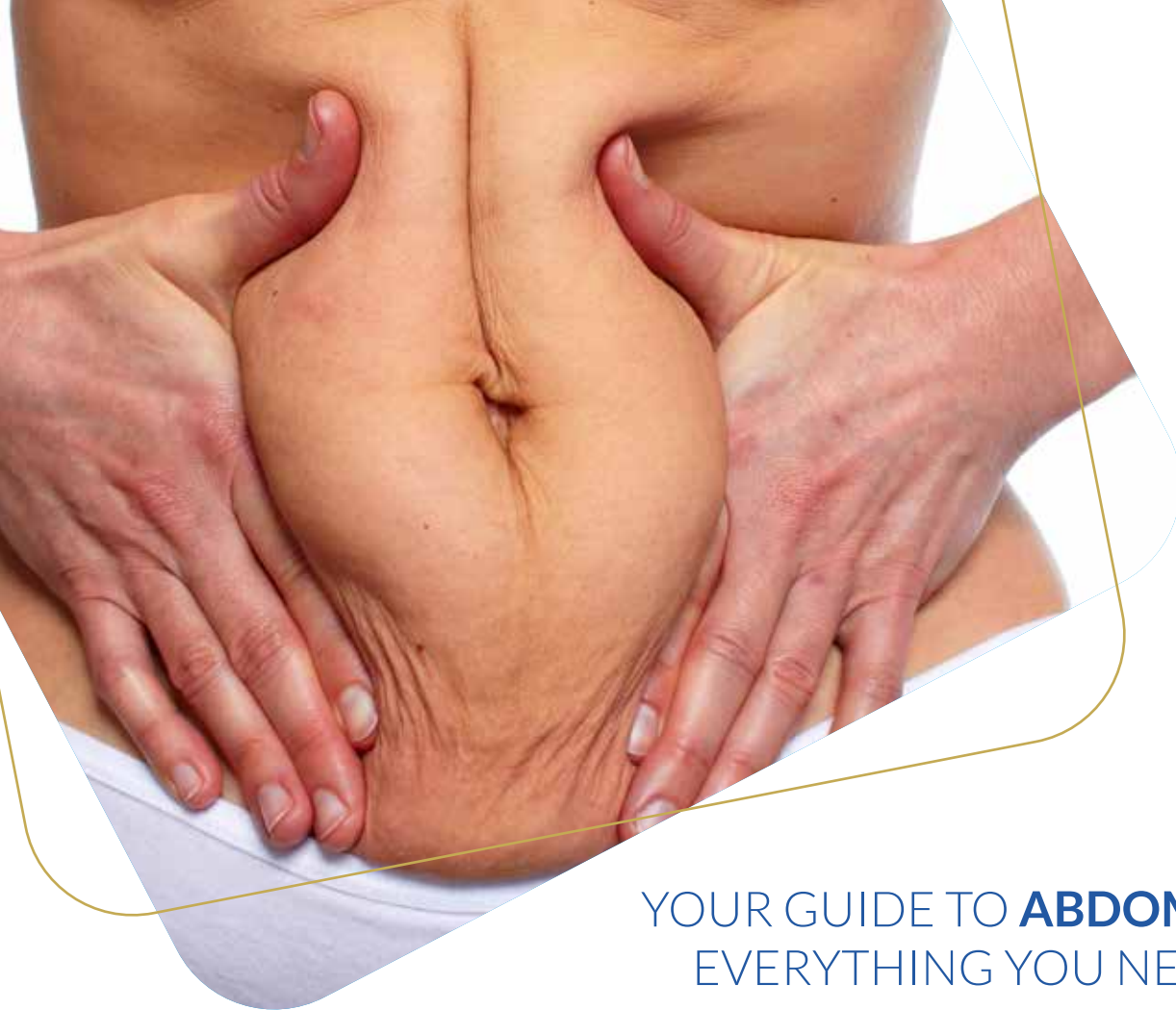




DR. SHAHRAM SAJJADI
PLASTIC SURGEON



YOUR GUIDE TO **ABDOMINOPLASTY**:
EVERYTHING YOU NEED TO KNOW



A tummy tuck can provide an astonishing confidence boost for people who want to reclaim their slimmer waistline or achieve one for the first time.

There are a variety of abdominoplasty procedures available, and operations can be tailored to suit a patient's wishes and needs. Generally speaking, however, tummy tucks are most commonly carried out to remove excess skin, unwanted scars, stretch marks and fat, and to tighten the stomach muscles.

The ideal patient is someone whose weight is normal, particularly those who have been overweight and have lost the excess weight. Abdominoplasty is not an operation for people who are overweight, or as an attempt at losing weight. In appropriate patients, abdominoplasty can have a very marked effect and is associated with high patient satisfaction.

What surgery is available, and what techniques are involved?

Full abdominoplasty

For patients who have significant skin laxity only in the lower tummy area, some excess fat and separation of the muscles, a tummy tuck is the most common procedure. During this operation, an incision is made from hip to hip and around the umbilicus. The excess skin and fat is excised from the umbilicus to just above the pubic hair. The muscles above and below the umbilicus are tightened. The skin is then sewn up to give a circular scar around the umbilicus and a long scar across the lower abdomen. Although this operation leaves a large scar, it does provide the



greatest improvement in abdominal shape and the scar can be hidden under the underwear or bikini. Patients who are thinking about becoming pregnant should not undergo this procedure, and should wait until they have gave birth and have gone back to their normal weight and size and ideally do not want to get pregnant again.

Mini abdominoplasty

For patients with only a small amount of excess skin a lesser abdominoplasty might be appropriate without repositioning their umbilicus.

During this operation, skin and fat is excised from the lower tummy leaving a horizontal scar above the pubic hair. Sometimes the muscles will also be tightened. No scar is left around the umbilicus, which may be stretched slightly to become a different shape. A mini abdominoplasty is suitable for only a small proportion of patients and will give a smaller effect than a full abdominoplasty.

Liposuction

Liposuction can sometimes be done at the same time as the abdominoplasty. However, liposuction only can be recommended instead of an abdominoplasty for younger patients who have good quality, elastic skin and whose main problem is a localised excess of fat.

Cummerbund Lipo-Abdominoplasty

Dr. Sajjadi often combines abdominoplasty with liposuction, addresses the muscles and also lifts up and tightens the fascia of the lower abdomen like a cummerbund for more natural results, shorter down time and best scars. He calls it cummerbund lipo-abdominoplasty

What should I expect in terms of treatment, procedures and outcomes?

The surgical procedures described in this brief guide are all best performed when a patient is fit and healthy. No special diet or exercise programme is required prior to an abdominoplasty, but you should be close to your ideal weight. If you have an umbilical hernia this can also be addressed during the operation.

With a full abdominoplasty you will have some dressings on your tummy and usually some drains (plastic tubes attached to suction bottles). The drains will usually be removed before you go home.

Post-operative pain in these procedures is easily controlled. Patients will be mobile from day one and should be back to full exercise within six weeks.

Patients are recommended to take at least one week off work after the operation in order to ensure they recuperate fully. These timings are approximate and depend on what exactly is done; also some people recover quicker than others.

All abdominoplasties result in some scarring although the nature of the scars will depend on the technique that has been used. Scars tend to be slightly raised intentionally in the beginning and then they become red and raised about 3 months after the operation and gradually fade to skin colour over the next year. Most patients will form good quality scars over time however it depends on a persons general scar quality and in darker individuals the scar tends to stay darker than their skin for a longer time.



Preparing For Tummy Tuck Surgery

Tummy tuck surgery or abdominoplasty is a major surgical procedure requiring some preparation to help ensure a safe and smooth surgery and recovery.

During your consultation Dr. Sajjadi will check your general health status and often will prescribe you Vitamin C and Zinc to boost your immune system and facilitate your healing. Since it is a major operation your health should be optimised before the operation. He might request for an abdominal wall ultrasound prior to the operation.

Procedure Length

Approximately 4 to 5 hours.

Anaesthesia

Most commonly patients are placed under general anaesthesia.

Inpatient/Outpatient

This is an inpatient procedure meaning you have to stay in the hospital for 1 or two nights after your operation. Drains are usually removed before you are discharged however occasionally you would be discharged with one or two drains. Home care of the drains and recording their output will be instructed in details before you leave the hospital.

Possible Side Effects

Temporary discomfort, low back pain, post-operative swelling, soreness or tenderness in the surrounding areas, numbness of abdominal skin and bruising are possible side effects.

Risks

Infection, bleeding under the skin flap or at the incision site, pulmonary embolism (a blood clot that travels to the lung), scarring (keloids), delayed healing, or the need for a second reversionary operation are potential risks, scar widening and dog-ears (Skin excess at the sides of your scar).

Recovery

The patient may return to work 1-2 weeks after the operation depending on the type of work they do. Upon re-evaluation by the physician, the patient may return to activity that is more strenuous after approximately four to six weeks. Scars usually start to fade and flatten anywhere from 6 months to one year after surgery. Patients are asked to wear a specialised garment for at least four to six weeks.

Results

The result will last many years, unless the patient gains weight or becomes pregnant.



Dr. Sajjadi is a fellow of The European Board of Plastic, Reconstructive and Aesthetic Surgery (EBOPRAS) and a Member of the Royal College of Surgeons in Ireland (MRCS).

Dr. Sajjadi's practice goals are to provide compassionate, detailed care for his patients and delicate surgery. He believes that 'beauty is a pleasant blend of harmony and contrast' and based on this concept he aims to create the most natural appearance rather than an artificial look.

Dr. Sajjadi graduated in 1999 as a doctor in general medicine at the University of Pecs in Hungary. Following this he trained in general surgery at the Department of Surgery of The University of Pecs in Hungary and The Royal College of Surgeons in Dublin, Ireland. He was awarded specialist status in general surgery in Hungary and membership of the Royal College of Surgeons in Ireland in 2004 and 2005 respectively.

After completing his training in plastic surgery in 2008, he was awarded the specialist qualification in Plastic, Reconstructive and Aesthetic Surgery from the National Board of Qualifications in Hungary. He then spent 6 months as a fellow of the Dutch Association of Facial Plastic, Reconstructive and Aesthetic Surgery (DAFPRAS) in the Netherlands and Belgium. He has been trained in cosmetic surgery by well known cosmetic plastic surgeons such as Jerome Stevens, Alexis Verpale and Patrick Tonnard in Holland and Belgium. He has also worked in London for 8 months in St George's University Hospital focusing on reconstructive facial surgery and skin cancer.

Dr. Sajjadi's prime interests are facial aesthetic surgery and rejuvenation, facial fat transfer, injectables, fillers, brow lift, short scar MACS facelift, rhinoplasty, facial reconstructive surgery, breast reconstructive and aesthetic surgery, breast implants, mastopexy, breast reduction, breast lipofilling, gynecomastia, body contouring after massive weight loss, upper and lower body lifts, liposuction and liposculpture, abdominoplasty, hernia repair and female genital and perineal reconstructions.

Dr. Sajjadi attends numerous conferences and workshops both nationally and internationally thus remaining up to date with evolving trends in aesthetic surgery. He is an international speaker in rhinoplasty.



DR. SHAHRAM SAJJADI
PLASTIC SURGEON

AESTHETICON DMCC

Swiss Tower, unit 2202, Cluster Y3
Jumeirah Lake towers (JLT)
Dubai

T: +971 4 4311863
M: +971 52 984 3498

AMERICAN ACADEMY OF COSMETIC SURGERY HOSPITAL

Building 73, 26th St
Dubai Healthcare City
Dubai

T: +971 4 423 7600
M: +971 55 356 2018

LEILA HARIRI DENTAL AND MEDICAL AESTHETICS CLINIC

Villa 410
Al Wasl Road,
Dubai

T: +971 4 349 5432