

VENICE PLASTIC SURGERY

A.E. HAAS, M.D.

Cosmetic, Reconstructive, Face, Breast, and Hand Surgery

Tummy Tuck or Abdominoplasty

The stomach area, lower abdomen, is an area where fat and loose skin accumulates. In a younger individual the fat can sometimes be reduced by liposuction as long as the skin is tight and can spring back. After having children, weight loss or just from aging, the skin loses its tension and in order to improve the area one must have both fat and skin excised. This is an Abdominoplasty.

A person in good health can be of any age and have Aesthetic Abdominal Surgery. Since fatty tissues are of low density your weight is unlikely to change much, it is the improvement in profile that we strive for.

Some say Dr. X can do the procedure with fewer scars or little swelling or no bruising. This is only possible by doing smaller, less extensive procedures. If more surgery is done, if it is more thorough, then more swelling and bruising must occur. These things are a function of how much work is done. When a lot is done then a lot of swelling will occur. Surgery is usually performed on an out patient basis. But hospitalization may be needed at additional expense.

Note that the amount of bruising and swelling is very dependent of each patient. Some swell more and some less. But in all cases there will be more swelling and bruising as more surgery is performed. Edema may last well over a year. The amount of tissue lost is permanently gone but over eating or medical problems will result in weight and enlargement of your stomach. You must improve your exercise and eating habits to keep the new profile and with even better control you can continue to improve your profile.

To minimize the risks of surgery any Cosmetic Procedures are performed in the hospital or the Outpatient Surgery Centers, not in office surgery rooms. We need Anesthesiologists present to do sedation or even general anaesthesia. Some doctors do it themselves while doing the Cosmetic Surgical procedure. This is not good. We want a room full of surgical assistants, nurses, technicians all at the same time. We want a recovery room full of trained nurses, not just one nurse as in some office surgery settings. We want a surgical suite full of all sorts of surgical instrumentation. If we do get into a difficult situation, and yes it can happen, then we are prepared to deal with the issue.

Bleeding is always present with any surgery. But the procedures should not be continued if the need for a transfusion is close. Why risk it? Stop and complete the procedure another day if necessary. This is just safer in our way of thinking.

Infections occur with any surgery of any type. The trick is to catch it early. At Venice Plastic Surgery a commitment is needed from the patient before any surgical procedure. Patients are seen often after surgery. If an infection starts and it is caught early then further complications are often prevented. Patients must be examined every few days after procedures to answer questions, check incisions and inspect or change dressings.

The belly button area is always slow to heal and can be a problem. Sensation will be diminished in the operated area. Drains are used and will be explained by the doctor.

One thing often ignored is sun exposure. A fresh wound from trauma or from a surgical procedure must be protected from sun exposure. The sun alone accounts for a lot of scar conditions. Avoidance and the use of high SPF clothing and sun block are a must. This is one thing that makes scars worse and is for the most part preventable.

Review the section on Limitations and Risks of Cosmetic Surgery

**The above represents the opinion of A. E. Haas, M.D.
Venice Plastic Surgery, Venice Wound Center, Lakeside Medical Center**

Just call us directly. No referral needed unless required by your insurance company

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