

ABDOMINOPLASTY

Abdominoplasty



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Q & A

Is a tummy tuck right for you?

This procedure is for men and women who are bothered by loose abdominal skin and abdominal fat deposits that do not go away after diet and exercise. This includes women who, after pregnancy, have developed weak and stretched abdominal muscles and have loose and excessive skin from the stretching of their abdominal wall.

However, if you plan on losing a lot of weight or having children or multiple pregnancies, the skin and muscles that are tightened in surgery can become loose again.

How about pain after a tummy tuck?

Typically you will stay in an extended-care facility where a caregiver can assist you in controlling your mild discomfort with pain medications. A new temporary numbing infusion device can be inserted directly onto your wound to significantly decrease the discomfort after the operation.

HOW IT'S DONE

Abdominoplasty

During the procedure, Dr. Cambeiro will make an incision from hipbone to hipbone, just above the pubic area. A second incision is made to free the umbilicus (belly button) from surrounding tissue. Next, he will separate the skin from the abdominal wall to reveal the vertical muscles in your abdomen. These muscles are tightened by pulling them close together and stitching them into their new position. This will provide a firmer abdominal wall and will narrow the waistline. Liposuction of the waistline and hips can be performed at this time if indicated. The skin flap is then stretched down and extra abdominal skin is removed. The umbilicus (belly button) is then repositioned through the skin.

Mini Abdominoplasty

This operation is similar to the abdominoplasty procedure, but the incision is significantly smaller and the umbilicus is left in its original place. The amount of skin dissection and muscle tightening is also limited. Liposuction of the waist and hips can also be performed with this procedure.

RECOVERY

During the first 24 hours you are typically admitted to an extended-care facility and assigned to a caretaker who will assist you in getting up to the bathroom, taking medications, and eating and drinking. You will stay on a liquid diet during the first 12-24 hours and your diet will be advanced the following morning.

Mild swelling and some discomfort is normal immediately after the procedure. This is controlled with pain medications and/or a numbing infusion pump inserted directly onto your wound. Antibiotics are continued after the procedure to lower the risk of infection.

Walking is encouraged immediately after the operation to help reduce the risk of post-operative side effects. During the first two to three days you may not be able to stand upright because of the tightness of your abdominal wall. This is only temporary and will resolve after the third day.

A binder will be given to you to support your abdomen. The binder provides comfort and helps to decrease the swelling during your post-operative period.

In most cases the drains that are placed during the procedure are removed within one week. Depending on your type of employment you should be able to return to work after two weeks. Strenuous activities such as bending, lifting and sports should be avoided for about three to six weeks.

SIDE EFFECTS

Some side effects could include temporary pain, swelling, soreness, numbness of the abdominal skin, bruising and tiredness. Note that all these symptoms are common and may last for several weeks.

COSTS

Depending on type of abdominoplasty performed, the total cost may range from \$5,500-\$7,500. The quoted prices include the anesthesia, operating room fees, extended care facilities and post-operative visits. Additional procedures may be added to the abdominoplasty at a discounted rate.

INITIAL CONSULTATION:

Medical history and examination performed. Your concerns and expectations will be discussed.

SECOND OFFICE VISIT:

You will be given pre-operative instructions. Any remaining questions will be answered by the doctor.

DAY OF SURGERY:

You will meet the anesthesiologist and doctor to discuss any concerns. Surgery can take 2-4 hours.

FIRST 6 WEEKS:

You can return to work in 2 weeks, depending on occupation. No lifting more than 10 pounds for 4-6 weeks.

6 WEEKS:

You should resume your normal activity and begin enjoying your newly sculpted figure.

6 MONTHS TO 1 YEAR:

Your scars will begin to flatten out and lighten in color, making them less visible.