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Simple technique to make abdominoplasty incision symmetrical

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Abdominoplasty is one of the most popular cosmetic surgeries which address reshaping of the abdominal wall through removing extra skin and unwanted fat tissues. This procedure can be done alone or in combination of liposuction. Being alone or in combination of liposuction the operation leaves a scar in the lower abdominal region. The incision of this operation is mainly located on the lower skin crease of the abdomen. The location and shape of this incision are very important for the final result of the operation. Marking, undermining and traction are those factors which mandate the final shape of the scar. In order to have a well looking, symmetrical incision, removing of the extra skin and fat tissue should be well designed. There are different surgical marking methods in the literature but these methods are mainly based on the lower incision shaping by using some templates or triangulation and methods. By using these methods resection of the extra and pendulous lower abdominal skin is based on the lower incision marking and will cause some asymmetry and irregularities of the final appearance of the abdominoplasty operation. In this article I will discuss a very simple technique which is based on shaping the upper incision in close relation with the lower incision. By using this simple feasible, easy to learn and fast technique the surgeon will be able to create a well-defined, symmetric resection line in one side and to create a similar mirror image resection line at the other side. This is clear that at the end of operation we will have a fine symmetrical incision line at the lower abdominal region.

Biography

Abdolhamid Sharifian is currently serving as a member of American Board of Cosmetic Surgery, Canada. He has been graduated from Shahid Beheshti medical School (IRAN) in 1992 and has got Iranian board of general surgery on 1995. After passing one year fellowship with Prof. Pierre Fournier from 2006 to 2007 in cosmetic surgery, he has got international board of cosmetic surgery in 2009 and American board of cosmetic surgery(ID) in 2015.

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