

GOVERNANCE PACK - ABDOMINOPLASTY (LOCAL ANAESTHETIC)

PATIENT INFORMATION - ABDOMINOPLASTY UNDER LOCAL ANAESTHETIC

Cosmetic Surgery of the Royal Liver Building

WHAT IS ABDOMINOPLASTY?

A procedure to remove excess skin and fat from the abdomen, improving shape and contour.

WHY HAVE IT?

- Improve appearance
- Remove overhanging skin
- Restore contour after pregnancy or weight loss

ALTERNATIVES

- Do nothing
- Liposuction only
- Non-surgical treatments (skin laxity will not improve significantly)

BENEFITS

- Flatter, firmer abdomen
- More comfortable clothing fit
- Improved self-confidence

RISKS

- Bleeding and haematoma
- Infection
- Scarring (wide, raised, or thick scars possible)
- Wound breakdown or poor healing
- Fluid collection (seroma)
- Numbness or altered sensation
- Asymmetry or contour irregularities
- DVT/PE (rare but serious)
- Unsatisfactory cosmetic result
- Rare LA reaction

RECOVERY

- Same-day discharge
- Binder worn continuously for 6 weeks
- Painkillers as needed
- Mobilise early but avoid strenuous activity
- Stitches removed or dissolving within 10-14 days

RED FLAGS - CALL US IMMEDIATELY

- Severe pain not controlled by medication
- Heavy bleeding or soaked dressings
- Pus or spreading redness
- Fever or chills
- Breathlessness or chest pain
- Sudden leg swelling

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FOLLOW-UP

- Clinic review 1 week post-op
- Further review at 6 weeks

CONTACT

Emergency line: 0151 203 0020

If unable to reach us, attend A&E.