

Abdominoplasty (TUMMY TUCK)

DISCLAIMER:

Please read the following points:

- ❑ The details supplied on this website are for information purposes only and full medical details should be obtained from Mr Mutimer at a pre-arranged appointment
- ❑ All details supplied by people who log onto this site are confidential and are safely secured by this website only. However, if you do not wish to add details to this website there is the option of performing this via the office on telephone: 9592 0522 or by fax on 9592 0320.
- ❑ All patient photos and literature on this website are firstly consented to and signed by the patient themself

Abdominoplasty (TUMMY TUCK)

Abdominoplasty (also known as a tummy tuck) is the surgical technique used to remove excess skin or fat and the tightening of muscles in the abdominal area. This surgery is particularly common in women who have had children or have lost a large amount of weight. The results of abdominoplasty are extremely effective and patients gain a great deal of satisfaction from this surgery.

WHAT TO EXPECT AT THE CONSULTATION

Mr. Mutimer will want to know exactly what you hope to achieve from the proposed surgery, and after assessing a number of points will be able to tell you whether your expectations are realistic.

You will need to be able to give Mr. Mutimer your full medical history, including information relating to any caesarian sections, difficult births, previous abdominal surgery, or if you have lost a large amount of weight. He will also want to know about any serious illnesses, operations or medications you are taking.

Mr. Mutimer will show you some photographs of previous abdominoplasty procedures and the results thereof.

The staff at Brighton Plastic Surgery Centre understand that it can be very difficult for a patient to make enquiries about such a delicate matter. Our caring and supportive staff are more than happy to help you make the necessary arrangements to make an appointment to see Mr. Mutimer. It is their aim to make you feel as relaxed, comfortable and fully informed about the procedure as possible. Please do not hesitate to ask the staff for any assistance.

Confidentiality is of the utmost importance at Brighton Plastic Surgery Centre.

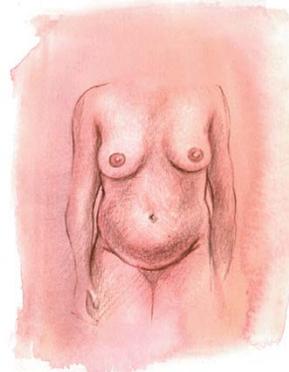
Strictest care is taken to ensure your privacy.

Easy parking is available at the rear entrance.

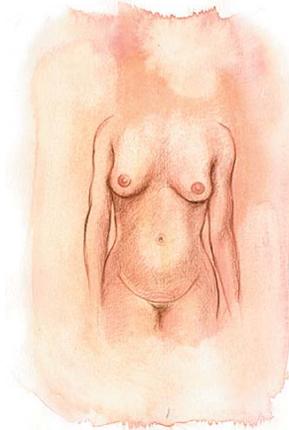
At your consultation, Mr. Mutimer will assess all the information you are able to give, and will perform a physical examination of your abdomen while lying down, noting your skin tone, degree of loose skin and the condition of your abdominal muscles.

Photographs and measurements will also be taken.

It is important to inform Mr. Mutimer if you are in the process of losing weight or are planning to have a child in the near future, as surgery may need to be delayed.



Women and men who have loose abdominal skin and fat that is concentrated in the abdomen can benefit from abdominoplasty



Abdominoplasty enhances the body contour by making the abdomen firmer and flatter. Incision lines will fade over time but will be permanently visible. Abdominoplasty incisions usually can be placed in locations concealed by bathing suits and undergarments.

DOES MY HOSPITAL INSURANCE COVER THE SURGERY?

There is an MBS item number attached to abdominoplasty surgery, which ensures a large portion of the theatre and bed fee are covered. There are fees from Mr. Mutimer and the anaesthetist that Medicare and your hospital insurance will partly cover, however there may be an out of pocket expenses also. You should discuss this with the patient care co-ordinator, who will give you a full account summary.

You will also have a fee of approximately \$145.00 for a garment that is to be worn post-operatively. Some insurance funds give a rebate for this item.

HOW IS ABDOMINOPLASTY SURGERY PERFORMED?

There are two types of abdominoplasty, the first being the mini-abdominoplasty.

A **mini-abdominoplasty** is performed if the excess skin only exists below the navel. This surgery is not as extreme as a full abdominoplasty as less skin and fat are removed and the navel does not have to be repositioned. This procedure usually takes up to 90 minutes.

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With a **full abdominoplasty** a long incision is made across the stomach region (hip to hip). Fat and skin are removed from the incision at the lower ribs. The muscles are repositioned and tightened, which in turn strengthens the muscles, producing a finer waistline. The second incision is made around the navel, to allow for its repositioning. Excess fat and skin are also removed in the lower tummy area.

Liposuction may be performed at the same time as the abdominoplasty in order to improve body shape and contour. The whole procedure usually takes two to two and a half-hours.

PRE-OPERATIVE PREPARATION

- ❑ You will be asked to have a blood test (FBE) prior to surgery
- ❑ You should cease smoking two weeks prior to surgery (includes nicotine patches)
- ❑ Any blood thinning tablets (i.e. aspirin/disprin) or vitamins should be ceased two weeks prior to surgery
- ❑ Arnica tablets should be taken three days prior to surgery (5 a day) excluding the day of surgery and taken post operatively until finished
- ❑ Fasting is required 7 hours prior to surgery

THE GARMENT

The wound care manager will measure you up, and order a special garment for you, which will need to be worn for 4 - 6 weeks after your operation. It will be sent directly to your home and will need to be brought to the hospital. The garments vary in size and shape and are fully washable.



Examples of garments worn post-operatively



WHAT TO EXPECT ON THE DAY OF SURGERY

The Patient Care Co-ordinator will have given you an admission time, which will be approximately 1-2 hours prior to surgery. You will have fasted for 7 hours prior to this. Remember to take with you all your hospital insurance details, the special recovery garment, toiletries, nightwear, and comfortable clothing (i.e. tracksuit or clothing that is loosely worn). You will be given a general anaesthetic and it is important to have informed either Mr. Mutimer or the anaesthetist of any previous reactions. All anaesthetists that work with Mr. Mutimer are of high expertise in relation to plastic surgery. After your surgery you will be taken into the recovery room, wearing your garment. Drainage tubes are used to allow for discharge of fluid. This is removed 24 hours after the procedure or when fluid drainage is less than 50mls.

You will be monitored very closely over the following 24 hours.



Generally, a horizontal incision is placed just within or above the pubic area. If there is loose skin above the navel, the surgeon may make a further incision around the navel. Skin in the shaded area is separated from the abdominal wall.



To tighten the abdominal wall, the surgeon brings loose underlying tissue and muscle together with sutures.



Abdominal skin is pulled downward, and the excess is removed. A small new opening is made to bring the navel through.

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WHAT SHOULD I EXPECT AFTER SURGERY?

You will be supported by the nursing staff, who are trained to be able to address any needs or concerns you may have. Please do not hesitate to talk to them if you are experiencing any pain or discomfort. Your stomach will have some swelling and feel quite tender post-operatively. Pain relief is available, however you must remember not to take any aspirin or disprin. Your hospital stay is usually between 2-5 days and depends on how you recover, your home support and personal choice. Most sutures are dissolving however if you do have any surface sutures or clips they will be removed after 5-10 days. Mr. Mutimer or the wound care manager will instruct you on how to shower.

Walking around will feel slightly uncomfortable at first, but it is important to keep the muscles moving reducing the risks of clots forming in your legs. There may be some numbness around your tummy, which will subside in time. You will need to continue to take your Arnica tablets during the recovery period.

WHEN CAN I RESUME NORMAL ACTIVITIES?

You will need to allow yourself to have between 2-3 weeks off work.

Minor exercise can be resumed 2-3 weeks post-operatively, however you should consult Mr. Mutimer before commencing. Strenuous exercise such as sit-ups must not be attempted until six weeks and sexual activity, two weeks after your operation. Mr. Mutimer will advise you accordingly.

RISKS, COMPLICATIONS AND SIDE EFFECTS

Abdominoplasty is generally a safe surgical procedure, however there are possible risks, complications and side effects that you should be aware of before proceeding.

Mr. Mutimer will explain them to you in detail. They may include:

- the navel may be a different shape to what it was previously.
- the recovery period may last for longer than expected, sometimes up to a few months.
- you will have a scar from hip to hip that is prominent, though it will fade in time.
- if healing has been poor another procedure may be required.

MAINTAINING A PATIENT/DOCTOR RELATIONSHIP

Mr. Mutimer is a very approachable doctor who understands your needs in relation to your abdominoplasty. Please feel free to approach him with any questions or concerns you would like addressed. You will return to the consulting rooms for follow up care, where your progress will be monitored.

Post-operative photographs will be taken at a later date.

It is important to remember that the relationship between you and Mr. Mutimer does not end when you leave the hospital. If you have any questions or concerns do not hesitate to contact the office to speak with him.

The post-operative period is an extremely important time and there are trained staff available to help you. You can contact them on 9592 0522.