

Abdominoplasty

What is Abdominoplasty?

Abdominoplasty also known as a 'tummy tuck' is a cosmetic procedure to remove excess fat and skin with the aim to flatten your stomach by tightening your abdominal muscles.

You may have been left with folds of skin after pregnancy or after losing weight or it could be from the natural ageing process that you have been unable to move with dieting or exercise. Whatever the reason, an abdominoplasty could give you a slimmer, more shapely figure.

The Procedure

Incisions are made across the lower abdomen and around the tummy button. Excess skin and fat may be removed and stretched muscles are pulled together and stitched back in place tightening the muscles and reducing the waistline. The remaining skin is then pulled down and a new hole is made for your tummy button.

The operation is performed under general anaesthetic. Please note it is not possible to remove a fold of tissue without creating scars. Your main scar will be a long scar along your bikini line which we try to make this scar so that it will be concealed under your underwear. You will also have a scar around your tummy button.

Liposuction

Liposuction slims and remodels areas of the body by removing small pockets of fat and re-sculpting the treated area, this in turn enhances your body contours and proportion, ultimately improving your self image.

This procedure may be used to safely and effectively remove fat from most areas of the body, including the:

- Hips and Buttocks
- Abdomen and waist
- Upper Arms
- Back
- Breast area
- Cheeks, chin, jaw line and neck
- Thighs (inner and outer), inner knee, calves and ankles

The procedure

The operation is performed under a general anaesthetic, or local anaesthetic with sedation often as a day case, taking 1-2 hours. A very small incision is used to insert the cannula to extract the fat and sometimes this is closed with a stitch or dissolvable suture.

Recovery from liposuction

There is often some bruising and swelling to the areas treated, however this should subside after 1-2 weeks. It is advisable to take 1-2 weeks off work, depending on the nature of your job. You will be required to wear a support garment for up to 6 weeks post operatively.