

# *Abdominoplasty*

## **¿Who are we?**

We are a company specialized in aesthetic medical tourism, and we understand that personal image and confidence are key factors in our clients' happiness and well-being. That is why we offer a unique experience, where our clients can enhance their appearance and rejuvenate their body and mind in some of the most important destinations in Colombia.

“Our team of experts in aesthetic medicine and tourism focuses on creating an experience that adapts to the individual needs of each client, from selecting the most effective treatments to planning a unique and exciting travel experience.”

In addition, our attention to detail and commitment to customer satisfaction guarantee that every client feels they are in good hands.

Our medical tourism company not only offers high-quality treatments and unique tourist experiences, but we also focus on the emotional well-being of our clients. We know that a more confident and healthy image can significantly improve a person's quality of life, and our goal is to help our clients achieve that ideal image while enjoying an exciting and relaxing trip.



# Abdominoplasty

## ¿What is?

**Abdominoplasty** is a major surgical procedure whose purpose is to remove excess skin and fat from the middle and lower abdomen and strengthen the abdominal wall muscles.

It is important to note that each type of abdominoplasty has its own limitations and risks, and it should be performed by an experienced and qualified plastic surgeon. In addition, each patient is unique and has different needs and expectations, so it is important to discuss the options for abdominoplasty with a healthcare professional to find the option that best suits their individual needs.

## Types

Currently, there are 3 types of abdominoplasty, which are used depending on the amount of fat to be removed and the excess skin of the patient:

### **Mini-abdominoplasty:**

used in milder cases, and only a scar the size of a cesarean section will remain.

### **Horizontal abdominoplasty:**

for intermediate cases, the scar will be slightly longer than that of mini-abdominoplasty.

### **Circumferential abdominoplasty:**

for the most severe cases of massive weight loss, where the abdominal area and the back area will be stretched.



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## RISKS



### Scarring

Although not really a risk, every abdominoplasty should take into account that there will be a scar.

A qualified plastic surgeon would help make the scar fairly easy to hide with most types of underwear and bikini bottoms. Scars take some time to heal but fade quickly similar to other scars on your body.

If it appears that your scars are healing in some places but not others, this indicates a problem that your plastic surgeon should address.



### Infections

Abdominoplasties can also have infections in the wounds. These can be the result of the accumulation of fluid near the surgical wounds or of poor wound healing. Gradually, scars can become infected and cause irritation.

To prevent this, the surgeon provides follow-up for each of the drains performed.



### Changes in skin sensitivity

Abdominoplasty can also change the sensation of your skin after surgery. It may be difficult to adjust to the new shape of your body and even prevent yours from sitting or standing comfortably.

### How to mitigate risk

It is important to keep in mind that risks are rare and most people do not experience problems after surgery. However, the best way to mitigate the risks of abdominoplasty is to choose an experienced surgeon.



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## **Recovery**

If the physical state prior to the surgery is good, the recovery after abdominoplasty will be faster.

You can return to work within 2 weeks, while others may require 3 or 4 weeks of rest and recovery.

Strenuous exercises should be avoided until one feels comfortable.

You should expect between 9 months and 1 year for the scar to flatten and lighten. Although scars will never disappear, they will not be visible even when wearing a bikini or swimsuit.

## **Results**

Abdominoplasty, whether complete or mini-abdominoplasty, provides excellent results in patients whose abdominal muscles are weakened and have excess skin and fat. In most cases, the results are permanent, as long as accompanied by a balanced diet and regular exercise. If you are realistic in your expectations and able to tolerate the presence of a definite abdominal scar, although concealable, and a long recovery period, abdominoplasty may be suitable for you.





# *Abdominoplasty* **Consejos**

As a company, we can give you 2 tips when it comes to getting a Mamoplasty.

Choose a highly trained surgeon, a surgeon who has performed multiple surgeries, who has the necessary experience to trust your body to.

Medical tourism can help you save between 50% and 70% on the cost of surgery compared to your country. Nowadays, countries like Colombia have the best plastic surgeons in Latin America.