

## About Us

**Experience:** The Dublin Cosmetic Surgery Centre is the longest established cosmetic surgery centre in Ireland. We can proudly boast many years of expertise having successfully treated thousands of patients. Our aim is to give all our patients the best possible preparation, treatment and aftercare available.

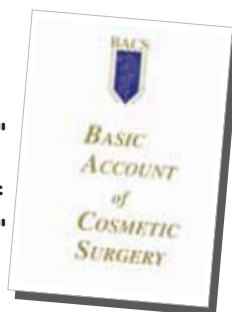
**Procedures:** We offer a comprehensive range of surgical and non-surgical treatments for men and women. Our surgical procedures are carried out in fully-equipped private hospitals whilst non-surgical procedures are performed at our centre in Dublin as day cases.

**Consultation:** Before undergoing any procedure, every patient is offered a detailed consultation with the operating surgeon so they are fully aware of the nature of the operation, the possible or likely result and the potential risks involved. The decision to undergo cosmetic surgery then rests entirely with the patient.

## Our Senior Surgeon is co-author of



"Every Woman's Guide to Cosmetic Surgery" and "Basic Account of Cosmetic Surgery"



## Other Surgical & Non-Surgical Treatments Available

### Surgery for Women

Breast Enlargement  
Breast Reduction/Uplift  
Inverted Nipple Correction  
Liposuction  
Nose Reshape  
Ear Reshape  
Face Lift  
Eyelid Surgery  
Dermabrasion

### Surgery for Men

Nose Reshape  
Liposuction  
Chest Reduction  
Ear Reshape  
Face Lift  
Eyelid Surgery  
Dermabrasion

## Non-Invasive Treatments Available for Women and Men

Facial Rejuvenation  
Dermal & Facial Fillers  
Brow Lift  
Excess sweating treatment  
Lip enlargement  
Hibernation treatment for lines & wrinkles  
Fat Reduction

## Dublin Cosmetic Surgery Centre Ltd

A 20 Fitzwilliam Place, Dublin 2, Ireland

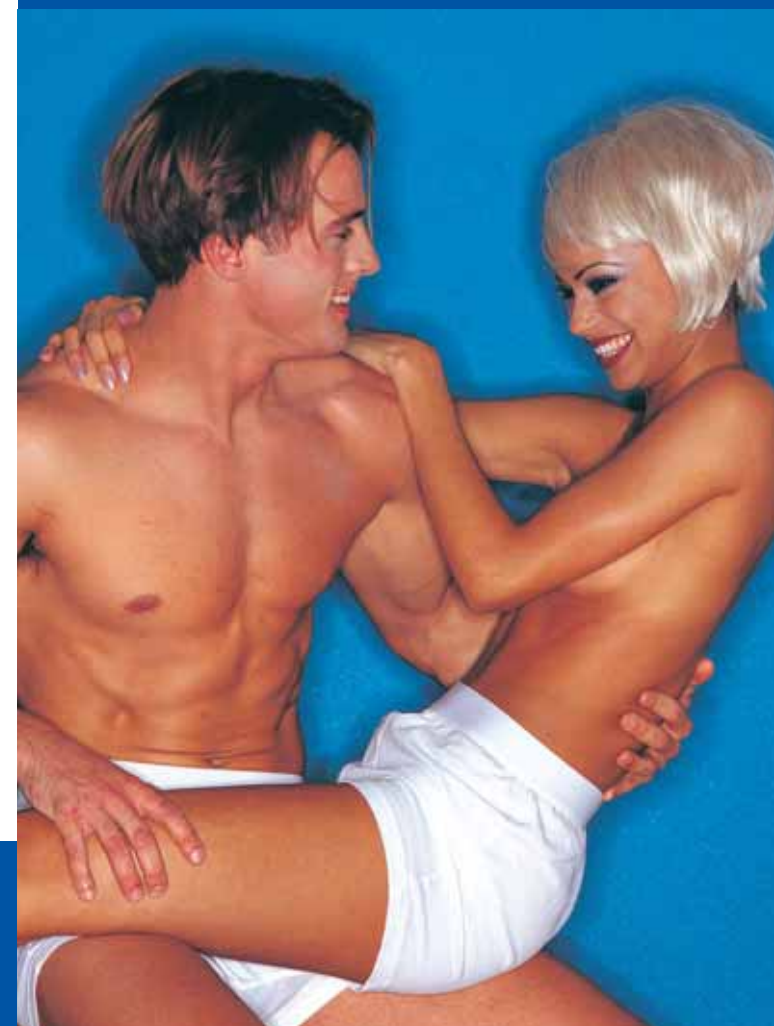
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Consultations & treatments also available in Mullingar



## Guide to Tummy Tuck



## Guide to Tummy Tuck

### Technical Name

Abdominoplasty

### Aims

The purpose of an abdominoplasty is to eliminate excess skin and fat from the abdomen and tighten the abdominal muscles. The procedure also helps to remove stretch marks and scars from the lower part of the abdomen.

### Indications

The best candidates are those patients whose abdomens have stretched and sagged after weight loss or pregnancy.

### Preoperative Considerations

This is not a procedure designed to remove large amounts of weight from the obese patient as usually there will be hardly any weight loss.

For women, this procedure should only be carried out after they have completed their family as a further pregnancy after the operation will mar the original result.

### The Operation

**Anaesthetic:** General

**Duration of Operation:** 2 hours

1. A horizontal incision is made in the lower abdomen inside the so called "bikini line". The skin and fat layer is lifted off the muscles of the abdomen as far upwards as the rib cage.
2. An incision is made around the whole circumference of the umbilicus (navel) and it is freed from its attachments to the skin and fat of the abdominal wall to look like a 'mushroom on a stalk'.
3. The abdominal muscles are tightened if they have been stretched. The excess skin and fat layer is suitably trimmed and the wound is closed under tension so that the abdominal wall is as tight as possible. The umbilicus is re-sited so that it effectively ends up in its original position.
4. At the end of the operation, dressings are applied to the incision lines and drains inserted under the abdominal flap to suck out any blood and serum that collects in the space behind the flap in the first 24 to 48 hours.

5. A heavy-duty elastic corset is fitted to facilitate healing, enhance comfort and reduce the chances of a postoperative bleed.

**Duration of Stay in Clinic:** 2 nights

**Time Required Off Work:** 2 weeks

### Postoperative Management

Elastic stockings are fitted to prevent postoperative deep vein thrombosis (DVT) and the patient will be encouraged to move about the following day (with adequate pain relief).

Gentle activities are resumed in the first few days following surgery.

An elastic pressure garment should be worn constantly for one week and then during the day for a few weeks.

Any visible stitches are removed at 10 days.

Recovery time is very much dependent on the individual - most people will achieve near normal activity after 4 to 6 weeks.

### Results

An abdominoplasty procedure will flatten and tone up a previously flabby stomach. All patients must be aware that a horizontal scar will result which may stretch or thicken and take time to fully mature.