

Abdominoplasty Guide



THE VENKAT CENTER
FOR SKIN ENT PLASTIC SURGERY

What is abdominoplasty?

The skin around the abdomen may lose elasticity for a number of reasons including:

Pregnancy, Large changes in weight, Heredity, Ageing

Skin that has lost elasticity due to factors such as pregnancy or weight loss often cannot tighten up with a traditional diet or exercise. Loose tissue and weakened muscles are often also an issue in these cases and require surgical help.

Abdominoplasty or Tummy tuck is a surgical procedure to remove excess skin and fat from the middle and lower abdomen and to tighten the muscles of the abdominal wall. The procedure can dramatically reduce the appearance of a protruding abdomen.

It involves correction at three levels:

1. Removal of excess fat- there is always some stubborn fat that refuses to go with exercise. This is more so the case after pregnancy.
2. Removal of extra skin- Massive weight loss or pregnancy can stretch the abdominal skin. Unfortunately the skin doesn't always shrink back completely, leaving a fold of extra skin called pannus
3. Tightening of abdominal muscles- There are a pair of vertical muscles in the middle of the abdomen known as rectus muscles. Normally these are next to each other. However the strain of childbirth can cause these muscles to move apart, which leaves a zone of weakness in the center of the abdomen, through which internal organs can protrude. This causes a convex or bulging appearance to the tummy, that cannot be corrected with exercise. Only muscle repair can correct this
4. Treatment of other issues- Other problems like umbilical hernia etc can be treated simultaneously during tummy tuck.

Who is a good candidate for tummy tuck surgery?

The best candidates for tummy tuck surgery are men or women who are in good health but are bothered by loose abdominal skin and fat that won't respond to diet or exercise. It is particularly good for women after their family planning who want to regain their confidence

What do I do if I have extra skin and don't want a tummy tuck?

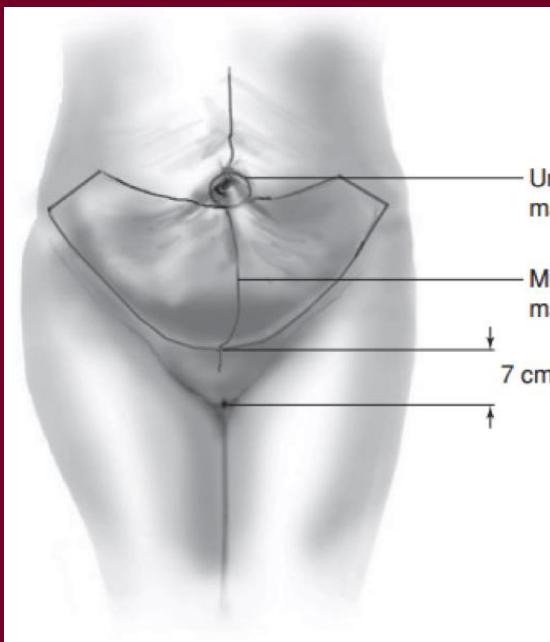
In many individuals, especially those after childbirth, there can be extra skin which may not contract fully after liposuction alone. For a long time there was no other option than tummy tuck. However recently, a device known as INMODE BODYTITE has changed the scenario. This device uses radiofrequency energy to cause skin contraction, and can therefore help with extra skin after liposuction.

Points to note before procedure

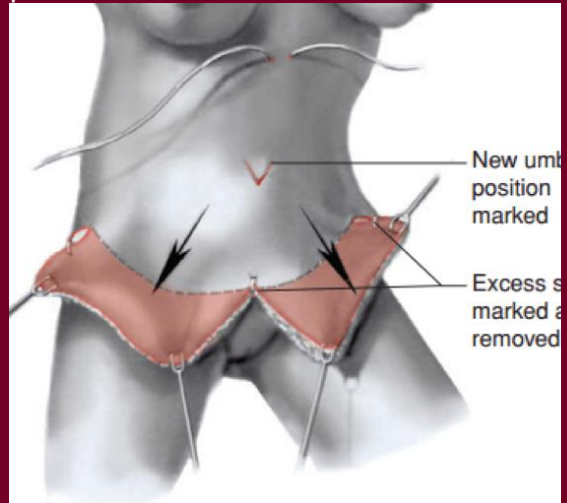
- Your general physical examination and some routine lab tests are done to evaluate your fitness for surgery.
- It is important you stop smoking for 2 weeks prior to surgery.
- The operation is performed under general anesthesia.

What does the tummy tuck procedure involve?

- The procedure is done under general anesthesia with one-day admission.
- A full abdominoplasty usually takes somewhere between three to four hours. Lower abdominoplasty (or "Mini Abdominoplasty") to treat only the lower abdomen may take about two hours.
- First liposuction is done to reduce the fat
- Surgery involves two incisions: one from hipbone to hipbone close to the pubic area, and another around the navel.



- The skin is lifted from the muscles
- The rectus muscles are then pulled together and stitched into place for a firmer abdomen and narrower waist.
- The skin flap is then stretched down and over the newly tightened muscles, excess skin is removed,
- If an umbilical hernia is present, it is repaired
- The navel is reattached in a natural position. If the umbilicus is damaged from hernia, a new one is created
- The skin is then closed in a manner to produce a fine scar



What are the scars after this surgery?

- There is a scar in the lower abdomen which can be around 20-30cm. This is kept very low down, so that it is hidden in the panty/underwear. It is in fact at a lower and less noticeable position than a cesarian section scar
- There is a scar around the belly button which is hidden inside the belly button. In some individuals if the belly button is damaged from a hernia, a new belly button would be created.
- Hence there are no noticeable scars, and swimwear can be worn after surgery

What is the recovery after surgery like?

- Patient is sent home the next day after surgery usually
- Drains if placed, may be there for 2-3 days
- For the first few days the tummy can feel tight. The patient can walk around but may need help going to the bathroom etc
- As the abdomen heals, the tightness reduces.
- After 1 week the patient can do all daily activities, and work from home
- After 2 weeks, the patient can return to work
- After surgery, compression garments are worn for 6 weeks
- Workouts can be started from 3-4 weeks. Full exercise can be resumed in 6 weeks

What is the cost of Abdominoplasty surgery?

Abdominoplasty cost varies depending on what is needed. A mini abdominoplasty can be done or a full one can be done. Other procedures like hernia repair and umbilicus repair may be needed.

The cost of abdominoplasty surgery depends on many factors such as

- Extent of surgery
- Type of technique used
- Primary or secondary surgery
- Need for hernia correction
- Extent of liposuction
- Need for umbilicus correction

The cost of abdominoplasty surgery usually varies from Rs 90000 to 200000 (excluding taxes, investigations, implants, and medications)

SUMMARY

| | | |
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| 1 | Anesthesia | General |
| 2 | Surgery time | 2-4 hours |
| 3 | Admission time | Inpatient. 1-2 days |
| 4 | Back to work in | 2 weeks |
| 5 | Full result in | 3 months |
| 6 | Cost | Rs 90000 to 200000. (1500 to 3000 USD) |



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What's UNIQUE about The Venkat Center Bangalore

Dr. Aniketh will guide you through every step of the procedure. During the consultation, you will be evaluated and a personalized plan presented to you based on what would give you the best result

Dr. Aniketh is a highly trained and experienced cosmetic surgeon having worked with experts in plastic surgery all over the globe- Istanbul, USA, Belgium, Taiwan.

Dr. Aniketh has trained in all types of abdominoplasty during his USA fellowship including under Dr. Simeon Wall, Dr Alan Matarasso. Hence he is ideally suited to choose the procedure that would best work for your condition.

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