



Abdominal Lipectomy (Tummy Tuck)

For individuals who desire a flatter abdomen for which liposuction will leave behind loose extra skin, this procedure will yield more desirable results. This procedure surgically removes excess abdominal skin and fat, get rid of abdominal stretch marks & eliminate abdominal wrinkles. Weak abdominal muscles can also be tightened during the procedure and stretch marks are also removed from the lower abdomen.

Price:

<80kg:	2,700 US\$ (3 nights stay)
>80kg:	3,000 US\$ (4 nights stay)
Mini-lipectomy:	2,100 US\$ (2 nights stay)

Anesthesia: General anesthesia

Duration: 2 -3 hrs



NOTE: 1. Prices are subject to change without prior notice.
2. Further details of procedures may be requested through e-mail.

Pre- Op Instructions:

- ◆ Consultation with surgeon
- ◆ Evaluation for other medical conditions
- ◆ No intake of food or water 8 hrs prior to surgery
- ◆ Compression garment should be available to be used post-op
- ◆ Stop smoking & alcohol intake at least 2 weeks before surgery
- ◆ Anticoagulants, vitamins, hormones (including birth control pills), anti-depressants & some other medications also to be stopped at least 2 weeks before surgery.

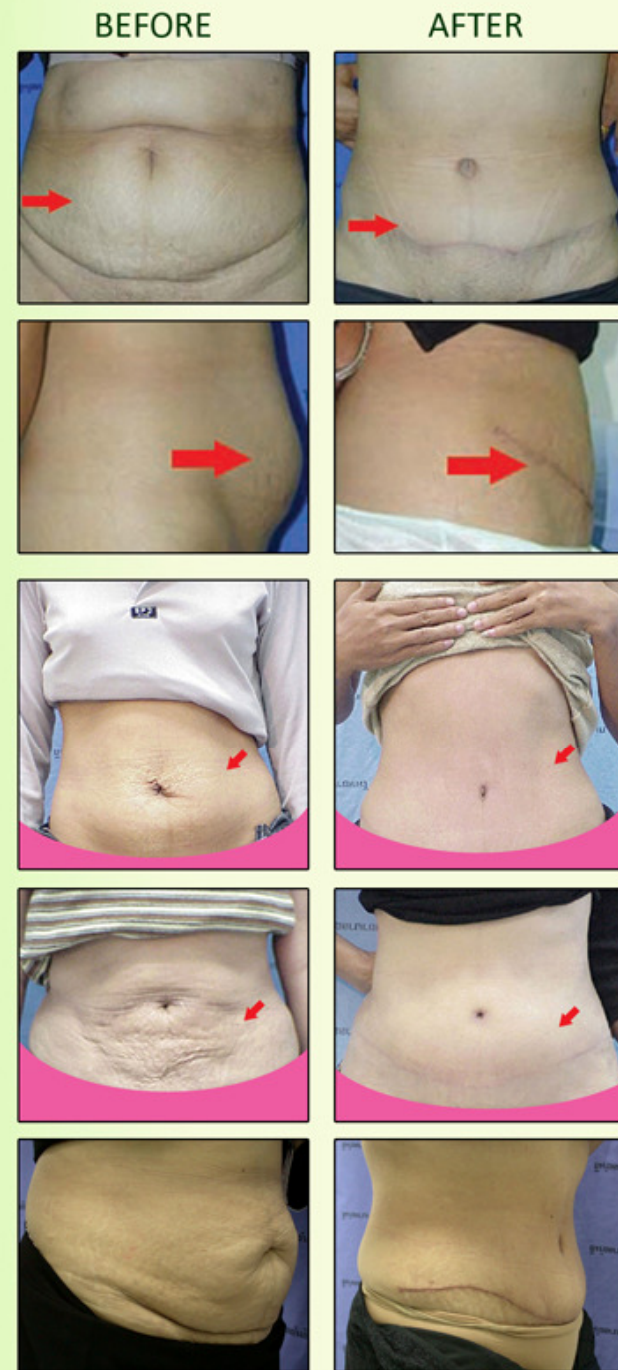
NOTE: Please provide Yanhee with a complete list of medications each patient is taking so proper advice can be given as to which medications should or shouldn't be stopped.

Procedure:

- ◆ Surgeon makes a linear incision extending from hipbone to hipbone along the bikini line
- ◆ Surgeon separates skin and fat from the rest of the abdominal wall and removes excess fat & skin
- ◆ Muscles are tightened by pulling them close together & stitching them into their new position
- ◆ The incision is closed with stitches, dressings are applied, & a temporary tube may be inserted to drain excess fluid from the surgical site

Post- Op Instructions:

- ◆ When in bed, position pillows under the knees & back for support and keep waist bent
- ◆ You may lie on your side or back; move feet to increase circulation to the legs
- ◆ Wear elastic compression garment snugly for 4- 6 wks
- ◆ Only sponge bath is allowed few days after surgery. Patient may shower 7-10 days post-op after stitches are removed
- ◆ Resume normal activities after 2 wks
- ◆ No strenuous activities 4-6 wks post-op
- ◆ Keep waist bent when walking 2-3 days after surgery
- ◆ Follow-up check with the surgeon and stitch removal will be 7-10 days post-op



Yanhee International Hospital