



Spire Healthcare

Treatment summary

Tummy tuck (abdominoplasty)

What is abdominoplasty?

Abdominoplasty is an operation to remove excess fat and skin from your abdominal (tummy) area and tighten the tummy muscles. The aim is to produce a tighter, flatter stomach.

The operation can help people who have been left with folds of skin after losing a lot of weight, either through diet and exercise or after successful surgery to treat obesity.

Women who have stretched skin and muscles after pregnancy (and who don't plan to have another baby) may also opt to have an abdominoplasty.

This operation is not a treatment for weight control. If you intend to lose more weight, it is best to do so before having an abdominoplasty.

The results of abdominoplasty can be long-lasting. If you maintain a healthy weight, your skin shouldn't stretch again and your new shape will last. If you put on weight, fatty bulges may appear.

Your surgeon will explain how you can expect your stomach to look after having an abdominoplasty, and will discuss the associated risks and alternatives to the operation.

About the operation

Abdominoplasty is done under general anaesthesia, which means you will be asleep during the operation and will feel no pain.

During the operation your surgeon makes incisions over your stomach and above your bikini line. There is also an incision to free your tummy button from the surrounding skin. Very stretched or torn muscles are pulled together and stitched in place. Your skin is then pulled down and the excess skin is removed. A new hole is cut for your tummy button. The incisions are closed using stitches.

You will be left with a scar around your tummy button and a long scar along your bikini line which can usually be concealed by your underwear. After abdominoplasty you will usually need to stay in hospital for one or two nights.

Abdominoplasty is a commonly performed and generally safe operation. However, all operations carry risks as well as benefits.

Specific complications of abdominoplasty are uncommon but can include numbness over the lower part of the tummy (this is

usually temporary but may be permanent) and poor healing, which may result in noticeable scars. The final position of your tummy button may be off centre, and there is a small risk of losing your tummy button completely.

As with any cosmetic procedure it is important that you review your expectations thoroughly with your surgeon before you decide to proceed.

The chance of complications depends on the exact type of operation you are having and other factors such as your general health. Ask your surgeon to explain in more detail how any risks apply to you.

To find out more about having a tummy tuck in a Spire Healthcare hospital, please contact your local Spire hospital.



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