

## Six Important Questions About Abdominoplasty

In our consultation sessions, we have found that many patients have similar questions about the procedure. Therefore we've listed here six of the most frequent points which tend to crop up.

### 1. Is the result long lasting? When does a subsequent procedure become necessary ?

With attention to weight and proper diet, the results are long lasting. A subsequent procedure is not necessary in principle.

### 2. How long is the scar in the hypogastric region?

The scar length depends on the extent of the skin surplus. It should extend in principle not beyond the pelvic region and usually measures between 25 and 30 centimeters. Our operating technique aims to leave as short a scar as possible in the Bikini-line. With extended augmentation we adjust the upper skin surplus, which is then stitched and discreetly concealed. These, in most cases, become virtually unnoticeable within a few months, otherwise a scar correction can take place under local anaesthetic.

### 3. Does the belly button stay in the same position after the procedure?

The belly button is repositioned in its original location on the stomach. We ensure that the overall result looks natural and that any scarring will become virtually unnoticeable after the healing process is complete.

### 4. How does augmentation affect the stomach muscles e.g. performing sports activities?

For many patients, this can lead to an improvement of pre-existing back pain, since the stability of the spine is improved. After a few weeks, sport can be taken up again. Patients may notice that sit ups and similar exercises can be performed even better than before, since the stomach muscles are in an anatomically correct position and can function optimally.

## Abdominoplasty - at a glance

### Length of procedure:

- Approx. 2 hours

### Postoperative care:

- No physical activities for 3 weeks
- Stitch removal within 2 weeks

### Anesthesia:

- General

### In-patient stay:

- 2-3 days

## Six Important Questions About Abdominoplasty

### 5. Can the procedure decrease stretch marks present due to pregnancy?

A substantial amount of stretch marks caused by pregnancy are removed, which occur mostly in the mid-riff. A noticeable reduction of scar length and post-operative wound healing problems can be achieved with application of the 'rising sun' operative technique.

### 6. How often can the procedure be repeated?

After an abdominoplasty, no repetition should be necessary. However, repeating the procedure would in principle be technically possible.