



PLASTIC &
RECONSTRUCTIVE
SURGEON

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Suite M12

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Moreletapark

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INFORMATION LEAFLET ABDOMINOPLASTY

ADVANTAGES:

- Removal of excess skin and fat in the lower abdomen.
- Distribution of the remaining skin and fat over the upper and lower abdomen.
- Tightening of sheath and muscles of the abdominal wall.
- Repositioning of the umbilicus on the abdominal wall.

DISADVANTAGES:

- Long scar at the lower part of the abdomen.
- Scar around the umbilicus.
- Pain and discomfort.

RISKS AND POSSIBLE COMPLICATIONS:

- Hematoma (blood collection that needs to be drained in theatre).
- Seroma (fluid collection that needs to be drained in the rooms).
- Sensation loss over the lower part of the abdomen (usually sensation returns within 12 months).
- Skin necrosis and wound breakdown (especially in the middle of the scar).
- Infection (0.1% incidence).
- Blood clots in the veins that may spread to the lungs and cause death.
- Future pregnancy is not contra-indicated, but not advisable.

ADDITIONAL INFORMATION:

- You have to be fasting for 8 hours before the procedure.
- You should not be smoking cigarettes for 4 weeks before and for 4 weeks after the operation.
- You should stop taking vitamins pills, herbs and any non-prescribed drugs 2 weeks before and 2 weeks after the procedure.
- You have to arrive 2 hours before the procedure at the admission desk of the hospital.
- Please wash the navel area with hibiscrub soap and water the morning before the operation.
- Please shave the pubic hair close to the abdominal area the morning before the operation.

POST-OPERATIVE CARE:

- Empty the drains daily in a disposable container, measure the volume of each drain with a 20ml syringe. Contact the rooms and make an appointment once the volume in each drain over a 24 hour period is less than 20 ml.
- Do not remove the dressings.
- You may wash around the dressings, please do not let the dressings get wet.
- Do not wear tight clothing; the abdominal binder should be worn daily for at least 6 weeks.



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- Normal daily activities may be resumed after 2 weeks.
- Start with a soft diet and resume normal diet gradually.
- Exercises "Gym" may be resumed after 6 weeks.
- Do not apply "tissue oil" or Bio-oil on the scars, until the wounds have healed completely.
- Wound healing and the final result of the scar is a continuous process and will only be completed after 12 – 18 months.
- Please follow-up with removal of the drains, after 6 weeks and after 1 year.