

# ABDOMINOPLASTY

## (TUMMY TUCK)

### Background

Tummy tuck surgery is usually performed on ladies (or men) with excess skin or an abnormal contour in their lower abdomen. This is commonly as a result of having children but may also be due to weight loss. It should be considered a body contouring procedure and NOT a weight loss procedure. Other procedures may be combined such as liposuction or breast augmentation

### The treatment

This involves removing all of the skin under the tummy button (usually as an oval shape) and leaves a large scar extending from hip to hip and a small scar around the tummy button (umbilicus). The tummy muscles (rectus) are also tightened up which produces a flatter tummy and an improved waistline. The procedure is performed under a general anaesthetic with a 2 night in-patient stay

### The benefits

Tummy tuck surgery is a body contouring procedure producing a flatter and more contoured abdomen.

### Duration of Surgery

The surgery can take anything up to 3 hours depending on the complexity and severity of the problem. Mr Banwell uses two drains and these are usually removed after 2 days.

### Complications of Surgery

Unfortunately complications can occur following any surgery and patients need to be fully aware of this. Mr Banwell does his utmost to minimise the complication rate and likes to practise in a safe manner. The commonest complications are scarring, adverse scarring, bleeding, haematoma formation and the need to return to theatre, infection, numbness, alteration in sensation, asymmetry in the healing and the final result, scar asymmetry, seroma formation (fluid collection), umbilical problems, delayed wound healing, contour irregularities, clots in the legs and lungs, numbness of the thighs and so-called 'dog ears'.

### After Surgery

You will usually be in hospital for two nights. The wound will be dressed with brown surgical tape (micropore). This is to stay in place for at least two weeks. You will be able to shower the day after you leave hospital and then it is important to pat the tape dry with a towel then use a hairdryer on a warm setting to dry the tape off. In addition you will need to wear a supportive binder for 8 weeks night and day. You will usually need to take 3 weeks off work and will return to normal within 6-8 weeks

### Recovery

It is important to minimize your activities in the first few weeks. Bending or lifting should be avoided as well as strenuous exercise for 4-6 weeks. You should refrain from sexual intercourse for 6 weeks. You should not drive until it is safe to perform an emergency stop.

### Success and satisfaction.

Patients repeatedly report how happy they are with the results of this type of surgery and they accept the scarring involved as well as the recovery period.

### Important Notice

*Mr Banwell strongly advises you stop smoking prior to surgery as this can affect the outcome of surgery and increase complication rates. Nutritional supplements, anticoagulant medication and blood thinners (eg. aspirin and brufen) all increase the risk of bleeding and should be stopped prior to surgery unless otherwise instructed.*

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## NOTES & QUESTIONS

### AT A GLANCE

**SURGERY TIME**

2-3 hours

**HOSPITAL STAY**

2 nights

**ANAESTHETIC ASSESSMENT**

Possibly

**PRE ADMISSION TESTS**

Possibly

**SLEEPING POSITION**

Sleeping on back recommended for 4 weeks.

**REASONABLY MOBILE**

4-5 day

**WASHING**

Shower after 2 days.

**DRIVING**

3 weeks

**EXERCISE INCLUDING GYM**

8 weeks

**SEXUAL ACTIVITY**

Restricted activity after 6 weeks

**FULL RECOVERY**

8 weeks

**TIME OFF WORK**

2-3 weeks

**BRAS & GARMENTS**

Binder day and night for 2 months.