

## General Information About Umbilicoplasty

There are various surgical techniques which may be used to sculpt a more pleasing belly button. In most cases, the new belly button shape is achieved by sculpting the tissue with the use of sutures. When changing an "outie" belly button to an "innie," excess skin is typically removed. Incisions are most often made on the inside of the navel cavern and result in no visible scarring.

An "outie" belly button can be caused by small umbilical hernias. Umbilical hernia appears as a bulge around the belly button and occurs when the muscle around the navel doesn't close completely.

## How Do I Begin?

The first step in considering umbilicoplasty is to set up a personal consultation with Dr. Stevens.

During your consultation, the doctor will discuss your specific cosmetic goals and assess your physical and emotional health. Dr. Stevens will detail the various options for a umbilicoplasty as well as the likely outcomes of surgery. Potential risks, complications and your health history will also be discussed at this time and any questions that you may have will be addressed.

Based upon your individual case, Dr. Stevens will develop and recommend a specific course of treatment for you.

## Health Considerations

It's very important to fully disclose your current and past health conditions and history. This information should include any previous surgeries you have had, any medical conditions you have such as diabetes or high blood pressure, and all medications, vitamins, herbal supplements, nutritional supplements, alcohol, tobacco, and drugs that you are taking.

The risks associated with umbilicoplasty may include infection, loss of tissue, excessive bleeding, adverse anesthesia reaction, numbness, and asymmetry.

## Other Procedures to Consider

To achieve maximum results, umbilicoplasty is also often performed in conjunction with a tummy tuck or lower body lift to reshape or create a new navel. Make sure to ask Dr. Stevens for recommendations if you are considering doing more than one option.

### GLOSSARY OF TERMS

- **Umbilicoplasty:** A plastic surgery procedure to modify the appearance of one's navel or belly button.
- **Hernia:** A hernia is usually a sac formed by the lining of the abdominal cavity (peritoneum). The sac comes through a hole or weak area in the fascia, the strong layer of the abdominal wall that surrounds the muscle.
- **Tummy Tuck:** A plastic surgery procedure that removes excess fat and skin, and in most cases restores weakened or separated muscles creating an abdominal profile that is smoother and firmer. Also referred to as abdominoplasty.
- **Lower Body Lift:** A plastic surgery procedure to correct the sagging of the abdomen, buttocks, groin and outer thighs.
- **Navel Cavern:** Area in which the surgery is done; inside the belly button.
- **Sutures:** The stitches used to hold tissue together or to close a wound.