



DR MATTEO
VIGO
PLASTIC SURGERY

A PATIENT'S
GUIDE TO
ABDOMINOPLASTY



After pregnancy or weight loss, excess skin and fat can distort the appearance of the abdomen. In particular, many women find that after their second child or after bearing twins, their muscles and skin do not return to their original appearance secondary to repeated stretch of the abdomen. The abdominoplasty, or “tummy tuck” procedure, creates a flatter, firmer abdomen by removing excess fat and skin, and tightening the abdominal muscles. You are a good candidate for a tummy tuck if you are at a stable weight and are physically healthy, you have realistic expectations, and you do not smoke.

ANATOMY OF THE ABDOMEN

The abdominal wall consists of skin, fat, and muscle. The rectus abdominis muscles, which form the “six pack” of muscles on the abdomen, are covered by a firm sheath called the rectus fascia. This fascial layer frequently weakens and stretches out with pregnancy and weight gain. As a result, once a patient loses weight or has her children, she may be left with laxity of the abdominal wall. During surgery, the fascial layer over the rectus abdominis muscles is tightened, and the excess skin and fat are removed.

SURGERY STEPS

The abdominoplasty procedure is performed with a horizontal incision in the lower abdomen within the bikini line. In patients who have undergone a prior C-section, the incision can be made in the same location and extended to the sides. The rectus abdominis muscles of the abdomen are tightened, and the excess skin and fat are trimmed and redraped. Most abdominoplasty surgeries require repositioning of the umbilicus, or navel through a second incision. In the “mini” abdominoplasty procedure, lower abdominal muscle tightening with fat and skin removal are performed through a limited horizontal bikini incision only, without repositioning of the navel. The resulting scar is usually low on the

abdomen, and therefore can be concealed within most bathing suits and clothing. Small drain tubes are placed with both techniques.

ADDITIONAL PROCEDURES

Liposuction is sometimes performed in conjunction with tummy tuck surgery to contour the flanks. Some patients wish to undergo simultaneous breast surgery to lift, add volume, or both. The combination of tummy tuck surgery and breast augmentation or lift surgery is commonly referred to as a “mommy makeover” procedure.

Additional procedures incur additional operating time, anesthesia, and surgical risks.

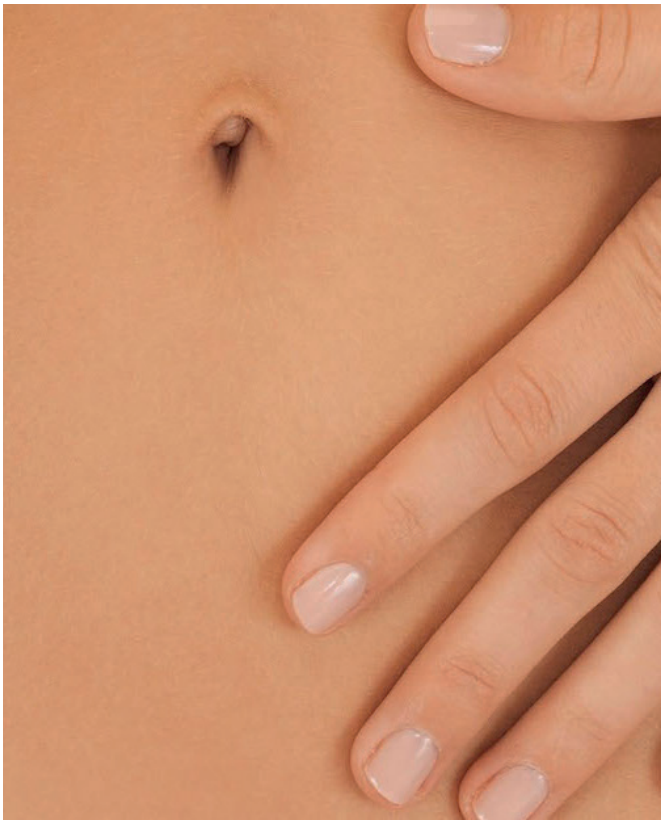
SURGERY AND ANESTHESIA

The surgery lasts 2 - 2.5 hours, and is performed under general anesthesia. Many patients worry about the risk of general anesthesia, but it is very safe and it assures that you will be completely comfortable during surgery. Prior to surgery you will be required to obtain medical photographs, routine bloodwork, and in some cases preoperative clearance. The evening prior to surgery, you should not eat or drink anything after midnight. This ensures that you will have an empty stomach prior to surgery, which is very important for your anesthesiologist to care for you safely. You will need to have a responsible adult available to escort you home after surgery.

RECOVERY

Following surgery, you will awaken in the recovery area. Once you are fully alert, you will be transported to the stepdown area where you will be given something to drink and the to eat. You will have two drains





and a surgical garment placed at the conclusion of the procedure. The nurses in the recovery area will demonstrate how to empty and record the output from your drains. A responsible adult will need to be available to escort you home.

Patients are seen in the office 3 or 4 days following surgery. At that time your drains will be removed and you will be replaced into your surgical garment. Most sutures placed will dissolve on their own. The surgical garment should be worn for the following 4 weeks

Walking is permitted the day after surgery, but strenuous activity and heavy lifting are limited until four weeks following surgery. Most patients do not complain of severe pain following this surgery, but note that the abdomen feels "tight", as if they have performed many sit-ups. Pain medication is prescribed for any discomfort. Swelling will be present for the initial 2-3 months after surgery, and the final results are typically seen 3-6 months after surgery. The scar will continue to fade and soften for up to one year following surgery, although it will never completely disappear.

WHAT A TUMMY TUCK CANNOT DO

A tummy tuck is not a substitute for weight loss or exercise. If you have ongoing weight loss, or are planning to become pregnant, you should delay your surgery. A tummy tuck cannot correct stretch marks, but it will remove the skin beneath the umbilicus. Stretch marks above this level some- times appear lighter after surgery, but they will not disappear.



ABDOMINOPLASTY
GLOSSARY OF
TERMS

WHAT WORDS SHOULD I KNOW ABOUT ABDOMINOPLASTY?

ABDOMINOPLASTY

A surgical procedure to correct the apron of excess skin hanging over your abdomen.

DIASTASIS

Condition in which abdominal muscles have separated.

GENERAL ANESTHESIA

Drugs and/or gases used during an operation to relieve pain and alter consciousness.

HEMATOMA

Blood pooling beneath the skin.

INTRAVENOUS SEDATION

Sedatives administered by injection into a vein to help you relax.

LIPOSUCTION

Also called lipoplasty or suction lipectomy, this procedure vacuums out fat from beneath the skin's surface to reduce fullness.

LOCAL ANESTHESIA

A drug is injected directly to the site of an incision during an operation to relieve pain.

SUTURES

Stitches used by surgeons to hold skin and tissue together.

TUMMY TUCK

A surgical procedure to correct the apron of excess skin hanging over your abdomen.

A BRIEF NOTE FROM
DR. MATTEO VIGO



I decided to become a doctor at an early age but I was not aware of the world of Plastic Surgery. Once I have discovered it I fell in love with the whole concept behind it and how this field of Medicine can be helpful for many people.

I passionately believe that, in order to improve the physical aspect of a patient, the plastic surgeon needs to combine the principles of art and science, adopting a global approach to understanding the individual desires.

Plastic Surgery is a truly fascinating, dynamic, constantly evolving field of medicine and I believe that the role of a Cosmetic Surgeon is unique and highly privileged.

My main goal is to understand the needs of a patient and try to transform their desires into reality. The role of a plastic surgeon is not only merely surgical but also supportive in the decision process of the best treatment to help patients find themselves and their wellbeing.

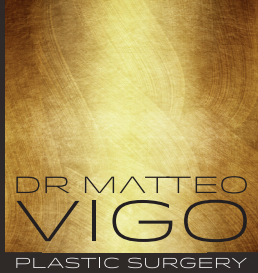
All these steps are taken into consideration once a person walks in my office and the service I am offering them is always at the top.

I am combining experience, quality and professionalism to evaluate each single case and offer the best solution for my patients.

"Because you deserve the best" is my motto and I want always to put the patient at the centre of what I am doing.

You have to feel pampered, understood, listened, loved once in my office and the feedback of these feelings from my patient is my best satisfaction.

Dr Matteo Vigo



ABDOMINOPLASTY DUBAI

Click [here](#) to learn more about
Abdominoplasty Dubai.

To book a Abdominoplasty consultation with
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