

HOMES • FAMILY • ARTS • FOOD • TRAVEL • FASHION • HEALTH • BEAUTY

EXPAT

# LIVING

AUG  
2022

EXPATLIVING.SG

*Lunch*  
**SPOTS**

**WHERE  
TO WALK**

**CAR RENTALS**

*Around*  
**MELBOURNE**

**SORE BACK  
SOLUTIONS**

*Bukit Timah  
Bliss*

*Jewellery*  
FOR SPECIAL  
OCCASIONS

*Local*  
DESIGNERS



# Is it tummy tuck time?

A tummy tuck can make you feel better about yourself, or give you the chance to wear certain types of clothes – and perhaps see your feet again! (Okay, I may be guilty of bringing in some personal experience here...) However, for a lot of people, it can also help in dealing with diastasis recti or core muscle issues in the stomach that can cause back pain, urinary incontinence and other ailments. And, in cases where a person has a hernia, a tummy tuck can become a medical tummy tuck and help with hernia repair.

BY REBECCA BISSET

## Tummy tuck versus liposuction

Our core muscles are called that for a reason: they really are core to many parts of our physiology. If we're exhausted, it shows in our core muscles. They're often the most difficult to tone, too, as the fat around them is difficult to burn. While liposuction is an option, it can be unsafe for women who have been pregnant before, as the muscles that line the wall of the internal organs might have separated in the course of the pregnancy. This abdominal separation or gap is known as diastasis recti or recti diastasis (commonly referred to as DR or RD).

DR MARCO FARIA CORREA, one of Singapore's leading doctors in plastic surgery, says that when women who've been pregnant undergo liposuction, it can cause the abdomen skin to have more irregularities and flabbiness; this makes tummy tuck surgery in the future more challenging to perform – and it can compromise the final result.

For those who do present with excess skin in the abdomen, skin flabbiness or stretch marks and a bulging abdomen, or if they've lost massive amounts of weight, a full tummy tuck surgery – also known as abdominoplasty – is recommended.

Abdominoplasty helps to get rid of this stretched skin in the abdomen. It does this by repairing the diastasis recti caused either by an earlier pregnancy or, in some instances, by “yoyo” dieting (which can affect women and men alike). The procedure involves stretching the abdominal skin downward, and repairing the gap in two layers, from the xyphoid in the sternum down to the pubis area; the pubis area is lifted, the excess skin excised and the belly button transposed.

## Techniques developed by Dr Marco

If you're one of those who present with minimal excess skin in the lower abdomen and you have good skin tone and skin elasticity, and perhaps also a C-section scar, then the endoscopic technique developed by Dr Marco in 1991 might be the solution for you.





The technique involves using previous C-section scars or incisions as small as four to five centimetres hidden in the pubic hair area and inside the umbilical area to perform the whole procedure of stitching and repairing the rectus abdominus. This creates what you might refer to as an “inner corset” – and it’s a technique that Dr Marco has become renowned for.

In 2015, Dr Marco challenged himself to upgrade his endoscopic methods to include the use of robotics. He says that he embarked on this journey because robotic surgery is the “gold standard” of minimally invasive surgery in many surgical fields.

Today, Dr Marco uses the Da Vinci surgical system, a high-tech piece of equipment with three components: a robotic “cart” that has three to four arms to perform the procedure; a high-definition 3D vision system; and the console where he sits to operate the robotic arms. Every single moment is operated and controlled by Dr Marco; the robot system doesn’t have any autonomy to do anything on its own. And every movement is very precise.

This robotic technique is suitable for those who present with no excess skin, or minimal excess skin, or those with previous C-section scars. The incisions in this instance are around half a centimetre to 2.5cm (four incisions in total).

#### **So when can liposuction work well for excess skin in the abdomen?**

Liposuction can be an appropriate treatment for those who have a smaller amount of fat accumulation in the abdomen, with good skin elasticity and, importantly, no abdominal separation. According to Dr Marco, during liposuction, the fat is removed from the deeper layers of the skin while the superficial layer is preserved to prevent any irregularity on the surface of the skin.

#### **Cost of a tummy tuck versus liposuction**

The cost of a tummy tuck will depend on the complexity of the case, but will generally start at around \$18,000; the cost of liposuction depends on how many areas you get done, but it’s generally from \$8,000 onward.

One very important take-home message from Dr Marco is that plastic surgery must be done well and in a safe way; that’s why it’s important to select the right doctor who is experienced in performing tummy tucks in a safe environment; after all, this is a hospital procedure. As for liposuction, the principles are the same – and safety is again the main priority.

In short, you shouldn’t go lightly into any procedure; but if you really have tried everything and there’s no change on the horizon, do go and have a consultation. *El*

Dr Marco Faria Correa Plastic Surgery is at Mount Elizabeth Novena Hospital, #10-26 Specialist Medical Centre, 38 Irrawaddy Road.  
6464 8075 | 9176 1813 (SMS) | [drmarco.sg](http://drmarco.sg)

MINIMALLY INVASIVE ABDOMINOPLASTY

**Dr Marco has more than 30 years of experience in Plastic & Reconstructive Surgery. Awarded by 6 different societies for his contribution work in Minimally Invasive Abdominoplasty introducing Endoscopic and Robotic methods.**

#### Facial Rejuvenation

Face and Neck Lift / Upper Facelift  
Eyelids Surgery  
Nose Surgery  
Chin and Cheeks Surgery  
Ear (Otoplasty)

#### Body Contouring Surgery

Liposuction / Liposculpture  
Rectus Diastasis Repair  
Abdominoplasty  
Brazilian Butt Lift (BBL)  
Labiaplasty

#### Breast Surgery

Breast Augmentation with Implants or With Fat  
Breast Lifting/ Reduction  
Nipple Reduction

#### Men Surgery

Face and Neck Lift  
Body Contouring / Abdominoplasty  
Gynaecomastia

#### Minimally Invasive Surgery

Robotic Rectus Diastasis Repair / Abdominoplasty  
Endoscopic Breast Augmentation / Breast Lifting  
Endoscopic Rectus Diastasis Repair / Abdominoplasty



**Dr Marco Faria Correa**  
Plastic Surgery Pte Ltd

38 Irrawaddy Road, Mount Elizabeth Novena Hospital  
#10-26 Specialist Medical Centre, Singapore 329563

☎ 6464 8075 | 📞 9176 1813 | 📠 6464 9157 | ✉ admin@drmarco.com  
f Dr Marco Faria Correa Plastic Surgery | @ drmarco.fariacorreia | 🌐 www.drmarco.com