

ABDOMINOPLASTY



Abdominoplasty is a complex surgical procedure of reconstruction of the abdominal wall, which consists of removing excess skin, excess fat and tension of the muscles of the abdominal wall with the ultimate goal of reshaping the abdomen, waist and shape of the trunk of the body.

The intervention is carried out under general or epidural anesthesia and consists of five primary steps:

Technique

1. *Dermolipectomy*, which involves removing all excess skin and fat from the abdomen, the so-called abdominal apron.

2. *The abdominal wall is reconstructed with the application*, that is, by using sutures to join the rectus abdominis muscles, which in pregnancies separate forming a hernia (diastasis recti); This is why in each pregnancy the abdomen can distend.



3. *Cutaneous closure*: suture of the skin flap that formed.

4. *Relocation* of the navel called neoumbilicoplasty.

Finally, and if necessary, the liposuction of the flanks and hips, with which the body contour of the patient (s) is molded.

Evolution after surgery

Hospital admission is usually 24 or 48 hours and full recovery requires four to six weeks, although it is advisable not to make great efforts during the first three months. The intervention is contraindicated in smoking patients, as there is a significant risk of abdominal cutaneous necrosis.

This is general information ask your plastic surgeon about your individual case.

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