

Abdominoplasty



Abdominoplasty ideal patient

- Anyone who complains and suffers from excess fat in the abdomen or from loose and relaxing abdominal skin.
- Whoever does not respond to diet and exercise to stay fit.
- Women who suffer from weakness in the abdominal muscles and complain of loose skin because of repeated pregnancy or the loss of skin elasticity as well as obesity. It should be noted that any of the women who want to become pregnant must postpone the process of abdominoplasty, because the main muscles of the abdominal wall are strengthened by surgery, which is subjected to weakness and spacing again due to pregnancy.

Preparation for the surgery

- The doctor will provide you with some instructions regarding surgery preparations related to eating, drinking, medication and drug instructions. Noting that you must stop smoking for two weeks before the operation and 6 weeks after the operation.
- Avoid exposure to sunlight completely for long periods before and after the operation, especially in the abdominal area.
- Postpone the date of the operation when catching a cold or infection of any kind.
- Avoid driving the car after leaving the hospital for several days.

Details of the surgery

The doctor will usually choose the type of anesthesia used for the surgery, which is most likely general anesthesia.

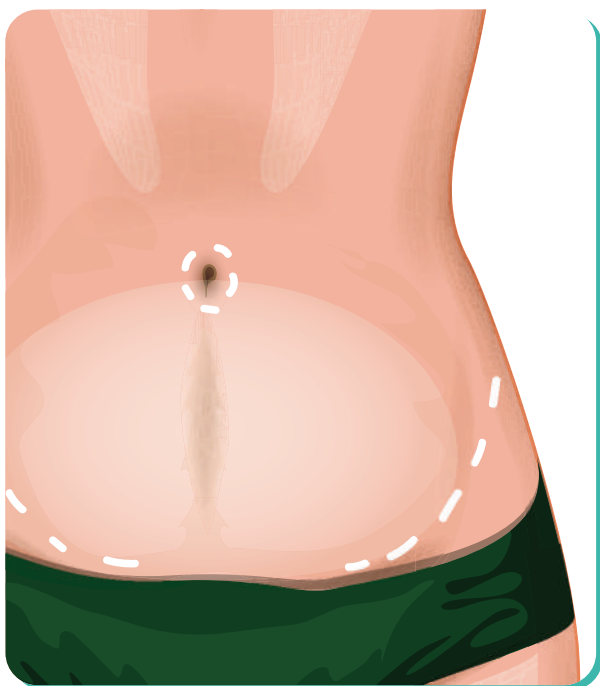
The surgeon may direct to local anesthesia using sedatives and painkillers, which helps the patient to relax and calm during the process.

Abdominoplasty usually takes 2-3 hours depending on the degree of flabbiness. The surgeon incise a transverse opening in the lower abdomen and above the pubic area, as well as another incision around the navel, so that it does not move from its position downward as a result of stretching the skin under the abdomen.

The surgeon intends to separate the skin from the abdominal muscles towards the top to the ribs, and then raises the skin to reveal the vertical muscles in order to strengthen them by bringing them closer resulting in strengthening of the abdominal wall and acquire the appropriate straight waist. The surgeon then tightens the skin to downward of the site, removes the loose skin, makes an opening for the navel in its new position, secures it, and closes the wound after placing a tube under the skin to drain fluid and blood, which is removed after days. In addition, some patients with very weak muscles need to implant a synthetic mesh designed to strengthen the abdominal muscles.

Possible side effects

Although thousands of abdominoplasty operations are performed annually and all of them are successful, especially if they are done by skilled specialist surgeons, there are some associated risks and complications that may arise, summarized as follows:



- Complications of infection and wound infections or bleeding are usually rare, they can be treated with antibiotics and intensified wound care by cleaning it constantly, noting that it will extend the period of hospitalization.
- Poor and weak wound healing resulting in marks and scars that may require a second surgery. Therefore, we advise smokers to stop smoking because it increases the potential for complications, the most important of which is delayed wound healing. Bearing in mind that accurate follow-up with the doctor before and after the operation reduces these risks and complications and helps return to a normal life quickly.
- Deep vein thrombosis can be avoided by the prevention measures (socks, medication).

After the surgery

- After the surgery is completed, the patient may complain of swelling in the abdomen or pain and discomfort. However, these symptoms are easy to overcome with treatment and medications. The patient often leaves the hospital within two or three days after wearing a special corset. It is advised that the patient starts walking as early as possible, despite the feeling that it is difficult to stand upright at the beginning.
- Drains will be removed after 3-4 days.
- The skin stitches will be removed within 10-12 days, knowing that the body gradually absorbs deep stitches.
- Depending on the extent of the surgery, the size of the wound, and the strength of the abdominal muscles, non-violent exercise contributes to the healing journey, the patient's recovery and his return to his normal daily life.
- Wound healing may appear unpleasant in the first trimester. However, it will regain its texture and natural color after one year. Knowing that underwear and beachwear hide many of its features.
- The postoperative swelling sometimes take up to 6 months to resolve.