



# Abdominoplasty

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## What is Abdominoplasty?

Abdominoplasty, or a ‘tummy tuck’, is one of the five most common cosmetic surgery procedures in the UK, accounting for just over 10% of all cosmetic procedures in 2018 alone.

Following significant weight change it is common to be left with excess, sagging skin in the abdominal area. This is particularly common for women after pregnancy, but it can also occur naturally as a result of the ageing process.

An abdominoplasty removes the excess flaccid skin from above the waistline, tightens the muscles and fascia of the abdominal wall, and restores a tighter, flatter-looking stomach. The procedure is often combined with liposuction to remove fat and improve the contours of the abdomen.

The aim is to restore a more aesthetically pleasing waistline, with a superior, more toned definition.

At Cadogan Clinic we are just one of a handful of clinics that offer the most advanced Abdominoplasty techniques, the ‘Brazilian Abdominoplasty’. We have patients coming from all over the world for this specific surgery.

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## Why do people have it?

Abdominoplasty is a very common procedure for both men and women looking to achieve a flatter and more toned abdominal area.

Abdominoplasty primarily targets excess skin (not fat) and is therefore a remedial procedure following body weight and shape changes, as opposed to targeting actual weight loss itself (unless combined with liposuction).

Abdominoplasty is a safe and highly effective procedure that can achieve immediate changes with very little downtime, and the treatment can deliver both an improved physical and psychological sense of wellbeing.

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## Who is suitable?

Cadogan Clinic considers individuals fit for the procedure, if all of the following are true of them:

- Over the age of 18
- Physically and psychologically fit and healthy
- Have realistic expectations of what can be achieved by surgery
- Bothered by the appearance of their abdomen and have a stable weight

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## What to expect?



### PHASE 1: CONSULTATION

The first step for all of our patients is to meet with the surgeon we feel is best placed to perform your procedure for a consultation.

At the consultation you will be able to discuss with your surgeon what your hope to achieve from the procedure, as well as discuss in detail what may or may not be possible given your existing abdominal profile, fat distribution and skin quality.

Your surgeon will take you through the various options (Full/Mini/Extended) and which is most suitable and preferential for you.

Having established this, several key abdominal measurements will be made and standard clinical photography will be taken.

Finally a comprehensive discussion regarding risks and complications will take place, alongside a discussion regarding the post procedure and recovery phase. Your previous medical history will also be recorded (including previous surgery, medications, allergies etc.) and an assessment of your fitness for surgery.

If your surgeon feels you are a good candidate for surgery, you are then invited to consider whether you would like to proceed for surgery or otherwise following a two week 'cooling off' period.

Within this period you are welcome to come in and discuss your potential surgery with your surgeon as many times as you like.

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## What to expect?



### **PHASE 2:** PRE - PROCEDURE

If you choose to proceed with surgery, the next time you come into the Clinic after your final consultation will be the day of your procedure.

Before admission the following behavioural changes are recommended / required:

- In the 6 weeks before your procedure we recommend smoking is discontinued as patients who smoke have a higher risk of healing more slowly and complications
- In the week before your procedure you must cease taking Aspirin or any medication that contains Aspirin
- In the 6 hours prior to surgery you must not consume food or any drink, other than small sips of clear fluid (e.g. still water, black coffee, black tea) which are allowed up to 2 hours before admission



### **PHASE 3:** DAY OF THE PROCEDURE

On the day of your procedure we ask that you arrive for your admission an hour before the agreed start time of surgery. At this point a nurse will come and record blood pressure and other relevant tests, and you will meet with your anaesthetist and your surgeon who will make the final mark-ups.

The procedure itself takes place under general anaesthetic over the course of two to three hours. An incision is made across the underwear line to ensure inconspicuous scarring, and the abdominal skin lifted to allow the surgeon to tighten (and if necessary repair) the weakened muscles underneath. The skin itself is then pulled back down over the wall, excess skin is trimmed away, and the skin is then sutured back to original incision line with increased, but not excessive, tension. A new opening for the naval (belly button) is then created.

Following the procedure, you will recover in our ambulatory recovery rooms for between two to three hours, dependent on the scale of the procedure. Once our specialist nursing team are happy that your initial recovery is complete and you are safe to return home, you will be allowed to leave the Clinic accompanied by a friend or member of your family.

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## What to expect?



### PHASE 4: POST PROCEDURE & RECOVERY

Once home you will have access to our dedicated oncall nursing team 24 hours a day, 7 days a week. This team of specialists are dedicated to your comfort and pain control, and are there to field any questions you may have in the immediate post operative phase.

Post procedure discomfort can take one to two weeks to fully subside and tightness may be felt for several weeks. You will be fitted with a post surgical garment to provide support and help with bruising and swelling. This should be worn day and night for 4 – 6 weeks. Strenuous exercise should be avoided for 6 – 12 weeks, with results improving for up to 12 – 18 months after the procedure.

We ask that you come in and see our nursing team 1 week after surgery to ensure your incision sites have been properly reviewed. At this juncture we also recommend you meet with one of our on site aestheticians to discuss ongoing treatment to support the healing and scarring process.

You should see your results clearly after 6 week mark, although on occasion it can take a little longer. We ask that you come in to see your surgeon after 6 - 8 weeks for a final check up.

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## What are the risks?

Possible risks include:

- Bleeding or haematoma
- Infection, especially in smokers
- Seroma or fluid accumulation in up to 20% of patients (may require drainage)
- Numbness or sensation change
- Poor wound healing, particularly those with BMI of over 30
- Scarring
- Swelling

Your surgeon will discuss each of these risks comprehensively at your consultation.

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## Why come to Cadogan Clinic for your Abdominoplasty?

- Cadogan Clinic is an award winning specialist cosmetic clinic, with a track record of delivering safe, high quality cosmetic surgery
- We're home to several of London's best abdominoplasty specialists, and combination liposuction specialists
- Unlike many of our competitors, we use the latest anaesthetic technologies to minimise your downtime, and allow you to return home on the day of your procedure
- Our nursing team provide a dedicated 24/7 oncall service during recovery – whatever your question, we can provide the answer
- We offer a complimentary consultation and treatment with our onsite team of aestheticians to ensure you heal quickly and scar well

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## At a glance facts



### SURGERY TIME

2 to 3 hours



### HOSPITAL STAY

2 to 3 hours following procedure



### TIME OFF WORK

2 weeks



### FULL RECOVERY

8 weeks

