

What is Abdominoplasty?

Abdominoplasty, also known as a tummy tuck, involves removing excess skin and fat from the middle and/or lower abdomen. This is done to decrease the size and flatten the appearance of the abdomen, as well as repair and renew the abdominal muscle wall. Reasons for needing abdominoplasty include multiple pregnancies in women, excess weight loss, multiple past abdominal surgeries that have left the abdomen weakened and fat deposits or loose abdominal skin that will not respond to regular diet and exercise.

There are two types of tummy tuck procedures offered. The first is a full or complete abdominoplasty, which addresses problems regarding the whole of the abdominal area. The second procedure is a partial abdominoplasty or mini-tummy tuck, which deals primarily with fat deposits and skin that are limited to the area below the navel. In both cases liposuction may be performed in conjunction with the abdominoplasty to achieve an optimum body-contouring outcome.

During your consultation with Dr. Khanna she will discuss the goals and limitations of this procedure, as well as the risks associated with it. Although abdominoplasty can enhance your appearance and increase your confidence and self-esteem, it is important to be realistic about the outcome of your surgery as it relates to your specific needs and body type.

Details of Procedure

Abdominoplasty is performed in our clinic under general anaesthetic and requires an overnight stay. This procedure takes approximately 2-4 hours to perform depending on the extent of the repair. Whether it is a full or partial abdominoplasty, the surgery involves an incision that extends from hip to hip and is located as low as possible but above suprapubic or pubic hairline. A second incision is made around the navel (belly button). The skin is then detached from the abdominal wall to just under the breasts for a full abdominoplasty, or up to the navel for a mini-abdominoplasty. The abdominal muscles are pulled together and stitched into the new position to provide a firmer abdominal wall, which in turn flattens the appearance of the abdomen and makes the waistline narrower. The skin is then pulled down and the excess is removed. A new hole is cut for the navel and stitched into place. The remaining skin is then stitched back together.

Post Treatment Care

An abdominoplasty is a major operation and there will be some pain during recovery. When the surgery is complete, one or two drains may be stitched into position along the main incision. This allows for drainage of excess fluid from the surgical site and will help with healing. Generally, the drains are removed two to three days post-surgery. Any discomfort is easily controlled with oral pain medication. A special tight-fitting garment is worn for the first six weeks after surgery. It gives compression and support to the healing abdominal area and should be worn 24 hours a day, except during showering which is allowed after the drains are removed. Wound dressing will be provided to you following surgery along with care instructions that you need to abide by. Dr. Khanna will also recommend that someone stay with you for the first two to three days to aid in self-care and daily activities. Average healing time is four to six weeks; however, some people heal faster or slower than others. Final result 1 year. Previous exercise regimens may be resumed slowly after approximately four to six weeks; however, abdominal exercises should be avoided for up to 4-6 months. It may be quite some time before you feel back to your old self.

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Possible Risks

The specific risks and the suitability of this procedure for a given individual can be determined only at the time of consultation. All surgical procedures have some degree of risk. Minor complications that do not affect the outcome occur occasionally. Major complications are unusual.