BELT LIPECTOMY

Other Name

Body Lift, Extended Abdominoplasty

Introduction

Belt Lipectomy is an operation designed to remove the excess skin fat and tissue around your hips and waistline in the belt distribution caused in part by poor tissue elasticity. The width of the “belt” of tissue to be removed is dependent on the amount of extra skin and fat you have. Following removal of the tissue in this “belt” distribution, upper skin and tissue is pulled down and lower skin and tissue is pulled up giving you much tighter and more youthful looking body.

Procedure

The surgery typically begins with the patient in the prone position (belly down) and requires the body be turned onto the back once the initial posterior buttocks and lower back area surgery is completed so that the stomach or abdominal area "tummy tuck" can be performed which completes the "belt" lipectomy.

Hospital Admission
Five to Seven days

Duration
Six to Eight hours

Anaesthetic
General Anaesthesia

Pre-operative Care

In order to make sure that you can undergo Belt Lipectomy as safely as possible we perform an extensive workup to rule out any potentially preventable problems. A detailed history and physical is performed, this includes vital signs, food and drug allergies, supplement intake, and current medication (prescription and over the counter). We also check for any major medical problems such as diabetes, high blood pressure, heart disease.
Post-Operative Care

After your Belt Lipectomy procedure is completed, dressings, bandages, and binder will be in placed around your abdomen and waistline to provide additional support and minimize the movement and the resultant discomfort. A small, thin tube may be temporarily placed under the skin to drain any excess blood or fluid that may collect. Recovery is prolonged because of the requirement of avoiding bending at the waist for a month until adequate healing has occurred. It is important that the surgical incisions are not subjected to excessive force, abrasion, or motion during the time of healing.

You will experience some pain associated with the surgery which is usually controlled well with pain medications. Upon discharge you will have prescriptions for pain medication that you will take as needed, and antibiotics that you will need to take for several days to decrease chances of infection. You should be able to resume your regular activities in about two weeks, although you should abstain from heavy lifting and strenuous exercise for several months. It may take six months to a year for you to get completely used to your tighter stomach and body. Upon completion of healing process maintaining proper diet and exercise routine should assure a long lasting result.

Activity

You will need to sit or walk bending slightly bending over for about a week after your surgery.

Swelling

Your abdomen and other surgery sites may remain swollen for a month or more after your surgery.

Clothing

You will need to wear the support garments as instructed by your surgeon.

Quit smoking

Your surgical wounds may not heal as well when you smoke. It is never too late to quit smoking. Smoking harms the heart, lungs, and the blood. You are more likely to have a heart attack, lung disease, and cancer if you smoke. You will help yourself and those around you by not smoking. Ask your caregiver for more information about how to stop smoking if you are having trouble quitting.

Common Complication

Breakdown of the suture line above the buttocks may happen (because of patient’s tendency to bend at the waist when performing normal hygiene which strains the suture closure pulling it apart). This usually leads to a wider scar in the posterior surgical area. Other complications may include numbness of the area above and sometimes below the incisions, residual looseness and irregularity of the skin.

CONTACT PIAC if

- You have a fever.
- Your wounds are swollen, red, or have pus coming from them.
- You have bruises that are getting larger.
- You have pain that does not go away, even with medicine to decrease it.
- Your stitches come apart.
- You have chest pain or trouble breathing that is getting worse over time.
- You have questions or concerns about your belt lipectomy, medicine, or care.
SEEK CARE IMMEDIATELY IF

- Your leg is swollen or painful.
- You have bleeding that does not stop.
- You have trouble breathing.
- You suddenly feel lightheaded and have trouble breathing.
- You have new and sudden chest pain. You may have more pain when you take deep breaths or cough. You may cough up blood.
- Your leg feels warm, tender, and painful. It may look swollen and red.

Results

The results of a Belt Lipectomy are visible almost immediately. However, it may take as much as one to two years, or more, for the final results of the Belt Lipectomy procedure to fully develop. Scars will remain, but the overall results are long-lasting, provided that you maintain a stable weight and general fitness. As your body ages, it is natural to lose some firmness. However, most of your initial improvement should be relatively permanent.

The practice of medicine and surgery is not an exact science. Although good results are expected, there is no guarantee. In some situations, it may not be possible to achieve optimal results with a single surgical procedure and another surgery may be necessary. Following your physician’s instructions is key to the success of your surgery.