

## SUMMARY

Abdominoplasty is an operation which firms and contours the abdomen by removing excess skin and fat as well as tightening the abdominal wall muscles. Abdominoplasty will improve your self-confidence and often gives you an increased willingness to exercise.

North Shore Cosmetic Surgery is a group of Plastic Surgeons dedicated to providing a high standard of service to the North Shore.

All members are Fellows of the Royal Australian College of Surgeons, Australian Society of Plastic Surgeons and Australian Society of Aesthetic Plastic Surgeons, and have been trained to the highest possible standards.



North Shore Cosmetic Surgery provides a comprehensive range of cosmetic and reconstructive plastic surgery procedures, as well as a full range of ancillary treatments.

## PRACTICE LOCATIONS

WAHROONGA

CASTLECRAG

BROOKVALE

MONA VALE

MOSMAN

FOR ALL APPOINTMENTS CALL

1300 074 123

North Shore  Cosmetic Surgery

A patient guide  
to understanding

## Abdominoplasty

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## INTRODUCTION

Abdominoplasty is a commonly performed body-contouring procedure to improve the shape and tone of your abdomen. This operation is often referred to as a 'tummy tuck'. The operation is suitable for people with loose abdominal skin following pregnancy or significant weight loss, or if you have fatty bulges in the lower tummy that you just can't get rid of with exercise. An abdominoplasty removes any excess skin and fat as well as improving the abdominal contour by tightening the muscle layer. Liposuction is often performed at the same time to optimise the result.



The surgery results in a firmer abdomen with a more flattering contour. It will be much easier to find suitable clothing with the resulting decrease in your waist measurement. The operation will also improve your self-confidence, motivation and ability to exercise.

## PRE-OPERATIVE ASSESSMENT

As in all cosmetic surgery, it is important for you to tell your surgeon the specific areas that concern you. These may include loose skin, stretch marks, fatty bulges, loose abdominal wall muscle tone, rashes, backache and difficulty with clothes. You should also tell your surgeon if you have other medical problems which can affect wound healing, such as smoking and diabetes, as well as risk factors for deep venous thrombosis (DVT or leg vein clots). Previous abdominal operations may limit the result that can be obtained.

It is ideal for you to be as close as possible to your target weight as this minimises complications and optimises your final result. People contemplating future pregnancies or significant weight loss are best to defer surgery.

Your surgeon will discuss the operation with you, as well as showing before and after operation photographs and giving you written information about the operation. The expected scars, as well as the other risks of the operation will be explained.



## THE SURGERY

Abdominoplasty is performed under a general anaesthetic taking approximately three hours. There are many variations on the procedure ranging from a mini-abdominoplasty with endoscopic abdominal wall tightening to a full abdominoplasty involving removal of excess skin and fat, tightening of the abdominal wall muscles and repositioning of the umbilicus (belly button). Your surgeon will discuss which procedure is right for you.



## AFTER THE SURGERY

After the operation your abdomen or stomach will feel very tight and you may have a slightly flexed posture for a couple of weeks. This means you will be slightly bent over, not able to stand up completely straight. Most patients stay in hospital for 2-4 days. Recovery times vary with most people being able to return to work in two to four weeks, with no sport or heavy lifting for 6-8 weeks.