Uma M. Penmetsa, M.D.

Dr. Uma Penmetsa is a Board Certified Obstetrician Gynecologist and partner in ParkWest Women's Health, a single specialty Ob/Gyn practice with offices in Brighton and Bushnell's Basin. She is a fellow of the American College of Obstetricians and Gynecologists and a member of the American Academy of Cosmetic Gynecologists. Her special interests include adominoplasty, liposuction and robotic surgery.

Dr. Penmetsa graduated from Gandhi Medical College in Hyderabad, India in 1987. She studied general surgery and anesthesia at Hartlepool General Hospital in Cleveland, England from 1987-1989. She completed an Obstetrics and Gynecology residency at the University of Leicester, in Leicester, England. She completed a second residency in Ob/Gyn at the University of Rochester in 1997, at which time she joined Highland Park Women's Heath. In 2001, Highland Park Women's Group joined forces with Westfall Women's Center to form ParkWest Women's Health, a comprehensive women's care center.

Dr. Penmetsa is an avid painter and her interest in aesthetic medicine stems from her strong surgical background and her enjoyment of painting. In addition to privileges at Strong Memorial Hospital, Dr. Penmetsa also has privileges at Rochester General Hospital and Linden Oaks Surgery Center. She enjoys teaching medical students and residents.

William J. Harvey, M.D.

A Board Certified Obstetrician/Gynecologist, Dr. William Harvey is the Director of Aesthetic Gynecologic Surgery at ParkWest Women's Health. He is a fellow of the American College of Obstetricians and Gynecologists and a member of the American Academy of Cosmetic Gynecologists. He has a particular interest in abdominoplasty, liposuction, labiaplasty, and vaginal rejuvenation. He is the inventor of Harvey Stirrups™, a patent pending device designed for greater patient comfort during office surgery.

Dr. Harvey graduated *summa cum laude* from the Pennsylvania State University and received his MD from Thomas Jefferson University in 1985. Since his graduation from the Obstetrics and Gynecology Residency Program at the University of Rochester in 1989, he has been in private practice at ParkWest Women's Health. During residency, he received awards for leadership, best research project, and the distinguished Rudolph Award for compassionate care of patients.

In addition to Dr. Harvey's general practice in Ob/Gyn and his work in cosmetic gynecology, he also directs ParkWest's ultrasound and infertility programs. A meticulous surgeon, he is a past recipient of the Resident Teaching Award and enjoys teaching cosmetic skin closure to young physicians at the University . He maintains privileges at Strong Memorial Hospital and the Linden Oaks Surgery Center.

A Lifetime of
Compassionate Care

"Tummy Tuck"
~~~
Abdominoplasty

ParkWest Women's Health
1820 South Clinton Avenue
Rochester, NY 14618

1000 Pittsford-Victor Road
Bushnell's Basin, NY 14534

585-473-2846

What is a an abdominoplasty?

Women troubled by laxity of the abdomen and excess skin that can result from weight fluctuations and/or pregnancy may be candidates for abdominoplasty. An abdominoplasty, or "tummy tuck," is the surgical excision of excess skin and abdominal wall fat. It usually involves tightening of the abdominal fascia (the "girdle" of the abdomen) to flatten and firm the abdomen. We specialize in "mini"-abdominoplasty, which focuses on the lower abdomen and does not involve repositioning the navel. This type of abdominoplasty is readily performed at the time of other gynecologic surgery or as a primary procedure.

What can I expect after surgery?

When done as a primary procedure, abdominoplasty can be performed as an outpatient at the Linden Oaks Surgery Center. We recommend patients plan approximately eight weeks of minimal activity after surgery to allow the abdomen to heal in its new, tighter configuration. This time will vary based on factors including the patient's age, general health, and whether other procedures were also performed. To prevent fluid build-up under the skin, a drain will be placed during surgery and remain for one to three weeks. Post-operative pain is managed with Tylenol or narcotic pain medication. The incision is usually hip to hip to allow smooth tightening of the lower abdominal skin. The scar is initially prominent but will fade significantly over time and is located to be concealed by the patient's clothing.

Before

What are my options for dealing with a sagging belly?

Abdominoplasty is an excellent procedure for patients who have achieved a normal weight through diet and exercise but are unable to obtain a toned abdomen because of excess skin or a lax fascia from prior childbirth or weight loss. Some patients require a full tummy tuck with re-positioning of the navel, while others will get a good result with a mini tummy tuck. Patients who have localized fat deposits of the upper or lower abdomen may choose liposuction as a less invasive treatment. We specialize in AWAKE liposuction of the abdomen and torso. AWAKE liposuction is performed in our office and is safer than traditional lioposuction under general anesthesia. Please see our brochure on liposuction if you feel you may be a candidate for this procedure.

Same patient, six months post-op

Does insurance cover a tummy tuck?

Abdominoplasties are considered cosmetic procedures and therefore not generally covered by your health insurance. When performed at the time of medically necessary surgeries, there may be a reduced cost to the patient for operating room and anesthesia expenses. Our billing experts will be happy to meet with you and give you an estimate of the costs involved. Consultations with Dr. Harvey or Dr. Penmetsa are free of charge. If you are considering abdominoplasty primarily or in conjunction with another procedure, please schedule an appointment with either of them to review your individual care. They will discuss the procedure in detail, answer your questions, and review expectations and realistic outcomes.