

ABDOMINOPLASTY FAQs

What Is Abdominoplasty Surgery?

Abdominoplasty Surgery is the medical term used to describe the removal of fat or excess skin from the lower-middle abdomen, often referred to as a “Tummy Tuck”.

Am I Suitable For Abdominoplasty Surgery?

Mr. Karidis will examine you during your consultation in order to determine if you would benefit from an Abdominoplasty procedure. The ideal patient is one who is healthy, post childbearing (women) and not intending to have surgery for weight loss purposes. Typically, patients who gain the best results are those who are within 10-15% of their ideal body weight and able to maintain a steady weight.

If you are a smoker you will be asked to stop smoking well in advance of surgery. Smoking seriously constricts blood vessels and therefore decreases blood flow to a given area resulting in poor healing. Aspirin and certain anti-inflammatory drugs and other medications (discussed in DO’& DON’TS section) can cause increased bleeding, so you must avoid these.

What Does Abdominoplasty Involve?

Typically a hip-to-hip incision will be made low down just above the pubic hair line and over hanging tissue will be lifted up and trimmed. A further small incision will be made around the belly button, the surrounding skin lifted, and the belly button will be re-situated in a similar but new position. Abdominal muscles will also be repaired accordingly. There are lesser or greater variations of an Abdominoplasty Surgery – sometimes involving a smaller incision or incorporating liposuction alongside the procedure. Mr. Karidis will advise you further during your consultation.

What Can I Expect To Feel On The Day Of The Procedure?

When you return to your room you can expect to have two small drains in situ; one either side of the abdomen. These drains are to collect any accumulative fluid immediately post procedure and will be removed after 24hours.

You will be provided with regular pain relief but it is likely that you will feel some degree of discomfort. You are likely to be up and about shortly after surgery though you will want to take it easy. You will be wearing a binder garment when you wake up from surgery. This will be your best friend for six weeks post surgery and is an important part of the post-operative process as it helps to refine your result and minimise swelling.

What Are The Do’s and Don’ts Following Abdominoplasty Surgery?

You will be advised to sleep on your back with your upper body elevated to a reclined position to alleviate swelling and discomfort. You will be advised to keep mobile but also ensure that you rest and give exercise a miss until after your follow up with Mr. Karidis at around 6 weeks post surgery. You will need to avoid showering the incision area for 1 week.

Is There Anything Else I Should Expect Post Surgery?

It is very common to have some bruising, swelling and minor initial lumpiness to the abdomen. This will settle over the course of the coming weeks. You may feel numb or tingly in some areas due to some nerve irritation. This usually resolved within the first 6 months of surgery.

Is The Abdominoplasty Procedure Painful?

You are likely to experience some discomfort post procedure however with the help of regular medication, many patients find it very tolerable.

What Are The Scars Like Following Abdominoplasty Surgery?

You are likely to have a scar with runs from one hip to the next. A small incision around the navel will also be present. Any scarring is likely to be pink at first but this usually fades to a clear or silvery colour over the course of the year. It is important to note, however, that patients vary in their healing abilities and scarring is unpredictable.



Quick Reference

-  **Surgery time**
2-3 hours
-  **Anaesthetic used**
General anaesthetic
-  **Hospital stay**
1-2 nights
-  **Pre admission tests required**
Blood tests +/- ECG
-  **Up and about**
Same day
-  **Washing**
Avoid showering incision area for 1 week
-  **Driving**
1 week
-  **Exercise**
6 weeks
-  **Time off work**
10-14 days

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Mr. Karidis will discuss any significant risk factors during your consultation.

Can Abdominoplasty Surgery Go Wrong?

As with any surgical procedure the risk of infection is always possible. This is minimised by careful surgical technique and the preventative administration of antibiotics both at the time of surgery and after. Nevertheless, if infection does occur it can delay wound healing at the incision site and potentially affect the outcome of the scar. Swelling and bruising should be expected after this operation. When mild or moderate swelling is present, the body rapidly reabsorbs this. Very rarely, increased bleeding can lead to more significant swelling and the development of a haematoma or seroma (a collection of blood under the skin). This usually resolves on its own accord, but occasionally requires medical intervention. The same applies to the potential formation of a seroma (accumulation of fluid under the skin). Mr. Karidis will discuss any risks in more detail with you during your consultation.

How Long Until I Am Back To Normal Following Abdominoplasty Surgery?

Most patients will need 10-14 days off work or strenuous duties. After that point, patients feel that they can gradually start to resume their normal activities with the view to be able to exercise fully from 6-8 weeks post Abdominoplasty surgery. It is important to remember that some minor swelling may still be present at this stage and can take some months to fully resolve.

What Costs Are Involved?

A surgeon fee, anaesthetist fee and hospital fee will be required. You will be given a breakdown of these costs on the day of your consultation.

How Many Abdominoplasty Surgeries Has Mr. Karidis Performed?

In accordance with the National Healthcare Commission guidelines, and according to the last ten years of annual audit figures submitted to the Hospital of St. John and St. Elizabeth in London, Mr. Karidis has performed on average 40 Abdominoplasty procedures per year. It is easy to understand therefore that having been in private practice since 1997 Mr. Karidis has performed a large number of these procedures.

How Do I Prepare For The Op?

It is always useful to allow yourself plenty of time to recover and organise sufficient time off work. 14 days off should give you sufficient time to allow any obvious swelling to subside. Ensure any blood tests or other tests that are required are undertaken well in advance to avoid any potential delays.

Is There Post Operation Care?

We look forward to seeing you at the clinic around 7 and 14 days after your surgery in order to review your result and check all is healing well. This is usually extremely exciting as it will be the first peek at your new tummy! Providing all is well, you will see Mr. Karidis at around 6 weeks post operation for a routine check up. Further appointments can of course be made if necessary.

Nurses top tip:

Regularly apply Silgel to the scar area from 4 weeks post-surgery. This really helps with softening any scar tissue.

How Does Travelling Soon After Surgery Affect Me?

After your operation you may feel a little drowsy from the anaesthetic and other medications. Therefore we strongly suggest that, if possible, you nominate a friend or family member to collect you. Alternatively, we can assist you in booking a taxi whilst you are in hospital.

What Are The Warning Signs After The Abdominoplasty Procedure?

Please ensure you notify medical staff of any heavy bleeding, pain, excessive swelling, pockets of fluid or a persistent high temperature (above 37.5 degrees for 12 hours or more). Most often there is nothing to be concerned about, however, it is always best to check!

Are There Any Other Treatments That You Could Recommend?

Radiofrequency can really refine the results of an Abdominoplasty by giving the skin a tighter appearance.

Why Should I Choose Abdominoplasty Surgery?

Abdominoplasty provides an excellent solution to individuals who are troubled by redundant abdominal skin, lax muscles and excess fat. Providing you accept a potentially lengthy scar and recovery period, the results can be fantastic. The procedure will give confidence to the individual and allow them to wear clothes that were previously felt unsuitable. The effects are generally long lasting providing you follow a balanced diet and exercise regularly.