

# REFINEMENTS IN ABDOMINOPLASTY

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**T**he concept of beauty changes with time and geographic regions. This also occurs in relation to the abdomen. Abdominoplasty previously was a technique whose objective just was to reduce excess skin, fat and the plication of the rectus muscles. This may result in unnatural contours, with a flat abdomen, elevation of the pubis, and a long scar. However, the objective of abdominoplasty today is to treat the various anatomic layers of tissue in order to rebuild the natural prominences so that they will reflect the light and to reshape the depressions so that they will produce shadows. Albeit abdominoplasty appears to be an easy procedure, it is not, and unpleasant aesthetic results can occur in the hands of inexperienced surgeons. Careful preoperative evaluation, gentle management of the tissue during surgery, good knowledge of the anatomy and sensitivity to aesthetics, are important to obtain good and natural results. The author shares his huge experience in abdominoplasty and body contour, to get natural results, with association of abdominoplasty, liposuction and navel scar procedure.

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