

AESTHETICA



Reveal your inner beauty

**Laser Surgery Center
Cosmetic and Plastic Surgery
Cosmetics and Skin Care**

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About your surgery

Abdominoplasty

Surgery of the abdomen is very individualized depending upon the result that is desired as well as the deformity initially present. For many patients, **liposuction** is an excellent technique which yields very nice results when applied to excess fatty tissue of the abdomen. Skin cannot be in excess, to any large extent, and the supporting structures of the abdomen must be taut for optimal results from this procedure. It is often used in conjunction with abdominoplasty techniques in order to reduce the fatty layer. Using modern techniques of tumescent liposuction and internal ultrasonic assistance, smooth, beautiful results with rapid recovery are readily attainable. Please see the brochure **About your surgery - Liposuction** for more information about this procedure.

Abdominoplasty or “tummy tuck” procedures vary widely in extent as well as actual procedures performed. In *mini tucks* a rather small incision is made, usually including and improving the *Pfannenstiel* scar from caesarean section or previous abdominal surgery. The small amount of skin excess is removed and the lower portion of the supporting muscle of the

abdomen (*rectus muscle*) can be strengthened in order to give a very smooth and flat tummy below the belly button (*umbilicus*). The down time from this procedure is only slight with about one week being required for essentially complete recovery although strenuous physical activities should be avoided for about one month following the procedure. The scar is almost invisible in the hair of the pubic area. Risks are small and include mainly that of bleeding and infection as well as possible reaction to anesthesia.

Atrue abdominoplasty, as classically performed involves tightening of the skin and superficial tissues of the abdomen as well as a tightening of the muscle supporting them. This rectus muscle is often stretched during pregnancy and can be weakened centrally or at its edges. The tightening yields a taut, flat abdomen. Within reason, the waist size can also be reduced through this tightening procedure. Often, as mentioned above, liposuction is used adjunctively in areas which do not require skin tightening such as the sides, flanks, thighs, back and chest. The surgery involves a low pubic incision much as the mini-tuck noted above but one which extends laterally for a distance dependent upon the amount of skin which requires trimming. The height of the extensions can be low, medium or high in order to be hidden by whatever undergarments or swim wear the patient desires to wear. Usually the incisions heal very well with minimal scarring, however, this is the one drawback of the procedure. Similarly, thigh lifts and buttock lifts, although very effective and work very well, suffer from the incisions necessary in order to tighten the loose skin. It is hoped that research into new lasers which tighten the skin without resurfacing will

emerge as a means of performing these procedures without the need for the long incisions now required. In time, we will also likely be able to manipulate the healing environment of incisions and wounds in specific manners so as to minimize or completely erase the presence of scar tissue. In addition to scarring, possible risks are bleeding, slow healing of the incisions (especially centrally), collection of fluid (seroma) or blood (hematoma) under the skin, infection, reaction to anesthetic and change in sensation of the abdominal skin. Preparation for the surgery is rather easy in that only avoidance of those substances known to “thin the blood” is required. A full list of these will be provided to you. You will wear a compressive garment for about two weeks following the procedure and then at night time for about two weeks following that. In all but mini-tucks, drains will be present which will be removed when no longer needed (usually about 2 to 3 days). Sutures will be removed after 7 to 10 days and silastic sheeting or liquid silicone may be suggested in order to improve scars as quickly as possible. You should plan on being off of work for a minimum of two weeks for minimally strenuous jobs and one month if your job involves physical labour. You should lift nothing heavier than 10 to 15 pounds for about one month from the time of the procedure. Your tummy will feel very tight and you will want to walk slightly bent at the waist for about one week after the procedure.

All of the above abdominal surgeries are performed on an outpatient basis if the patient is healthy. This means that the patient is able to go home in the care of a competent adult or to an overnight care facility following the procedure. These can be arranged by the staff of **AESTHETICA** if

desired. In the case of very large reductions or in a patient with health problems, the procedure can be done in the hospital but, as always, at increased expense. Dr. Caputy has privileges at each of the major local hospitals to perform all of these procedures. The office surgical unit is fully accredited and general anesthesia is provided only by board certified M.D. anesthesiologists. Breast surgery is usually performed under general anesthesia for patient comfort and safety although smaller procedures may be performed using conscious (intravenous) sedation. Most patients find the former to be preferred due to shorter action in the body and, therefore, faster recovery. You will remain in our facility to recover for about 1 1/2 to 2 hours following your surgery and visit a number of times with Dr. Caputy for your postoperative care. You should plan on not driving for a minimum of one week following the procedure and not to lift anything heavier than 10 to 15 pounds for about two weeks. Arm movements should be minimized for the first week or so following the procedure. Preoperative preparation is minimal with simple avoidance of substances known to increase the risk of bleeding. A complete list of these is available for you.

We hope that this short informational brochure answers some of the questions which you have about abdominal surgery. Please ask either the staff of **AESTHETICA** or Dr. Caputy should you have any other questions about any of these procedures.

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