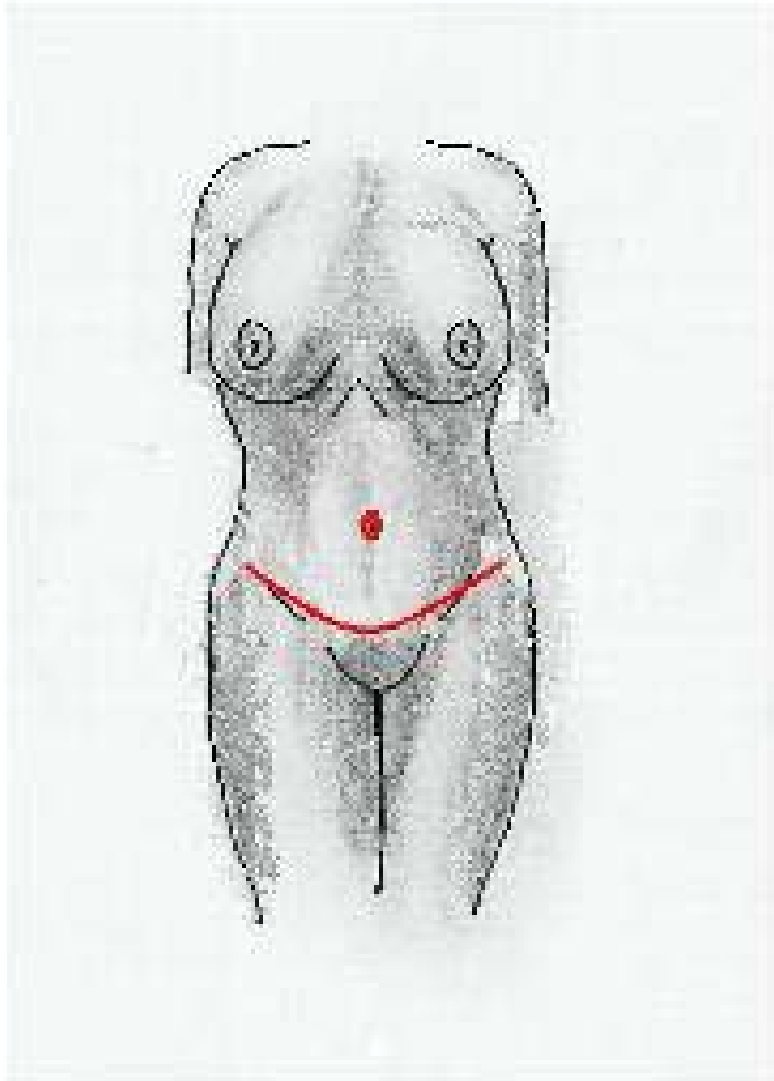


Abdominoplasty is an operation to tighten the skin on the abdomen, get rid of excess fat and reshape the waist for instance after childbirth or weight loss.

The scars from an abdominoplasty

Run from hipbone to hipbone, just above the pubic hair and partially hidden inside the umbilicus



Abdominoplasty is performed under General Anaesthesia and takes approximately two and half hours. Internal stitches tighten your abdominal muscles, bring in the waist and flatten your abdomen. Excess fat is removed from the skin of your abdomen and can be combined with liposuction of the flanks. You will have two drains (thin plastic tube to drain away excess tissue fluid), which are removed the next day. For the first 3-5 days you will not be able to stand up straight as your skin is too tight and the sensation of your skin, between your scar and your umbilicus, is altered, just like after a caesarean section. You can go home the same day or stay overnight and you will have painkillers and antibiotics to take home. The wounds are taped and you are advised to wear supportive pants for the next 6 weeks, during

which time you should avoid vigorous exercise. Depending on your job you should take 2-3 weeks off work.

The potential complications from abdominoplasty surgery are:

- Bad scars
- A bleed under the abdominal skin which necessitates your return to theatres for the blood to be removed
- A seroma (a collection of the fluid component of blood under the abdominal skin, which is easily drained as an outpatient)
- Infection
- Wound dehiscence (the wound may come apart in some areas especially if you smoke)
- Skin loss (if you smoke)