pampering will certainly be in order.

Absorbent padding. There will be a significant amount of drainage from your incision site, so we recommend placing absorbent padding where you will be resting. Puppy training pads are a popular choice and they work well to help keep the area around you dry and clean.

Simple movements. Oxygen and good circulation promote healing. We will want you to walk a short distance every 2-3 hours following your surgery, to help prevent blood clots, pneumonia, and to encourage fluid drainage. It is also important to do deep breathing exercises to help keep your lungs well expanded.



Tummy tuck results: Before and After Images

You can learn a lot about tummy tuck procedures by reading and asking questions, but every patient has one overriding question: how will I look?

In order to know what a tummy tuck might do for you, you will want to review photos of other patients. Before and after photos allow you to compare side-by-side the way a patient looked prior to and after surgery.

Your goal is to develop realistic expectations. Everyone's body is different, thanks to genetics and many other factors. And there is no such thing as perfection. The goal of any cosmetic procedure is improvement. Still, you want to see the possibilities. Dr. Harris notes that it is important to compare apples to apples when exploring what realistic expectations might look like for you personally. This means looking for similar body types to your own.

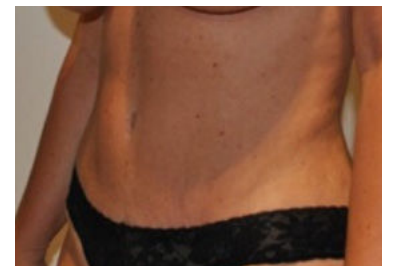
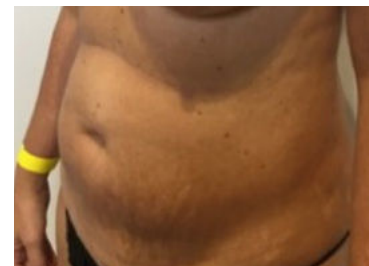
Visit the Image Surgical Arts gallery to see [before and after photos](#) of tummy tuck patients. The more you look at, the better idea you can get of the overall possibilities. But you want to zero in on those people most like you – their age, gender, body type, and especially their “before” concerns. This will help you see what is realistic for you.

STANDARD TUMMY TUCK PROCEDURE

BEFORE



AFTER



Then, it's time to get specific. Check out results produced by the surgeon you are considering, by reviewing before and after photos of their actual patients. Again, look for patients that closely resemble you and your aesthetic concerns.

With all the photos you review, one thing stands out – variation. No two people will see the exact same results because of those individual differences we mentioned. You will notice dramatic change in some, more subtle results in others. Do they look simply fabulous? Maybe, maybe not. But you can see how much their appearance has improved.

If you go into your surgery expecting realistic improvement, you are very likely to be pleased with your results. And you can enjoy those results far into the future, as long as you maintain a healthy weight and lifestyle.

Will I have scars?

Yes, [scars are unavoidable with a tummy tuck](#) because it is extensive surgery. It can produce the most powerful results when it comes to removing excess skin and fat, but you will have at least one incision. It will run just below the bikini line from hip to hip for a standard procedure, or somewhat shorter for a mini tummy tuck. Because an extended tummy tuck goes beyond the front of the abdomen, some of the scar may be visible around

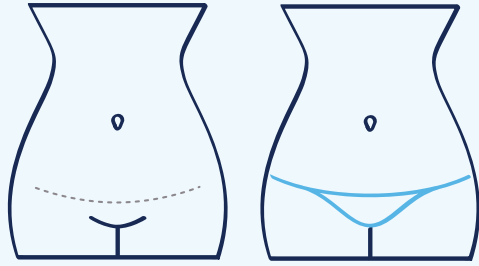
STANDARD TUMMY TUCK PROCEDURE

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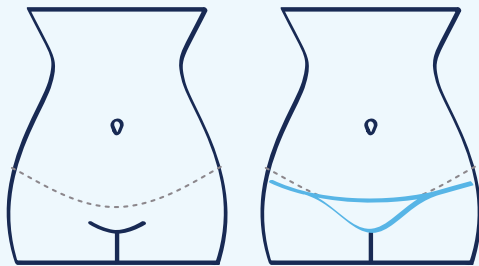


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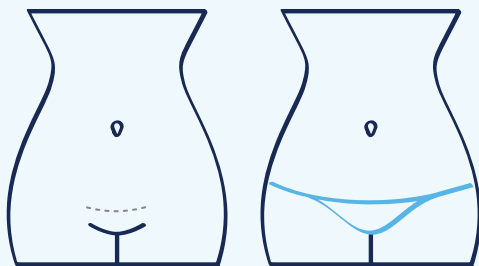




Standard Tummy Tuck



Extended Tummy Tuck



Mini Tummy Tuck

undergarments or swimwear. For a fleur-de-lis procedure, Dr. Harris will make a second, vertical incision. And, except for a mini tummy tuck, there will be an incision to reposition your belly button.

For the liposuction areas that are included in your surgery, Dr. Harris makes only 1 or 2 tiny puncture incisions for each area. These heal quickly and leave virtually no visible scars.

Incisions always leave scars, but a skilled surgeon can make incisions as small as possible and still do their finest work, then close in a way that leaves the thinnest possible scar line. If you have had a Cesarean section in the past, Dr. Harris will remove that scar as part of the tummy tuck. And, as a bonus, if you have stretch marks on your lower abdomen, they may be eliminated or reduced once Dr. Harris removes excess skin.

Scars will slowly fade over the first year, though they will never disappear entirely. One of the best ways to ensure minimum scarring is to follow your post-surgery instructions carefully. At Image Surgical Arts, we'll also discuss a scar management plan to help with that.

Who is a good candidate?

Most of our tummy tuck patients at Image Surgical Arts are men and women in their 30s to 50s, but if you are older you may still also be a good candidate for this procedure.

The best candidates are those who understand what to expect during their post-procedure recovery and who have realistic expectations about the results they can achieve once they have finished healing. That especially includes understanding that a tummy tuck is not a weight loss solution. With proper preparation, you will be less likely to be disappointed!

The best candidates for tummy tuck surgery are also:

- In good health overall.
- Close to their ideal weight and have lost as much internal (visceral) fat as possible through diet and exercise prior to surgery. This ensures the best overall results—remember, tummy tuck and liposuction cannot remove the fat that lies beneath the muscle layer.
- Are maintaining a healthy weight and lifestyle.
- Non-smokers. Smoking increases risk of wound and other complications, including delayed or poor healing.





In fact, Dr. Harris requires patients remain nicotine-free for six weeks before and six weeks after their tummy tuck procedure. Image Surgical Arts reserves the right to do a nicotine test on any patient. We're serious about this because problems can be serious, and your safety is always our top priority.

If you expect to lose more weight or you may decide to have another child, the time is not quite right for a tummy tuck because those things could negate your results. Patients with major medical problems may not be good candidates for a tummy tuck procedure. You should be prepared to discuss any medical issues you have with Dr. Harris at your in-person consultation. Again, your safety is **always** our top priority at Image Surgical Arts.

Questions mothers ask about tummy tuck

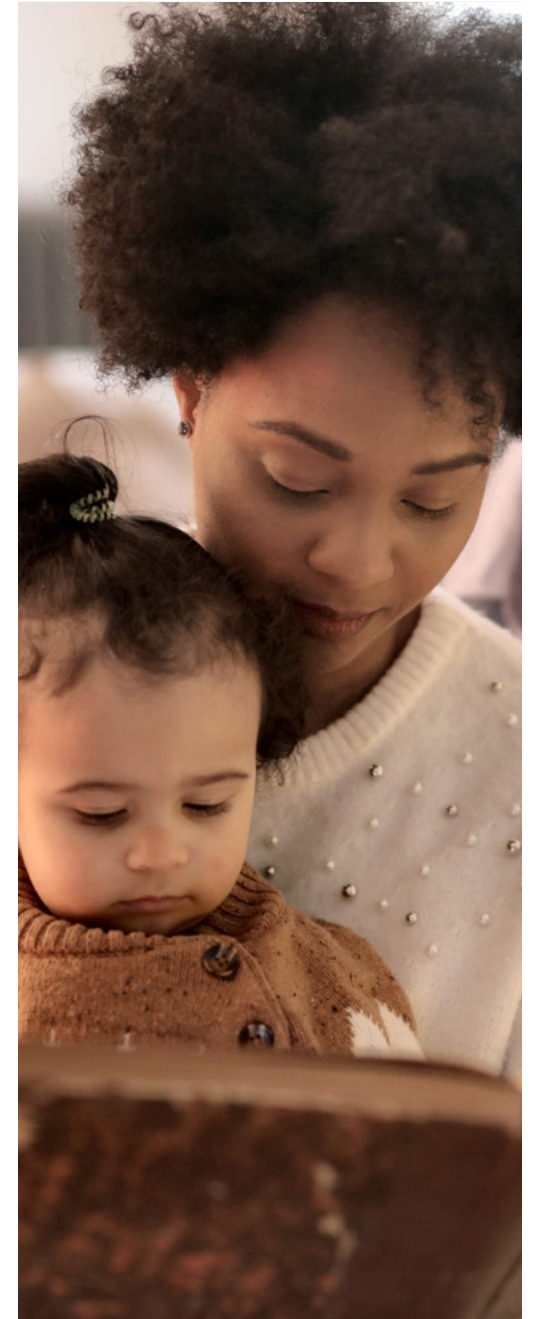
Women often choose to have a tummy tuck as part of their Mommy Makeover, but you may be considering this procedure on its own.

Either way, it's only natural that moms will have questions specifically about the tummy tuck procedure. [Will it be worth it?](#) Well, let's talk about that. And if you're not a mother (or even a woman), no matter – you probably have many of the same questions.

- Am I a good candidate for tummy tuck?
- Which type of procedure will be best for me?
- If I'm thinking of getting a Mommy Makeover, should I hold off on getting a tummy tuck now?

- How will having surgery affect my day-to-day as a caregiver as I recover?
- What if I decide to become pregnant again?
- What does tummy tuck cost?

The information presented here should answer most of your questions, but we know you will have more questions as you consider your options. Write them down. You won't remember all of them, so having a written list will ensure you get all the answers you want. Nothing is too "small" a detail. At Image Surgical Arts, we encourage questions because we want you to be well-informed. That way, when you're ready to decide whether or not to have a tummy tuck, you will feel confident you're making the right decision for you.



What are the risks and side effects?

As with any surgical procedure, there are risks associated with a tummy tuck.

Any time an incision is made in the skin, no matter how big or small, there is a risk of bleeding, infection, and injury to surrounding structures.

Other possible risks include:

- Wound break down. Dr. Harris' technique for tummy tucks often allows him to make a shorter incision (leaving a shorter scar) than some other surgeons. This technique causes the skin to be pulled very tight, which can occasionally lead to a slight pulling apart of the incision. This can be easily treated, but it is an inherent risk of the procedure.
- Skin necrosis, or dying of a small area of skin. This risk is significantly higher in smokers and patients with diabetes. This can lead to a wider scar than one might normally see.
- A hematoma — a collection of blood under the skin. Although rare, if this happens, it will usually need to be drained surgically.
- A seroma — a collection of fluid under the skin that is not





blood. While not necessarily a dangerous complication, a seroma can be annoying and may require non-surgical drainage.

- While low, there are also risks associated with anesthesia such as nausea, vomiting, allergic reactions, and others. Our anesthesia team will go over all those risks prior to your procedure.

While not necessarily a complication, there is always a risk that you may not be happy with your final result. This is why it is so important to have an open and honest discussion about what is realistic and what is not. We want you to be more than pleased with your results.

This is not a comprehensive list of risks, but are simply some of the most common (though rare, overall).

They are all rare. However, it is important that you understand tummy tuck surgery is major surgery, and we want you to be prepared and aware that risks and complications are possible.

The recovery process

Because a tummy tuck is an extensive procedure, you will need to budget plenty of [time for recovery](#).

Short-changing yourself at this point can actually delay healing, cause complications, or reduce the quality of your results. No one wants that, so the most important thing will be for you to follow your doctor's orders to the letter.

We will give you detailed, written instructions for at-home care, and we'll go over everything with you before you leave. Instructions will cover wound care, prescription medications, wearing compression garments, when and how much to exercise, and your schedule for follow-up visits.

You will have some initial bruising and swelling, but that will gradually subside. The fluid drains Dr. Harris puts in as he closes your incisions will remain in place for about a week, then he will remove them. You will feel sore and stiff for up to a week, but after a week or two you'll be standing fully upright and starting to see your new profile.

If you are having a mini tummy tuck, recovery usually takes just 3-5 days. You will have some bruising and swelling, but you will not have fluid drains.



How much does a tummy tuck cost?

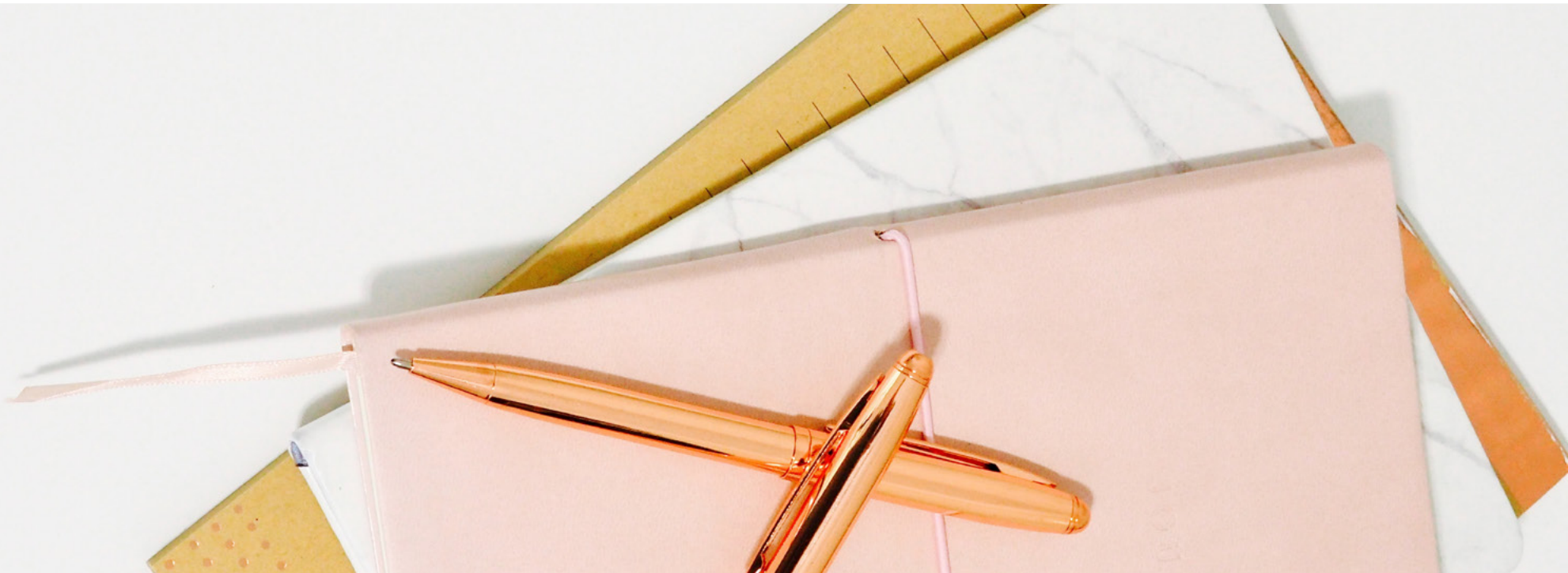
Every tummy tuck procedure we perform at Image Surgical Arts is individually customized for each patient.

Since the cost depends on the details, there is no set fee. For example, a fleur-de-lis procedure will cost more than a

mini tummy tuck because it is more complicated. If Dr. Harris adds Renuvion skin tightening, that will affect the cost. In general, a tummy tuck at Image Surgical Arts usually costs between \$10,000 and \$17,000.

We will discuss cost with you before you make a final decision to have surgery,

and we will give you a detailed estimate. If you are [comparing prices with another surgical practice](#), it is vital to know that not all cost estimates are the same. If the estimate you receive is incomplete, it may look attractive but you will wind up paying more in the end.





At Image Surgical Arts, we want you to know exactly what you're getting, so the price we quote is all-inclusive:

- Surgeon's fees
- Anesthesia fees
- Operating room fees
- Surgical supplies
- Follow-up visits

If we know that there will be additional costs for items such as post-surgical garments or prescription medications, for example, we will always tell you that up front.

You should be aware that medical insurance typically does not cover cosmetic surgery, but we always encourage patients to check directly with their insurance provider because company policies and individual coverage can vary tremendously. If you have had bariatric surgery, your insurance probably did cover that as a medical procedure, but follow-up tummy tuck is considered cosmetic. That said, in some instances where sagging skin folds are severe, a tummy tuck may also be considered medically necessary. Again, you should discuss the details with your insurer.

We understand that tummy tuck surgery is expensive, so we offer [financing options](#) you might want to consider.

Choosing the right surgeon

When you decide to have cosmetic surgery, you are putting your body into someone else's hands. Literally.

You have chosen a particular procedure to make certain changes, but the person you pick to perform that surgery will determine your results. It takes considerable training, skill that comes from repeated experience, and a good eye for the artistic side of cosmetic surgery to do great work.

Are you confident in this surgeon's abilities in all three of these areas? Many prospective patients don't realize that almost any licensed physician may perform cosmetic procedures, whether or not they have specialized training. You want the best, not just anyone.

Do you trust that the surgeon and their entire team have your best interests in

mind at all times? Do you like them? It's entirely natural to feel anxious about your surgery, and a practice that offers friendly people and a welcoming environment can put you at ease.

As you consider surgeons, look for:

Board certification. Surgeons voluntarily earn this designation by proving their competence through rigorous written and oral examinations. They also have to have performed a certain amount of procedures. Board certification tells you this surgeon is highly qualified and dedicated to using the most advanced medical knowledge, tools, and techniques to help patients reach their goals. At Image Surgical Arts, we are proud to say that our Dr. Brady Harris is triple board-certified.

Focus. Dr. Harris has dedicated his career to the field of cosmetic





surgery, constantly learning new techniques from other leading surgeons and also teaching other surgeons how to be better at their craft. He is an internationally recognized expert in advanced liposuction, which is one reason he includes a 360-degree liposuction technique in his tummy tuck procedures.

Meticulous attention to detail. This is the other reason Dr. Harris uses 360-degree liposuction technique in tummy tucks – he takes tremendous pride in performing the very best surgery for every patient, in every detail. He could simply remove excess abdominal skin and fat, the essential definition of tummy tuck, but he knows you want to look your best all the way around.

Willingness to answer all your questions. A tummy tuck can make a dramatic difference in your appearance and your outlook on life and yourself. But there is a lot to this surgery, so there is a lot to think about before you make a final decision. Your personal consultation with Dr. Harris will give both of you time to assess what's best.

Dr. Harris will look at your situation from a medical and surgical standpoint. How can he tailor a treatment plan to most closely deliver the results you hope for? Your role is complete honesty about your medical history, your lifestyle, and above all about the changes you want to see. As you talk, all of your questions will be answered, and you will know if Dr. Harris is the right surgeon for you.

About Image Surgical Arts

It takes a village, as they say. Critical as it is to choose the right surgeon, we've already noted that you will be working with his or her entire team.

The team will guide you through your surgical journey, from first visit to follow-up.

Their qualifications and demeanor will determine how well things go for you and how you feel afterward about your overall experience.

At Image Surgical Arts, we believe you deserve our best, never less, and we work hard to deliver just that to every patient.



Our office is pleasant and welcoming and our patients describe us as friendly and caring. We're here to help you get comfortable with the surgical process

and that means making sure you have all the information you need.

We love to answer questions because the best care starts with listening to a patient's concerns.

Of course, our medical and non-medical team members aren't only nice, they are all highly trained and experienced. Our Nashville clinic and surgical center are located together in a 6,000 square foot, state-of-the-art facility.

Contact Us

You're proud to be a mom or proud of the amount of weight you've lost – and you should be! Now it's time to reward yourself with a procedure that will help you feel proud of your body once again.

No cosmetic surgery can give you a perfect body, because there is no such thing. However, a tummy tuck can do away with stubborn unwanted fat and loose, excessive skin to give you a firmer, trimmer abdomen and an attractively contoured figure or physique. These dramatic changes can not only restore your abdomen, they can restore your physical comfort and your self-confidence. That can be life-changing and it is priceless.

Whether you're looking into the future or you want to make big changes soon, the next step is scheduling a private consultation with Dr. Brady Harris. You can discuss your specific concerns and aesthetic goals, explore your options, and hear Dr. Harris' recommendations, then decide if a tummy tuck from Image Surgical Arts is right for you.

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