



# Abdominoplasty

Your surgeon:

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**Your Predicament: “Family life has taken its toll... I have worked hard to loose a lot of weight... I am now left with loose, overhanging abdominal skin that looks awful and I can’t wear proper clothes. I have some excess fat and skin in my tummy wall that I simply cannot get rid of!”**

**Our Solution: A tummy tuck procedure can help get rid of the excess, overhanging skin, if necessary liposuction can get rid of any excess fat and restore your contours. If you have a six pack in there somewhere we will help bring it out for you!**

Having a tummy tuck procedure to excise excess skin is one thing, but getting rid of the excess and contouring the abdomen at the same time gives you flatter, firmer and well contoured tummy that would allow you to wear smaller figure hugging dresses. Often patients have a problem wearing proper clothes as they have an appropriate chest, but because of the lower body, they end up having to wear larger dresses. Mr Mahajan achieves the ideal figure for you by a combination of various techniques that are customised for your case.

Mr Mahajan plans the procedure to place the scar as inconspicuously as possible. Most patients have excess tissue overhanging the belly button. Mr Mahajan contours the area around the belly button and sculpts it to make it look appealing. Many patients work hard at the gym but are unable to reduce the prominence of their abdomen. A bulging abdomen can be due to various factors. There can be excess fat under the skin that tends to persist in certain areas in spite of exercising. Mr Mahajan addresses this by body sculpting with liposuction. Multiple, large pregnancies can leave you with a split between your tummy muscles, Mr Mahajan addresses this by repairing the split as a part of your tummy tuck procedure if needed. Abdominal bulge can also be caused by excess central abdominal fat inside your tummy wall that has to be reduced with exercise. Although Mr Mahajan cannot directly address this, following a tummy tuck procedure, it is much easier to exercise and loose this yourself.

Patients often come to us for this procedure after contemplating about it for years. After the procedure, they wish that they had had it done ages ago and did not have to live with their sagging large abdomen for all those years.

## **Pre Operation**

Mr Mahajan will acquire a detailed history from you about your concerns and your medical history. He will take the time to understand your desires and discuss in details as to how he can achieve the results you want. A detailed examination involving assessment of the abdominal tissue, overlying skin and underlying muscles will be noted. Measurements will be taken to gauge the degree of the problem.

Depending on your examination a treatment plan will be formulated tailored to your needs. Depending on the characteristics of your abdomen, Mr Mahajan will discuss surgical options with you. You will together be able to decide the technique of the procedure that will be used to achieve your desired results. There is limit as to how much things can be altered depending on your underlying skeletal structure, this will be assessed and explained to you.

Mr Mahajan feels that a lipo Abdominoplasty delivers the best possible result in most situations, unless the patient has minimal excess fat. Liposuction in combination with tummy tuck helps sculpt out the abdominal area, giving you the shape that you have always desired! The option of having liposuction in conjunction with your tummy tuck can be discussed at the consultation where you will be able to weigh your options and decide.

Pattern of the incisions, procedure and subsequent scars will be discussed in detail and you will be given an opportunity to probe into any aspect of the proposed procedure. Once you decide to go ahead following the consultation, you will be required to attend the pre-assessment clinic to ensure your suitability for the procedure under general anaesthetic. You will need to stop smoking (including electronic cigarettes and nicotine patches) and stop any anticoagulant medication such as Aspirin, Warfarin, etc as suggested by Mr Mahajan.

## **Operation**

You will be admitted to the hospital on the day of the procedure. The operation will be done under general anaesthesia. It will be carried according to the technique that was planned at the consultation. This will depend on the characteristics of your abdomen and will involve using the approach discussed before.

If liposuction is necessary, this will be done first to reduce the excess subcutaneous fat. Depending on the chosen technique an incision will be made either in the lower abdominal and around the umbilicus only or a vertical incision may be added in cases of extended Abdominoplasty for massive weight loss patients. Dissection is then carefully carried out to undermine the abdominal apron. If there is a split between the muscles, this will be repaired. The area around the belly button is contoured and it is then inset to enhance the aesthetics of this area. The excess tissue is then excised and the wound is closed with absorbable sutures that are placed under the skin.

The procedure can take 2.5 to 4 hours to do depending on the complexity of the case. Mr Mahajan will dedicate as much time as is necessary to create your new aesthetically pleasing form and achieve the results you desire.

## **Post Operation**

Following your procedure, you will be taken to your room, once you have recovered from the anaesthetic. You will be cared for to the highest standards by our well-trained nurses. You will need to rest in bed with the back propped up and your hips and knees flexed so that there is minimal tension on the wound. You may have a catheter for your convenience until you are able to void yourself without any problems. Once you have recovered enough after the surgery, you will be encouraged to sit out of the bed and mobilise to reduce the risks of blood clots in your legs or lungs. You will have some pain and discomfort for 2 to 7 days, but we will ensure that you are comfortable with adequate analgesia.

You can go home as soon as you are comfortable enough to go home. This will be in 2 to 3 days depending on how you feel and removal of your drains. You will have dissolvable sutures and as a result you will not need to endure the discomfort of them being removed and also this will prevent you from getting any stitch marks around your scars. Scars are unavoidable following any surgery, but Mr Mahajan aims to make these as neat as possible. Your abdominal wall will be swollen immediately following the surgery. Over the next few months the swelling will gradually go down and the contour of the abdomen will improve. If you have liposuction in combination with your tummy tuck, you will be advised to wear a compression garment for 8 to 12 weeks. Once the swelling has decreased in 3 months or so you can consider investing in new clothes!

You will be seen 2 weeks following the procedure to ensure that your wounds have healed well. After this initial follow up, you will be seen again in 3 months time to assess the results when the swelling has settled reasonably. Mr Mahajan will be available to see you at any time following the procedure should there be any unexpected problem.

## Subsequent Procedures

The abdomen and chest is considered as one aesthetic unit and it is not uncommon for patients to ask Mr Mahajan to perform a breast uplift / reduction or enhancement to improve the aesthetics of this part of the body. Addressing both the chest and abdomen is the main part of a **“mommy makeover”** procedure. Options can be discussed with Mr Mahajan at the consultations. As one can imagine, it is not nice to have droopy boobs over shadowing a nicely contoured abdomen!

## NEED-TO-KNOW INFO

- Duration of surgery: 2.5 to 4 hours
- Anaesthesia: General Anaesthetic
- Duration of inpatient stay: About 2 nights
- Wounds healed in: 2 weeks
- Scars matured in: Settle in 3 to 6 months, fully matured in 12 to 18 months
- Back to light work (Desk job): 2 weeks
- Back to cardiac exercise / fast walking: 2 to 3 weeks
- Back to labour intensive work / Exercise: 6 to 8 weeks
- Sexual activity: 6 to 8 weeks
- Able to drive: 2 weeks (Should be able to apply emergency stop)
- ‘Long haul’ flights / holidays: Avoid four weeks before and after. Short flights are okay.
- Shower / bath: Keep dressing dry for two weeks, but pamper yourself with a sponge bath.
- Sun bathe: Keep the scars covered or protected with a high factor sun protection cream until they mature in about a year or so.
- Garments: Tummy tuck garment for 8 to 12 weeks as necessary
- Post operative review: 2 weeks, 3 months (As often as necessary if clinically indicated)
- Post Operative pain / discomfort: 2 to 5 days
- Potential risks: (Every effort is made to reduce the risk of complications, but potential risks are) Bleeding, bruising, swelling, haematoma / seroma, infection, delayed wound healing, scars – hypertrophic, stretched, sensitive, higher scars, prominent scars at lateral ends, residual fullness or irregularities, asymmetry, Numbness of abdominal wall / thighs, risks associated with general anaesthetic, blood clots in legs or lungs.