



Advanced Aesthetics

Plastic Cosmetic Surgery & Laser Centre

Dr. Dilip Gahankari

ABDOMINOPLASTY

1300 007 300 ▪ iplasticsurgeon.com.au

What's Inside

The decision to undergo any surgical procedure is never one to be taken lightly.

Dr. Gahankari has the skill, experience and proven record to ensure you are in the best, most capable hands. Dr. Dilip's commitment is to provide outstanding care to his patients with assurance of safety and quality in all aspects of their Plastic Surgery management. It is with this sincere philosophy that he performs every procedure.



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The Procedure

What is the procedure & are you a candidate?

Many men have developed excess fat around the abdomen, often known as the 'beer gut'.

If despite exercising and weight reduction programs, you are finding it difficult to lose this fatty lower abdominal bulge, the Abdominoplasty or tummy tuck operation may be the best option. Designed to rejuvenate the abdomen and flanks, it removes the excess fat and skin of the tummy as well as tightens the inner musculature and the fascial envelope of the abdomen.



The Surgery

How is the procedure performed?

This operation involves an incision at the lower aspect of the abdomen. The conventional Abdominoplasty addresses the skin laxity in the entire abdomen. In some cases the limited laxity of the lower abdomen may be addressed by more conservative resection of the skin and fat with or without the tightening of the fascial layer. This is often termed as a mini-Abdominoplasty and may use slightly smaller incision. Liposculpture is often used as with Abdominoplasty. Dr Dilip Gahankari will advise you of the most appropriate technique suited to your desire and expectations.

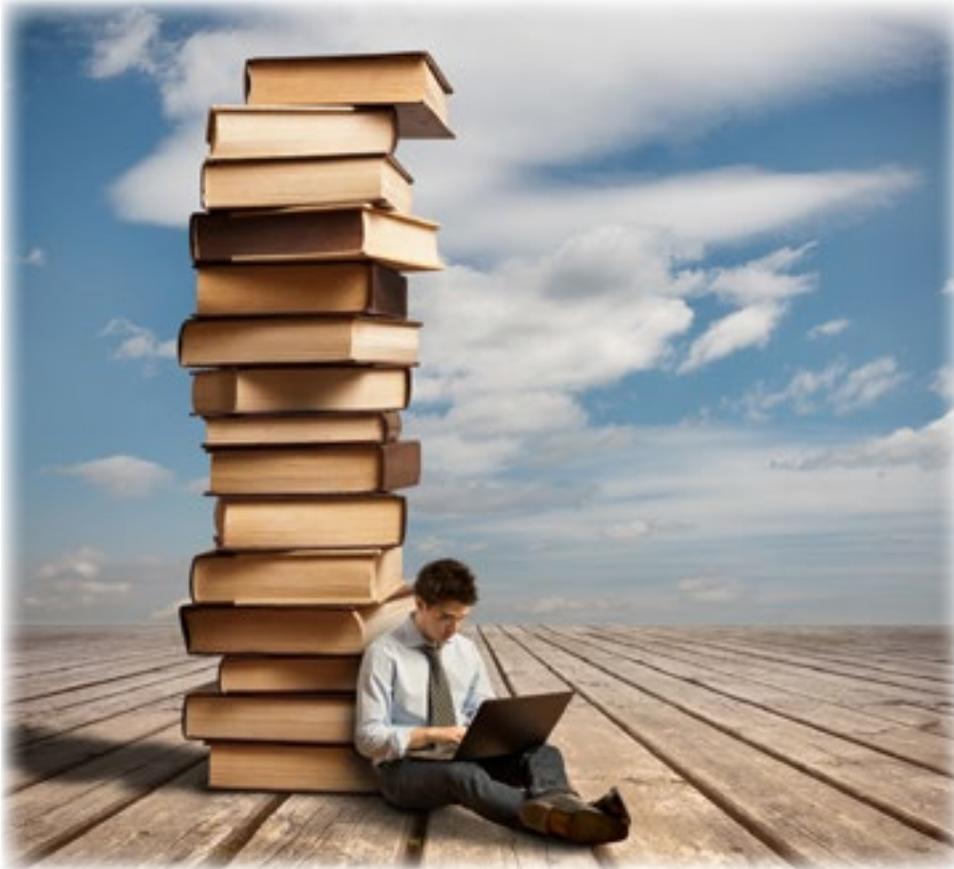


Prepare your **Mind & Body**

Surgery is a major event for anyone, and for a short time it will have a great impact on your life.

Thorough planning and preparation will ensure your experience is a positive one and your outcome meets your expectations.





Your Mind

Knowledge is power

- Have a thorough knowledge of the procedure. Ensure you have asked Dr. Gahankari any questions you have so you feel completely informed and comfortable.
- Understand that you will need time to recover and for a short time you will be incapacitated to some degree and unable to live your life the way you normally do. Allowing your body time to heal and recover will ensure your surgery is successful and you are back to your normal routine in as short a time as possible.
- Maintain a positive attitude. This surgery is something you are doing for your wellbeing and it is important to stay focused and positive.



Your **Body**

Prepare your body

- Quit smoking at least four weeks before your scheduled surgery. Smoking and nicotine make complications more likely and also slow the healing process.
- Ensure your body is as healthy as possible by eating well and exercising regularly prior to your surgery. Don't undertake any crash or fad dieting, or begin an unusually rigorous exercise program.
- Do not take any aspirin, ibuprofen or similar drugs for two weeks prior your procedure.
- Do not consume any alcohol for at least 48 hours prior your procedure.
- Remember that you should not eat or drink anything for 8 hours before the surgery.

Prepare your Home

Prior to your surgery take some time to prepare your home for your return.

- Ensure your bedroom has easy access for you post-surgery. If your bedroom is upstairs, consider moving to a downstairs room for the first week after your recovery.
- Ensure that your bedroom is set up for you to be comfortable. Have a table beside your bed with items you will need such as phones, phone chargers, books, diaries and remote controls. Make sure there are plenty of pillows so you can get comfortable.
- Check that your bathroom is suitably set up, preferably with a hand held shower so you can bathe without wetting any dressings. You may also want to invest in a shower chair or sturdy plastic chair to use in the shower.

- Have some healthy meals prepared and in the fridge or freezer for the first few days after surgery when you may not feel like cooking. Also have some snacks such as protein bars in the pantry.
- Consider your pets. If you have cats or dogs that jump up on you or climb on you, it may be easier for you to have a friend mind them immediately after surgery.





Your **Home** (continued)

Make sure you have:

- Ice packs
- Loose, comfortable clothing that is easy to put on and take off.
- Over the counter pain medications recommended by Dr. Gahankari.
- Prune juice. Pain medication may cause constipation and prune juice is a natural way to relieve this.

Your Support

Organise in advance for a more positive outcome

- Ensure the family and friends you have chosen to tell your surgery about know that you may need their help in the first days and weeks after your surgery. Allow them to assist you with some of your regular duties and commitments. Make sure they know what to expect on your return with regard to your capabilities.
- You'll need a friend or family member to drive you home after your surgery. If you live alone you will need someone to stay with you for a night or two. Organise this well in advance.
- Consider your schedule carefully prior to surgery and make alternative arrangements for things like driving kids to school or other commitments.
- Choose a trusted friend or family member who can help you care for any stitches and bandaging you may have. Dr. Gahankari will provide you with specific instructions on how to care for the bandages in the days following the surgery, and it is important that you follow them closely in order to prevent infection or excessive bleeding.
- Check that all the phone numbers you need are programmed into your phone or written in an address book beside your bed.

Procedure Day

On the day of your procedure ensure you:

- Have not had anything to eat or drink for 8 hours prior to surgery
- Arrive in plenty of time
- Have any paperwork you need with you
- Wear loose comfortable clothing
- Do not wear contact lenses
- Do not wear jewellery
- Do not wear make-up
- Do not wear nail polish
- Have organised your travel home after surgery.

After the procedure, you will be monitored to ensure that you have no residual effects from the anaesthesia and verify that there is no excess bleeding. You may have drainage tubes placed in the incision areas. Pain will be controlled with over the counter pain relievers unless Dr. Gahankari prescribes a stronger prescription. Generally the pain is minimal and easily controlled.



After Surgery

What can you expect immediately after surgery?

- If used, the drain tube will be removed in approximately two to three days. The dressings may be left on until about day five. Regular follow up appointments will be conducted until the wound is healed. The abdominal wound is usually closed with the dissolvable sutures.
- Although, there is normally no extensive pain related to the Abdominoplasty operation, pain medication is prescribed beforehand. You may feel a degree of numbness in the abdominal skin that will normally clear within a period of six months.
- In the early post-operative period, this procedure may cause some muscle soreness or feeling of tightness in the tummy. There will be some bruising and swelling, which will begin to disappear within the first couple of weeks.
- Dr Gahankari advises a pressure garment or an abdominal binder as a support to be worn continuously to support the repair of the fascial laxity and to accelerate reduction of the swelling.
- You can expect to resume regular activities in about 2-3 weeks.

RELAX AND RECOVER

Remember, you have just had surgery so don't do anything stressful or undertake any strenuous physical activity.

Scars

What kind of scarring can you expect?

- Some scarring is inevitable. Most of the scarring is usually concealed by the undergarment.
- The operation always leaves behind a long gently curvilinear scar just above the pubic hairline to the hip on either side. It may take up to six months for the scars to improve.
- Generally speaking, taping the scar for the first 4-6 weeks after the surgery and avoidance of the over-activity and straining will allow the scars to mature early.
- Occasionally, the scars may be red, itchy, lumpy or keloid like and they may need some treatment for improvement.
- Because of the tension on the pubic skin while closure, the Pubic hairline scar may be raised by a couple of cms.
- Every attempt is made to keep the scar around the umbilicus as inconspicuous as possible. The surgery and the extent of the scars also depend on your individual procedure.



Risks

What are the risks?

- The complications of Abdominoplasty occur in approximately 5-10% cases and most of these fortunately are relatively minor such as minor skin wound healing problems.
- Complications: Patients on certain drugs may be prone to more complications than others. It is therefore crucial to reveal all the medications. Dr. Gahankari may advise stopping of some drugs before the operation.
- Failure of the operation: Despite careful planning, occasionally, it may be impossible to close the skin with a linear horizontal scar as planned. In such circumstance a lower vertical scar may be added to achieve the wound closure. This is a rare but possible complication which may need further reconstructive surgery at a later date.
- Position of the Belly Button: Further minor operation may be needed to recreate a navel-like scar.
- Sensory Changes: An abdominoplasty operation normally causes numbness in some parts of the abdominal skin, due to the cutting of some of the nerves during the operation of lifting the skin off the abdominal wall muscles. The sensations normally return within 6-9 months. Occasionally there may be residual numb areas.
- Seroma formation: Seroma is collection of the fluid under the skin. The application of abdominal binder reduces the risk of this complication. It may need aspiration during follow up visits.





Concerns

Surgery is a major event for anyone, and it is natural that you may have concerns.

We are here to help.

Call our clinic on **1300 007 300** at any time if you have any questions.

This number can also be used to contact Dr Gahankari's after hours service. If you feel you need urgent medical attention, we advise that you visit the Accident and Emergency Department at your nearest hospital.



That's about it!

We hope that you've enjoyed reading our information guide, and that it's been helpful.

We love to hear from you! Please consider sharing your experience with us via [Google Plus Review](#) or [Social media](#).

Contact Us

Pindara Specialist Suites,
Level 3, Suite 305,
29 Carrara St, Benowa
Qld 4217

Phone : 07-5539 4611

Email : info@iplasticsurgeon.com.au



Other Services

FACE

- Brow Lift
- Prominent Ears
- Eyelid Surgery
- Facelift
- Platelet Rich Plasma Injections

BODY

- Hand Surgery
- Skin Cancer Treatment
- Arm Lift
- Body Lift
- Tummy Tuck
- (SlimLipo) Laser Liposuction
- Labiaplasty
- Post Pregnancy Surgery

BREAST SURGERY

- Asymmetric Breasts
- Breast Enhancement
- Breast Lift
- Breast Reconstruction
- Breast Reduction
- Male Breast Reduction

MEN

- Brow Lift
- Prominent Ears
- Eyelid Surgery
- Facelift
- Nose Reshaping
- Male Breast Reduction
- Body Lift
- Platelet Rich Plasma Injections

NON-SURGICAL

- BBL Photo Rejuvenation
- Wrinkles & Finesline Reduction
- Lip Enhancement
- Excessive Sweating
- Permanent Hair Reduction
- Laser Resurfacing
- MicroLaserpeel
- ProFractional™ Laser
- Skin Photo Rejuvenation
- Sunspots & Skin cancer
- Birthmark & Vascular
- Veins, Redness & Capillaries
- Microdermabrasion
- Peels

TATTOO REMOVAL

- Picosure Laser Tattoo Removal