



Abdominoplasty (Tummy Tuck) **by Dr David Ross Plastic Surgeon**

Abdominoplasty is a very beneficial procedure for patients with extensive skin and fat in the abdominal area. It is best to be at optimal body weight when undergoing this procedure as this will allow the most beneficial outcome in the long term. For a complete abdominoplasty procedure, usually three procedures are undertaken. Firstly suction assisted lipectomy is undertaken in the hip and flank area to improve the contour there. This is followed by removal of the panniculus (skin and subcutaneous fat) from below the umbilicus (belly button) and then tightening of the anterior abdominal muscle by suture plication. This technique we call the internal girdle as it can narrow the waistline by 15-20cm. Following closure of the wounds and transposition of the umbilicus, the wound is protected by a compression dressing. This procedure is usually undertaken in hospital and requires 2-3 hours. Most patients remain in hospital for 2-4 days following surgery, requiring bed rest to regain their strength. After commencing to mobilize you will be placed into a compression garment to prevent bruising and swelling and protect the healing wounds. It is best to mainly rest for the first two weeks following surgery to avoid swelling, bleeding and infection. As your recovery proceeds you will be able to increase your activities to be driving after three weeks and light exercise after six weeks. Due to the abdominal muscle repair it is recommended that you wear an abdominal support garment for at least three months following your abdominoplasty procedure. It may be four to five months before you are able to return to full sporting activities.

Please look at the outcomes of some patients who have undergone abdominoplasty surgery recently. If you would like to discuss this procedure in more detail or to clarify any issues mentioned here please contact our office to arrange a consultation.

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