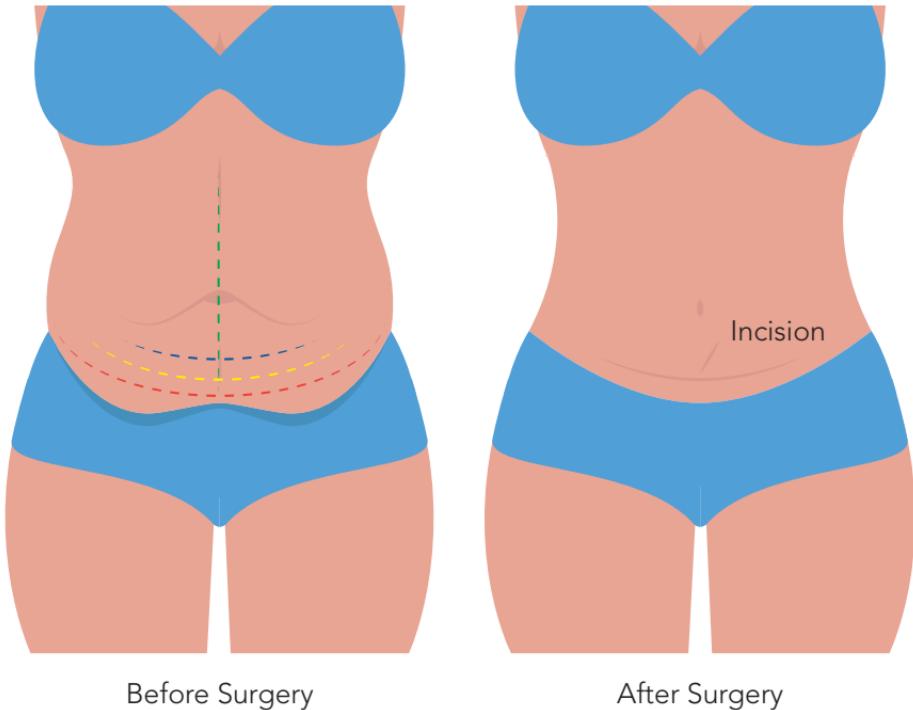


Your Abdominoplasty



Before Surgery

After Surgery

- Mini Abdominoplasty
- Full Abdominoplasty
- Fleur-de-lis
- Extended techniques

This booklet will take you through Abdominoplasty Surgery.

We want to ensure that you receive the highest level of healthcare. This means keeping you educated and informed about what is involved in the different stages of your Abdominoplasty procedure. If you have any questions or concerns, please speak with your surgeon or medical team.

Understanding Abdominoplasty

Abdominoplasty, commonly known as a Tummy Tuck, is a surgical procedure designed to remove excess skin and fat from the abdomen and tighten the abdominal muscles.

It is often considered after:

- Major weight loss
- Pregnancy
- Age-related skin laxity
- Hernia repair (in some cases).

There are different types of Abdominoplasty, including:

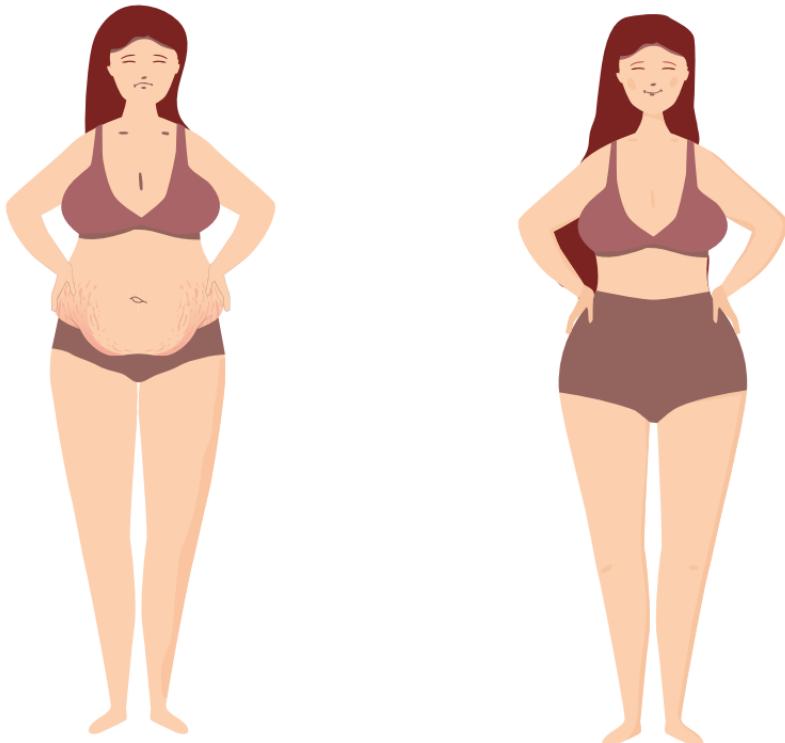
- **Full Abdominoplasty** – removal of excess skin and fat with muscle tightening
- **Mini Abdominoplasty** – focused on the area below the navel
- **Fleur-de-lis or extended techniques** – for significant weight loss patients.

Why is it Done?

Abdominoplasty can help:

- Restore a firmer, flatter abdominal profile
- Address stretched or separated abdominal muscles (diastasis recti)
- Remove sagging skin that cannot be improved by exercise
- Boost body confidence and comfort.

It is not a substitute for weight loss or a treatment for obesity.



Preparing for Your Procedure

What to Tell Your Surgeon

Before your operation, be sure to inform your care team if:

- You have any chronic illnesses (e.g., diabetes, heart or lung conditions)
- You are taking blood thinners or supplements
- You are planning future pregnancies
- You've had previous abdominal surgery.

Pre-Procedure Instructions

| Instruction | Details |
|-------------|--|
| Smoking | Stop smoking at least 6 weeks before and after the procedure. |
| Fasting | Do not eat or drink anything (except water) for 6–8 hours before surgery. |
| Medications | You may need to stop blood thinners or hormone therapy—check with your doctor. |
| Tests | You may need blood tests or a pre-operative assessment. |
| Consent | A consent form will be signed once the procedure is fully explained. |
| Support | Arrange for someone to drive you home and stay with you for 24–48 hours. |

Packing for the Hospital

Bring the following with you on the day:

- Comfortable, loose-fitting clothing (button-up tops preferred)
- Compression garment if instructed
- A list of medications and allergies
- Personal toiletries.

Leave valuables and jewellery at home.

The Day of the Procedure

On Arrival

- Check in at the surgical admissions unit.
- You'll be assessed by a nurse and asked to change into a gown.
- An IV line will be placed for fluids and medications.

Before the Procedure

- You'll meet your anaesthetist and surgical team.
- Your abdomen may be marked with a pen for surgical planning.
- You'll be taken to the operating theatre under general anaesthesia.

What to Expect During Abdominoplasty

Step-by-Step Overview

STEP 1 Anaesthesia and Preparation

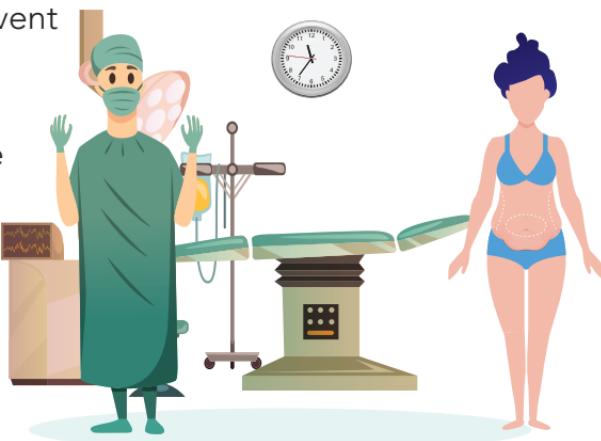
- You'll be placed under general anaesthesia.
- The surgical site will be cleaned and draped.

STEP 2 Incisions and Muscle Repair

- An incision is made along the lower abdomen.
- The surgeon may tighten underlying abdominal muscles.
- Excess skin and fat are removed.

STEP 3 Repositioning and Closure

- The navel may be repositioned.
- Skin is pulled tight and sutured in place.
- Drain tubes may be inserted to prevent fluid build-up.
- A compression garment will be applied.



Recovery After the Procedure

In the Recovery Room

- You'll be closely monitored as you wake up.
- Pain and discomfort will be managed with medication.
- You may need to stay overnight or be discharged the same day (depending on the extent of surgery).

Caring for Yourself at Home

What You Can Expect

| Timeframe | What to Do / Watch For |
|----------------|--|
| First 48 Hours | Rest with your upper body slightly elevated. Avoid standing fully upright. |
| 1–2 Weeks | Wear your compression garment as advised. Walk gently every few hours. |
| 2–6 Weeks | Limit strenuous activity. Avoid lifting anything heavy or driving. |
| Long-Term | Scars will continue to fade. Final results can take 6–12 months to settle. |

When to Seek Medical Attention

Contact your surgeon or go to A&E if you notice:

- Heavy bleeding or increasing pain
- Redness, warmth, or pus from the wound
- Fever or chills
- Shortness of breath or chest pain
- Leg swelling or tenderness (risk of blood clots).



Follow-Up Appointments

After your operation:

- Your surgeon will review your healing progress.
- Stitches and drains may be removed in 1–2 weeks.
- Further follow-ups may be scheduled over several months.

FAQs

These are some common questions about your Abdominoplasty.



Q: Will I have a scar?

A: Yes. Scars usually run along the lower abdomen, just above the pubic area, and fade over time. Your surgeon will try to place it where it can be hidden by underwear or swimwear.

Q: Will it be painful?

A: Some discomfort is expected, especially in the first few days. You will be given pain relievers to manage this.

Q: When can I return to work?

A: Most patients return to desk-based jobs after 2–3 weeks. Physically demanding work may require 4–6 weeks off.

Q: Can I drive after surgery?

A: You must avoid driving until you can wear a seatbelt comfortably and stop in an emergency—usually 2–3 weeks.

Q: Will I lose weight from this procedure?

A: A tummy tuck is not a weight loss procedure, but it may improve your shape and make exercise more comfortable.



Health City Patient Support
info@healthcity.ky
Health City Connect App
 healthcity.ky

 **HEALTH CITY**
+1 345 640 4040
 1283 Sea View Road,
Grand Cayman, Cayman Islands