

Tummy Tuck

(Abdominoplasty)



LINIA

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EXPERTS IN COSMETIC SURGERY

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The technique used depends on your needs; your surgeon will discuss these with you at your consultation. The procedure is usually performed under general anaesthetic, and depending on the extent of the surgery and the technique used, you may remain in hospital for 1-2 days.

LINIA'S WAISTLINE ABDOMINOPLASTY

This is a special technique in which emphasis is placed upon tightening in such a way to emphasise the waistline. Linia specialises in this technique.

WHAT IT IS?

Abdominoplasty is the removal of excess skin and fat from the abdomen to improve contours and tighten the muscles.

WHY IS IT POPULAR AND WHAT ARE THE BENEFITS?

It is normal for the skin of your abdomen to sag downwards with the passage of time, and for it to bulge outwards as muscles lose their strength and tone. For women, the problem is most frequently a consequence of multiple pregnancies, but in men and women it can also be a result of weight loss, weak abdominal muscles or a hernia. Once these changes have occurred, many people are unable to restore their youthful shape even with diet and exercise. A tummy tuck flattens and tones a saggy, protruding abdominal area and gives the abdomen a flatter, more attractive contour and – for women – a more shapely, feminine waistline.

WHAT DOES THE PROCEDURE INVOLVE?

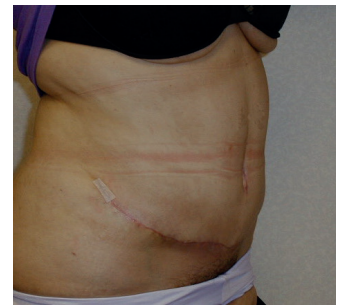
The procedure chosen to achieve a flat abdomen depends on the amount of skin and fat to be removed. Patients with good muscle tone and minimal excess skin and fat in the lower abdomen may benefit from a "mini abdominoplasty" procedure. An incision is made across the lower abdomen, just above the pubic area, and another below the navel to free the surrounding skin. The navel is not disturbed, and liposuction is usually carried out at the same time to reduce the thickness of fat in the abdominal wall. Loose muscles in the lower abdomen are then pulled together and tightened, repairing any slackness or hernia.

For those with a greater area of skin and fat, and looser muscle tone a "full abdominoplasty" is usually necessary. This removes all surplus skin and fat from the abdomen and loins and the scars will therefore be longer.

Before



After



WHAT ARE THE RISKS AND LIKELY AFTER-EFFECTS?

Cosmetic surgery, like any other surgery, involves a “trauma” to the human body and there are risks associated with any procedure. Each person’s body is different, and your general health, level of fitness, age and genetic profile will all have an effect on the speed of healing and also on the risk of side-effects.

If you smoke, drink alcohol, are overweight and/or take drugs for medical or other reasons, the risk of complication during and after surgery can be greatly increased. Smoking, in particular, is discouraged because it increases the risk both of wound breakdown and thrombosis (blood clots).

After abdominoplasty it is normal for all patients to experience some pain and discomfort, tiredness, swelling, numbness and bruising. Some may also experience bleeding around the scar area and small healing problems are quite common. These can be treated with antibiotics and dressings.

A degree of scarring is a normal and unavoidable consequence of this procedure, and will vary in appearance and severity, depending on the extent of surgery and on your body type. Your scars may appear to worsen during the first few months but this is normal. It may take up to two years before your scars flatten out and lighten in colour. Whilst they will never disappear completely, they will certainly reduce and fade. Your surgeon will be careful to position them as discreetly as possible so that they will be covered by your clothes, including most bathing suits.

WHAT WILL HAPPEN AFTER THE OPERATION?

Post-Op

Your surgeon will see you when you have come round from the anaesthetic to check that all is well, and you will be fitted with a firm abdominal garment to provide support and reduce strain. As soon as you are fit to return home (usually a maximum of two to three days) you will be discharged and given medication and post-operative instructions along with appropriate telephone numbers in case you need to contact us at any time.

Week 1 - 2

Bed rest for two or three days after surgery is recommended, whether you remain in hospital or at home. However, gentle mobility is encouraged as it helps to speed the healing process. Deep breathing exercises are also recommended.

Between 7 and 14 days after surgery you will also see our nurse for a check up and you can gradually build up your level of non-strenuous activity after this time.

Weeks 8 - 12

Your surgeon will see you again, usually 8-10 weeks after the procedure for a full post-operative consultation.

You may begin a light exercise programme around eight weeks after surgery to reduce swelling and improve muscle tone. Strenuous exercise, however, should be avoided until your surgeon advises you otherwise.

As long as you keep your weight relatively constant, eat a healthy diet, exercise regularly and follow your surgeon’s instructions on resuming physical activity, the long-term results from abdominoplasty are generally excellent.

FULL POST-OPERATIVE COVER

We’re confident that you will be delighted with the results. For that reason, we guarantee that we will provide post-operative cover for a full three years after your procedure. It’s our way of ensuring that you have peace of mind and confidence in Linia.

PERIOD OF REFLECTION

Cosmetic surgery is a purely elective procedure and careful consideration should be given to both the potential benefits and the risks, before making a decision to proceed. Linia recommends that, following consultation with your surgeon, you allow a period of at least fourteen days before making a decision.

General matters pertaining to cosmetic surgery.

1. Expectations and limitations: Cosmetic surgery may satisfy many needs and often provides inner confidence. It may enhance your quality of life significantly. It is however, not the answer to all of life’s problems. It is vital to understand the limitation of such surgery. The purpose of cosmetic surgery is to improve one’s appearance. But do not expect miracles. Most patients understand these limitations and have a realistic view of what may be achieved. Wrong expectations and over expectations may lead to disappointment. Being realistic brings satisfaction.

2. General risks of Surgery and Anaesthesia such as blood clots, chest complications, pain and discomfort, infection, swelling, bruising, bleeding and haematoma, seroma, problems in the healing process, numbness, sensitivity etc.

3. Subjective Nature of Cosmetic Surgery: It has been emphasised that, the final assessment of the result is a matter of subjective opinion. Hence, while a probable expected result has been advised, this is in no way a guarantee of a good result.

4. Scars: All surgery involves creating some scars. Although these are placed in locations to hide, any scar, in theory, can become prominent. It normally takes 12-24 months for scars to fade away completely.

5. Time lag for final results: Every operation is followed by a period of healing, before tissues return to normal and the final result is apparent.

6. Numbness: Loss of sensitivity is a consequence of all surgery and it takes time for normal sensation to return.

7. Revisions and Refinements: Every operation may sometimes need more refinement to achieve a satisfactory end result.

8. General Asymmetry: Every human body is asymmetrical between left and right sides. This normal difference will persist after the surgery.

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