

## ***CONSIDERING ABDOMINOPLASTY***

Abdominoplasty enhances the body contour by making the abdomen firmer and flatter.

### ***You may benefit from abdominoplasty***

If you have:

- Excess or sagging abdominal skin
- An abdomen that protrudes and is out of proportion to the rest of your body
- Abdominal muscles that have been separated and weakened
- Excess fatty tissue that is concentrated in your abdomen
- Stretch marks, especially those located below the navel.

### ***Your Consultation with Peter L Dixon F.R.A.C.S.***

The Initial consultation is exploratory and educational

You will be asked about the results you would like to achieve from surgery. This will help Mr. Dixon to understand your expectations.

Mr. Dixon will examine your abdomen . The skin tone, muscle strength, excess fat and stretch marks in both the standing and lying down . Alternatives such as liposculpture shall be assessed.

Your personal health is important to us and you should come to your appointment prepared to discuss your medical history.

But perhaps right now, the thought of “plastic surgery” is a little daunting to you. You *know* you want “a better you”, but you aren’t quite comfortable with what’s involved in the procedure. It can even be a little scary.

The good news is that it need not be, providing you have a competent and correctly qualified plastic surgeon working with you. So ...

... to help you begin the journey, let me give you some vital introductory information. And guide you in what should be considered when choosing your surgeon.

In fact, I strongly encourage people to question their surgeon! A good Plastic Surgeon will always be approachable, willing to answer your questions, and understanding of your reasons for seeking surgery.

You have every right to seek these reassurances BEFORE you go ahead. To ask the “hard questions”, and to be absolutely satisfied that you are entrusting your procedure to a fully qualified and experienced specialist in this area.

Just on that point, as someone who has performed literally thousands of such operations over many years, for clients of all ages and from all walks of life, let me reassure you that ....

**Plastic surgery is the highest qualification for cosmetic surgery.**

My own background. Briefly, I am a Fellow of the Royal Australasian College of Surgeons, a member of the Australian Society of Plastic Surgeons and the Australasian Society of Aesthetic Plastic Surgeons. (You can check my credentials or the credentials of any surgeon by contacting the Australian Society of Plastic Surgeons – telephone 02-9331 3934.)

### ***Medicare and your private health insurance will help cover the cost of surgery.***

Abdominoplasty, for other than cosmetic reasons may attract a rebate from Medicare. In addition some of your excess costs may be tax deductible.

### ***How is abdominoplasty performed.***

Individual factors and personal preferences will determine the specific technique selected to smooth and flatten your abdomen.

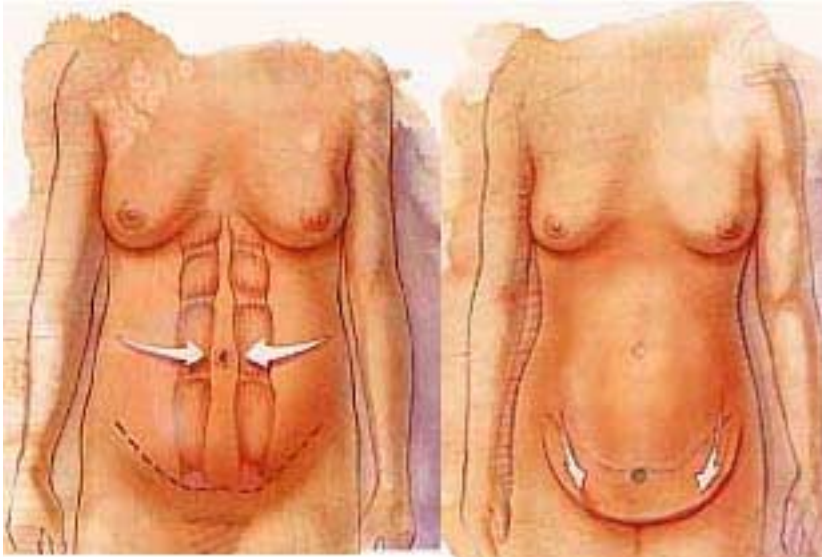
### ***Where are the incisions placed?***

Generally, a horizontal incision is placed within or above the pubic area. The length of the incision, which extends laterally toward the pelvic bones, depends largely on the amount of skin to be removed. The contour of this incision will vary according to the structure of your abdomen.

Ideally the incision would be within your bathing suit lines, but this may not always be possible.

Skin of the lower abdomen that contains stretch marks may be improved as well. Any remaining stretch marks may be somewhat flattened and improved, but you should not expect a dramatic change in their appearance.

The procedure may include tightening of the underlying abdominal muscles using sutures.



The excess skin is then pulled down and a measured amount is removed. All tissues are then closed in multiple layers. A meticulous closure is the hallmark of a “Plastic surgeon” and this surgical training really does make a difference to your final result

The umbilicus is replaced in its new home.

### ***What are some of the variations to the abdominoplasty technique?***

There are many variations both to the design of the incisions and the technique itself.

Most notable of these variants are the scar reducing procedures of Endoscopic and the "mini" abdominoplasty..

Sometimes liposuction may be used alone, or in conjunction with abdominoplasty, .

Please ask at the consultation if you are suitable for these modifications.



It is usually possible with the site of the scar in the lower abdomen to tailor it to your individual requirements.

### ***Understanding Risks***

Fortunately, significant complications from abdominoplasty are infrequent. Every year, many thousands of people undergo successful aesthetic surgery of the abdomen, experience no major problems and are pleased with the results. Anyone considering surgery, however, should be aware of both the benefits and trade offs.

As part of my commitment to stay at the leading edge in my field, we now have state of the art technology including computer imaging and multimedia programs to ensure your full understanding of the procedure PRIOR to surgery

This technology is a wonderful enhancement to the already high standards of professionalism we offer our clients. It gives you real certainty and peace of mind as to what the outcomes of your surgery will produce for you.

### ***Maintaining a relationship with "The Clinic."***

You will return to the clinic for follow-up care at prescribed intervals, at which time your progress will be evaluated personally by Mr. Dixon. Once the immediate postoperative follow-up is complete, at our clinic, we encourage all patients to come back for periodic checkups to observe and discuss the long-term results of surgery.

We never lose the thrill of seeing our patients with their "new look'." For many people, having the body or facial characteristics enhanced, is far more than just "skin deep" our care can make a difference not only in appearance but improve one's self image often after many years of self-consciousness and awkwardness.

### ***Conclusion***

*Aesthetic surgery of the abdomen, also called abdominoplasty or "tummy tuck," is designed to firm and smooth your abdomen. The procedure removes excess abdominal skin and may also reduce fat and tighten the muscles of the abdominal wall. The result is a flatter abdominal profile.*

*If you are considering abdominoplasty, we at the Peter L Dixon Dixon Plastic and Aesthetic surgical clinic want you to be thoroughly informed about the procedure. Reading this information is the first step. A personal consultation with your surgeon is the best way to obtain the additional information you will need.*