

REFINING AND REDEFINING PLASTIC SURGERY

TUMMY TUCK
(ABDOMINOPLASTY)



VIVARI
AESTHETICS

Institute of Surgical Excellence

VIVARI AESTHETICS

The Vivari Aesthetics Institute of Surgical Excellence is a specialised cosmetic surgery facility that combines expert surgical procedures with five-star boutique hospitality.

Vivari Aesthetics is a specialised cosmetic hospital and clinic in Featherbrooke, Johannesburg, South Africa. It is the brainchild of Dr Anushka Reddy, a medical doctor and owner of Medi-Sculpt, a specialised non-invasive cosmetic and anti-ageing clinic that is also on the same property. Dr Reddy's vision is to provide a luxurious and tranquil environment for patients to have their aesthetic procedures done with an option to stay over and be cared for by qualified health professionals post-surgery. The facilities of the hotel are available to them to enjoy.

These facilities have redefined beauty and wellness by combining luxury accommodation with a luxury day spa, a non-invasive aesthetic clinic, as well as a hospital and clinic all on the same property. This offers patients, a private and secure location for a getaway, treatments and ultimately cosmetic procedures in a luxurious and serene setting for recovery.

The facility offers state-of-the-art equipment and fully qualified medical staff, ensuring that our Patients are well looked after pre- and post-surgery, particularly if they choose to stay over post-surgery. The medical staff will be able to provide the patients with the necessary post-surgery care they require while they recover in the hotel.

The cosmetic surgery has a state-of-the-art operating theatre with 5 post-surgical day beds. Accommodation for patients who choose to recuperate at the hotel is directly above the wards with a lift for convenient and easy access to and from the hotel rooms.

CONSULTATION

At Vivari Aesthetics we want to ensure that our patients are well informed and receive professional and trusted advice about their chosen procedures before the day of the procedure. For this reason we have set aside specific days for surgeons to consult with them and respond to any of their queries which will ensure that their chosen procedures are indeed what they require.

We will also provide consultations via Skype for patients who are not able to come in for face-to-face consults.



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TUMMY TUCK (ABDOMINOPLASTY)

OVERVIEW

A tummy tuck is a cosmetic surgical procedure to improve the appearance of the abdomen.

During a tummy tuck, also known as abdominoplasty - excess skin and fat is removed from the abdomen. Connective tissue in the abdomen (fascia) is usually tightened with sutures as well. The remaining skin is then repositioned to create a more toned look.

A tummy tuck can be done to remove excess fat or skin around the area of the bellybutton or a weak lower abdominal wall. A patient may choose to have a tummy tuck to boost their body image.

CONSULTATION

Initially, you will consult a plastic surgeon about a tummy tuck. During your first visit, your plastic surgeon will likely:

- **REVIEW YOUR MEDICAL HISTORY**

Be prepared to answer questions about current and past medical conditions. Talk about any medications you are taking or have taken recently, as well as any surgeries you have had.

Tell your doctor if you are allergic to any medications. If your desire for a tummy tuck is related to weight loss, your doctor will likely ask detailed questions about your weight gain and loss.

- **DO A PHYSICAL EXAM**

To determine your treatment options, the doctor will examine your abdomen. The doctor might also take pictures of your abdomen for your medical record.

- **DISCUSS YOUR EXPECTATIONS**

Explain why you want a tummy tuck and what you are hoping for in terms of appearance after the procedure. Make sure you understand the benefits and risks, including scarring. Keep in mind that previous abdominal surgery might limit your results.

Before a tummy tuck you might also need to:

- **STOP SMOKING**

Smoking decreases blood flow in the skin and can slow the healing process. In addition smoking increases the risk of tissue damage. If you smoke your doctor will recommend that you stop smoking before surgery and during recovery.

- **AVOID CERTAIN MEDICATIONS**

You will likely need to avoid taking aspirin, anti-inflammatory drugs and herbal supplements, which can increase bleeding.

- **MAINTAIN A STABLE WEIGHT**

Ideally, you will need to maintain a stable weight for at least 12 months before having a tummy tuck. If you are severely overweight, your doctor will recommend that you lose weight before the procedure. Significant weight loss after the procedure can diminish your results.

- **TAKE MEDICATION TO PREVENT COMPLICATIONS**

Shortly before your tummy tuck, you will need to begin taking an anticoagulant to prevent blood clotting.

- **ARRANGE FOR HELP DURING RECOVERY**

Arrange for someone to drive you home after you leave the hospital and stay with you for at least the first night of your recovery at home.

WHAT TO EXPECT

A tummy tuck is done in a hospital or an outpatient surgical facility. During a tummy tuck, you will be under general anaesthesia which makes you completely unconscious and unable to feel pain. In some cases you might be given pain-relieving medication and be moderately sedated (partially asleep).

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BEFORE THE PROCEDURE

There are a number of different procedures for a tummy tuck, depending on the extent of change you would like to see. During the typical tummy tuck your plastic surgeon makes incisions to remove most of the skin and fat between your bellybutton and pubic hair in a horizontal oval or elliptical shape. Connective tissue (fascia) that lies over the abdominal muscles is then tightened with permanent sutures.

Your plastic surgeon will then reposition the skin around your bellybutton. Your bellybutton will be brought out through a small incision and sutured in its normal position. The incision from hip to hip above the pubic hair will be stitched together and will leave a scar that falls along the natural crease within the bikini line.

During the procedure you might be given an antibiotic to prevent infection.

The procedure typically takes about two to three hours.

AFTER THE PROCEDURE

After a tummy tuck, your abdominal incision and bellybutton will likely be covered with surgical dressing. Small tubes might be placed along the incision site to drain any excess blood or fluid.

Members of your health care team will help you walk as early as the first day after a tummy tuck to help prevent the formation of blood clots.

You will likely feel moderate pain, which will be controlled by pain medication. It is normal to have swelling in the surgical area.

Drains might be left in place for several days after surgery. Your surgeon or another member of your health care team will show you how to empty and care for your drains. You might need to continue taking an antibiotic as long as the drains are in place.

Your surgeon might also prescribe a blood-thinning medication for a short time after your tummy tuck.

You will wear a supportive abdominal garment (abdominal binder) for about six weeks after your tummy tuck. This helps prevent fluid build-up and provides abdominal support while you heal. Your doctor will explain how to care for your scar.

For the first six weeks after a tummy tuck, you will need to be careful when moving around. You will also need to avoid positions that strain your incision line such as quickly bending at the waist to prevent the reopening of the wound.

You will need to schedule regular follow-up visits. Ask your doctor how often you need to be seen.

RESULTS

By removing excess skin and fat and strengthening your abdominal wall, a tummy tuck can give your abdomen a more toned and slimmer appearance.

Tummy tuck results are usually long lasting if you maintain stable weight.

VIVARI OVERNIGHT PACKAGES

OPTIONAL PACKAGES FOR HOTEL, RESTAURANT AND SPA
REFRESH One night full board basis with nurse care cover, inclusive of 1 hour Classic Body Ritual at Vivari Spa.*
REVIVE Two nights full board basis with nurse care cover, inclusive of 1 hour Classic Body Ritual at Vivari Spa.*
RENEW Three nights full board basis with nurse care cover, inclusive of 1 hour Classic Body Ritual at Vivari Spa.*
<i>* Please note that packages exclude incidentals like drinks and any additional spa treatments.</i>





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