

Cosmetics



MR MANSOOR KHAN

ABDOMINOPLASTY

The operation aims to reduce the bulging of the lower abdomen which is caused by excess skin and fat, and may be made worse by a weakness of the abdominal musculature. The procedure takes about two hours and involves removing the excess skin and fat, and if necessary, tightening the abdominal musculature. Additional fat can be removed using liposuction.

Smokers have a much higher risk of developing complications. It is therefore advised that they should refrain from smoking for at least 6 weeks prior to, and for two weeks following surgery. Aspirin and related anti-inflammatories should be avoided for a similar time period. Patients on oral contraception (not HRT) should stop taking the pill for six weeks prior to surgery. During this period alternative forms of contraception will be required.

Before the operation you may require a blood test. You will be measured for a pair of stockings. These are worn to reduce the risk of thrombosis formation by improving the circulation while you are in bed. Photographs are taken before the operation.

On return to the ward you will be nursed with your knees flexed, or on your back. Pillows are placed under your knees for support. This is to prevent tension on your stitch lines. Suction drains are used to help reduce fluid accumulation under the skin. Your blood pressure and pulse will be taken regularly following your return to the ward. You will have an intravenous infusion (a drip) which is usually removed after 24 hours once you are able to tolerate diet and fluids comfortably. If you experience any pain or discomfort following surgery painkillers are given either by injection or as tablets. These will enable you to breathe and move more comfortably. It is important because of your flexed position that you do take regular deep breaths and move your feet regularly to promote your circulation.

The day after surgery you will be encouraged to gradually increase your mobility. At first when walking try to maintain a flexed position. Assistance will be given with hygiene until you are able to manage independently. Following removal of your drains (usually at 48 hours post-op) you will be advised to rest in bed. A firm panty-girdle can be worn over your dressing to help reduce any swelling.

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Your length of stay in hospital is variable and depends on many factors but is usually 2-3 days. The usual follow-up appointments are at 1 week and 3 months following surgery. Stitches are self-dissolving. When the stitch lines are completely healed they should be massaged with a plain cream (Nivea or Vitamin E cream). This will promote a good appearance and a supple stitch line.

Some patients also notice an accumulation of fluid in the lower abdomen. This is quite normal. If it becomes uncomfortable it may need to be aspirated in the out-patients department though usually it resolves without any intervention.

It usually takes between 6 and 12 weeks to recover fully. A sick certificate can be issued if required. You should restrict yourself to light activities for about 6 weeks and avoid heavy lifting and strenuous exercising (jogging, aerobics, tennis) for 3 months. Normal sexual activities may be resumed from about 2 weeks after surgery. Driving is usually possible from about 2 weeks after the operation.

Problems that may be encountered: Minor wound problems are not uncommon, most of the time these resolved spontaneously with dressings though occasionally a course of antibiotics is required. If the problem persists or if there are any other concerns, please contact my secretary.

As with all cosmetic surgical procedures undertaken by Mr. Khan he provides a fixed surgeon's fee which means that no further charges are incurred should treatment or surgery be required for complications that occur within one year following the initial surgery. This does not cover other costs such as anaesthetist's and hospital fees. Full terms and conditions are provided with each quotation and available on request.