

Grupo CHRISTUS MUGUERZA®

Information about:

Abdominoplasty

For International Patients

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Abdominoplasty

Abdominoplasty or "tummy tuck" is a cosmetic surgery procedure used to make the abdomen more firm. The surgery involves the removal of excess skin and fat from the middle and lower abdomen in order to tighten the muscle and fascia of the abdominal wall.

Surgical Indications

- Large fat deposit or loose abdominal skin that won't respond to diet or exercise.
- Women who, through multiple pregnancies, have stretched their abdominal muscles and skin beyond the point where they can return to normal.
- Loss of skin elasticity in older patients, which frequently occurs with slight obesity, can also be improved.

Suggested studies and indications for case examination

Laboratory Results:

Complete Blood Count (CBC)

Radiological Results:

In patients over 40 yr:

Chest x ray

EKG

**Preoperative studies no more than 2 months old*

History and Physical Medical Records

- Medical History completed by patient (Medical Questionnaire)
- With actual medication (complete type and dose)

Which characteristics discard the patient or makes it high risk patient (cases where additional or special care or procedures will be needed):

Patient discarded by having: pregnant women, heavy smokers, previous history of deep venous thrombosis.

High risk patient by having: Cardiovascular or respiratory disease, patients who smoke or have diabetes, hypertension, a body mass index greater than grade I, or asthma have significantly higher complication rates.

Additional Requirements in Home State after Acceptance:

Criteria for Postponement of Procedure:

- Skin infection, respiratory diseases
- Patients who intend to lose a lot of weight should postpone the surgery.
- Women who plan future pregnancies should wait.

Pre operative tests required:

Complete Blood Count (CBC)
Prothrombin time (PT)
Partial thromboplastin time (PTT)

Instructions before procedure:

- 1) Patients who take blood thinners (e.g., warfarin [Coumadin]), clopidogrel (Plavix), aspirin or anti-inflammatory medications should stop taking these medications at least two weeks before surgery.
- 2) Patients who have diabetes and who take insulin should take half their normal dose on the day of surgery. They shouldn't take any other medications to lower their blood glucose.
- 3) If you smoke, plan to quit at least three weeks before your surgery and not to resume for at least two weeks after your surgery.
- 4) Avoid overexposure to the sun before surgery, especially to your abdomen, and do not go on a stringent diet, as both can inhibit your ability to heal.
- 5) The day before surgery: nothing to eat or drink after midnight
- 6) The morning of your surgery: shower or bathe with anti-bacterial soap. Wash the tummy tuck surgery areas thoroughly. Do not apply any moisturizers, deodorant, talcum powder, no nail painting, or other products afterwards. Do not use hairspray or perfume.

Sample Schedule

Length of Examination: 3 hours, two days at hospital

Sample Schedule:

(4 nights stay at hotel)

Day	Time	Activity
	Morning	Departure to Monterrey
	Afternoon	Arrival in Monterrey
Day 1	5:00 PM	Consultation with plastic surgeon at his office
	6:00 PM	Pre op studies at Christus Muguerza Alta Esp.
	7:00 PM	Studies are left at plastic surgeon's office; confirmation of procedure by phone or in person; hotel stay
Day 2	10:00 AM	Procedure takes place, hospital stay
Day 3	AM/PM	Post surgery hospital stay
Day 4	AM/PM	Hotel stay
Day 5	AM/PM	Hotel stay
Day 6	AM/PM	Hotel stay
Day 7	10:00 AM	Consultation with plastic surgeon at his office
	12:00 PM	Patient may depart if cleared by the doctor

Standard Discharge Instructions

- You may experience difficulty standing up straight during the first week or so because your abdominal muscles and skin have been tightened. The most comfortable position for you may be sitting up or lying down with your knees bent and supported by one or two pillows. The least comfortable position is to lie flat on your back with your hips flat and your knees straight. Don't lie flat! Place the pillows under your thighs and behind your back, not under your head. The abdominal tightness will gradually disappear as you heal and move around.
- Take the prescribed oral pain medication and/or antibiotics as your doctor says. Don't take the pain medication on an empty stomach, as this will produce nausea and vomiting. You do not have to take the pain medicine if you are not in pain, but you must take all of your antibiotics.
- Swelling of the abdomen is normal following abdominoplasty. During the first week, your clothes may be tighter, and you may weigh more than before.
- The swelling subsides starting in the second week after tummy tuck surgery, but some fullness persists in the lower abdomen. Expect to see about 50% of the contour improvement in 2 weeks, 75% at 1 month, and the remainder by 3 months after tummy tuck surgery.
- Some areas of your abdomen will feel numb or have diminished sensation. Normal sensation will return gradually over several months, but some diminished feeling may last indefinitely.
- Full abdominoplasty patients will have a horizontal scar low on the abdomen (below the bikini line) and a circular scar within the umbilicus (belly button). In some patients a different type or location of scar may be necessary because of individual variations in anatomy.
- Full abdominoplasty patients may shower 48 hours after surgery, after the surgeon removes the dressings. Mini-abdominoplasty patients may shower when their bandages are removed the day after surgery.
- At the time of surgery, gauze dressings and an abdominal binder will be applied around the abdomen. These will be removed from 1-2 days after tummy tuck surgery and will be replaced with clean dressings, which will remain in place until your drains are removed 4-10 days after surgery. Drains evacuate the fluid that accumulates after tummy tuck surgery and enable you to heal faster. Secure the bulb of the drain to your dressings or clothes with a safety pin.
- Most patients return to normal activities and to work 10 to 14 days after abdominoplasty. Strenuous physical activities are prohibited for 6 weeks. You may sleep on your back or on your side, but don't sleep on your stomach for 4 weeks. Don't sit in the sun for heat for 4 weeks.
- For planning purposes, you can anticipate that you will not be able to drive for a week or so. You may find that you are ready to drive in less than a week, do not to drive until they are recovered sufficiently that if they were driving and had a car accident they could truthfully state that the recent surgery had no impact on their ability to react in the emergency.
- Your scars will be firm and pink for at least six weeks. Then they may remain the same size for several months, or even appear to widen. After several months, your scars will begin to fade, although they will never disappear completely. You should use sunscreen if you are in the sun in a bathing suit during the first year after your tummy tuck surgery.

Follow-up Protocol from Remote Provider:

- The patient will be able to call the remote provider to answer any questions.
- Make sure the local plastic surgeon writes a confirmation email to the remote provider about the patient's progress.

How do I get started?

1. Choose your surgeon, package and preferred travel dates. Please contact us if you need any additional information.
2. Fill out the **Medical Questionnaire** and the **Contact Information**
3. You can send them to us by:
 - Email internationalpatients@christusmuguerza.com.mx
 - Fax: +52 81 8155 5151 to Medical Travel Department
 - Mail to the following address:

CHRISTUS MUGUERZA MEDICAL TRAVEL
Carretera Nacional 6501 Col. La Estanzuela
Monterrey, NL, Mexico CP. 64988
4. Please let us know:
 - a) if you have any pictures, tests or studies relevant to your condition
 - b) the physician you selected and
 - c) the date(s) you would prefer to have your procedure done
5. All this information will be reviewed by our medical team to determine if you are a candidate for surgery
6. One of our CSRs (Customer Service Representatives) will contact you to let you know the final review of your case, program a conference call with the surgeon if needed, inform you about travel arrangements and visas, and answer any additional doubts you may have.
7. Make payment and confirm
8. All this information will be reviewed by our medical team to determine if you are a candidate for surgery
9. Your assigned representative will confirm consultation and surgery dates and coordinate with you to make all travel arrangements

Contact Information



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