



**BODYCONTOUR**  
COSMETIC SURGERY .CO.UK

# Mini Abdominoplasty

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A Mini Abdominoplasty differs from a full Abdominoplasty in that only the lower abdominal skin is removed and therefore the umbilicus does not need to be re-sited. It may be combined with Liposuction to thin the abdominal fat layer at the same time.

It is particularly useful in treating a small overhang resulting from pregnancy often in association with a caesarian scar or above a Pfannenstiel scar used for gynaecological surgery, where the skin above the umbilicus is in relatively good condition.

It may be performed either under general anaesthetic or local anaesthetic with some sedation usually as a day case. Recuperation is much quicker than with an Abdominoplasty. Many patients seeking an Abdominoplasty in fact only need a Mini Abdominoplasty and if appropriate this will be discussed at the initial out patient consultation.

## the consultation

Your consultation with the Consultant Surgeon will be held at The Cosmetic Surgery Centre for the South West at the Winterbourne Hospital in Dorchester. We do not use nurse advisers or counsellors, as we believe that all consultations should be held with the surgeon who will be performing the operation and is able to answer any questions you may have.

You are encouraged to bring your partner or a friend to the consultation. At the initial consultation you will be asked your reasons for wishing to undergo an Abdominoplasty and what your expectations are from surgery. You will be asked questions about your medical history, whether you are taking any medication or have any drug allergies.

The surgeon will perform a physical examination of the area, which concerns you taking note of the amount and distribution of fat, skin elasticity or stretch marks. Details of the procedure will be discussed including the position and extent of scars, what to expect during your hospital stay and during your recuperation period.

He will also discuss the potential risks and complications associated with the procedure. You will of course be given an opportunity to ask any questions you may have relating to the surgery.

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## the operation

You will be admitted to The Cosmetic Surgery Centre for The South West at the Winterbourne Hospital in Dorchester on the day of surgery. The room facilities will be demonstrated to you and your nurse will ask you some basic questions about your health and fit anti-embolism socks.

The surgeon will see you before the operation, draw some line markings on you and take your pre-operative photograph following which you will be asked to sign the consent form, which gives him your permission to operate. If you are having a general anaesthetic you will have the opportunity to meet the Consultant Anaesthetist who will explain to you what the anaesthetic involves. Some patients may have experienced nausea after previous anaesthetics. If this is the case you should inform the Anaesthetist who will give you medication to reduce the risk of nausea.

A Mini Abdominoplasty involves removal of loose skin lying between the navel and the pubis. The skin is pulled down and sutured using dissolvable sutures. The procedure may be combined with Liposuction at the same time to optimise the result. At the end of the procedure dressings are applied and a pressure garment worn. The operation lasts approximately two hours following which you will be taken back to your room.

Local anaesthetic will have been injected during the operation and you will be given painkillers to keep you comfortable. You will be given painkillers and discharge advice to take home with you and a contact telephone number should you have any questions. You will also give you your next out patient check up appointment.

## the recovery period

Following discharge you should take it easy at home but do not take to your bed. You should keep active with regular short strolls around the house or garden. You will have some discomfort for a few days and should take the painkillers given to you on discharge.

You may remove the pressure garment daily and flannel wash. The dressings applied in theatre should be kept dry. At your first outpatient appointment (usually one week later) the dressings will be changed. The scar will be taped to provide support while it is healing. All sutures used are dissolvable and will gradually dissolve over several months.

You may slowly resume normal activities as you feel comfortable to do so. Driving is usually possible after two or three days. Depending on your occupation, return to work in one week. You may swim after two or three weeks. Strenuous gym work is usually not possible for six weeks although exercises involving the upper body may be started within a few days of surgery. Flying is discouraged for the first two weeks following surgery.

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## risks and complications

A Mini Abdominoplasty as with all surgery carries certain risks. There are general risks associated with anaesthesia such as chest infections and thrombosis and those specifically related to the Mini Abdominoplasty. Some bruising is not unusual and settles rapidly. Bleeding may occur requiring a return to theatre to cauterise the bleeding vessel. Slow wound healing and infection may occur especially in heavy smokers, diabetics and those overweight.

This may require antibiotics and regular dressings over several weeks and it is advisable to stop smoking prior to surgery. Clear fluid (seroma) or blood may collect under the scar and need aspirating on several occasions in outpatients using a fine needle. Areas of numbness are common in the initial post operative following an Abdominoplasty and this usually recovers over a period of several months.

Scars usually fade well and become hardly noticeable but some people can have problems with red, raised and lumpy scars. The ends of the scar may be slightly raised (dog ears) which can be dealt with under local anaesthetic if problematical.

## The Winterbourne Hospital

Mr Graham your local Consultant Surgeon holds consultations and operates at The Cosmetic Surgery Centre for the South West at the Winterbourne Hospital in Dorchester, one of the leading cosmetic surgery centres in the UK.

The hospital, which has recently undergone a major refurbishment, has two new state of the art operating theatres, twenty nine private en suite bedrooms, eight consulting rooms, resident medical officer and as is of course fully registered with the National Care Standards Commission.

Mr Graham lives locally and has been operating at The Winterbourne Hospital for more than nine years and during that time has developed an expert operating and outpatient team in cosmetic surgery.

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### Mr. Michael D. Graham

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If you would like to arrange a consultation, please fill in the online form at [www.michaeldgraham.co.uk](http://www.michaeldgraham.co.uk) or, contact us by telephone at 01305 267 687 Arranging a medical consultation does not obligate you to anything other than attending the appointment. There is no obligation to proceed with treatment. This is entirely a matter for your decision, after the surgeon has decided on the feasibility and accepted you as suitable.