



腹部整形

缺乏運動、肥胖或生育後都可能引致腹部組織鬆弛，脂肪積聚，形成肚臍。肚臍不但令身裁缺乏線條美，也令服裝的選擇減少。視乎肚臍的成因，可透過不同的方法令身段重現。

射頻緊膚

射頻緊膚適合腹部只有皮膚鬆弛而沒有肌肉鬆弛或過多脂肪積聚人士。原理是利用射頻將深層皮膚加熱，刺激膠原蛋白生長，使皮膚收緊，減少肚紋。治療後皮膚會有輕微紅腫，但不影響工作。紅腫可於一至兩天退去，效果可維持數年。

抽脂

抽脂手術是利用道管，伸入脂肪組織，將脂肪抽出，達到改善體態的目的。手術適用於局部脂肪積聚而沒有腹部組織鬆弛的人士。抽脂並非減肥方法的一種，一般而言，抽脂手術應施用於體重在理想範圍的人士，才能有最大的效益。

現時抽脂有多種方法，如負壓抽脂、超聲波溶脂抽脂、復式震動抽脂、水刀抽脂等，各有利弊。醫生會視乎情況而決定抽脂的方法。抽脂手術可在局部或全身麻醉下進行。醫生會在抽脂的部位如下腹、臀部、大腿等，有多餘脂肪的位置做數個小切口，再注入含局部麻醉藥、止血劑和生理鹽水的復合劑。待藥物發揮作用後，用道管伸入脂肪組織，將脂肪抽出，達到改善體態的目的。

手術時間視乎個別部位而定，一般每部位需時60分鐘。手術後須穿上壓力衣，以幫助皮膚收緊。兩至三天可以回復輕巧的工作。瘀腫會於一至兩星期內消退。體態可於數星期內得到改善。

常見的副作用有瘀腫、血腫、皮膚表面不平滑、麻痺等。罕見的副作用有麻醉過量、脂肪栓塞及道管剝破腸藏等。只要手術由專科醫生主理及在醫院或適當的醫療中心進行，這些副作用罕有發生。

拉肚皮

拉肚皮手術適用於有過度皮膚及肌肉鬆弛人士。原理是用手術線將鬆弛的腹部肌肉拉緊，然後將肚皮向下腹收緊並將過多的鬆弛皮膚切除。術後會留下一條較長的疤痕，但由於可被內褲遮掩，所以不易被察覺。手術須在全身麻醉進行，需時兩至三小時，術後須留院三至四日並須穿着緊身衣六星期。



妊娠紋

妊娠紋是由於表皮和真皮皮膚內的膠原蛋白，無法配合在懷孕期間不斷擴大的子宮而撕裂，在皮膚上留下的一條條紅色的凹凸坑紋。妊娠紋除會出現在腹部皮膚外，亦可在乳房周圍、大腿內側及臀部看到。

分段式激光換膚能有效改善妊娠紋。原理是利用脈衝分段激光，在真皮內製造許多極微細密集的小洞，使膠原蛋白收縮重組，並刺激重造新的膠原蛋白，達致修補妊娠紋及提升皮膚的作用。激光治療後皮膚會有輕微紅腫，但不影響正常活動。紅腫可於四至七日內減退，激光治療須隔六至八星期重覆一次，約三至四次後，便有理想的效果。

肚臍整形

凸肚臍的成因，可能是臍帶脫落時，皮膚未能黏連在腹肌筋膜或肚臍週邊組織過於薄弱而形成小腸氣所致。必須經醫生細心檢查才能分辨其成因。若是皮膚未能黏連的問題，只須將肚臍旁邊的皮膚，用手術線重新固定在筋膜上便可。由於切口在肚臍內，所以疤痕並不明顯。但若是小腸氣的原故，切口須伸展至肚臍週邊的皮膚以便修補。

脂肪移植手術

自體脂肪移植是現在流行的整形外科手術。手術除了可改善體態，也可同時改善面形輪廓或達到豐唇、豐胸、隆鼻等目的。醫生會在下腹、臀部、大腿等有多餘脂肪的位置，抽取適量的脂肪。脂肪經處理後，利用幼針注射，填補面部凹陷處，令瘦削的臉更見平滑均勻，改善輪廓。若把脂肪注入胸部，更可使胸部提升，變得豐滿。由於部分注入的脂肪會被吸收，有需要時，可於四至六個月後作補充注射，以保持豐滿的效果。

手術切口不會留下明顯的疤痕。術後瘀腫可於一至兩星期減退，並於三至四星期回復自然。副作用包括：傷口發炎、脂肪油化、腫塊、不對稱等，但情況並不常見。

ABDOMINAL RESHAPING, LIPOSUCTION AND FAT TRANSPLANTATION 腹部整形、抽脂 及脂肪移植手術

HKSH Plastic & Reconstructive
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ABDOMINAL RESHAPING, LIPOSUCTION AND FAT TRANSPLANTATION

腹部整形、抽脂及脂肪移植手術



ABDOMEN RESHAPING

The lack of exercise, weight gain and childbirth can all cause abdominal tissue to sag. Excessive fat accumulation might also leave you with an unappealing flabby belly and fewer choices in clothes. Abdominal reshaping can be achieved in different ways depending on individual circumstances.

THERMAGE

Thermage is suitable for those with only sagging skin but not sagging muscles or excessive fat. The procedure delivers heat deep into the skin tissues and stimulates collagen production, thereby tightening the skin and reducing abdominal marks. Mild redness and swelling may appear after the procedure but will subside in one to two days. You can resume work immediately afterwards and the result may last a few years.

LIPOSUCTION

Liposuction is a common surgery for improving the body contours and proportion by removing excess fat via a suction cannula. It is suitable for people with excessive fat accumulation in their abdomen but without loose skin. Liposuction is not a substitute for diet or exercise, and results are typically better when performed on individuals within a weight range.

Liposuction can be performed with different techniques such as suction-assisted liposuction, ultrasound-assisted liposuction, power-assisted liposuction, and water-assisted liposuction. They all have advantages and disadvantages. According to the characteristic of fat accumulation and condition of the skin, doctors will choose the most appropriate technique. Liposuction can be performed under local or general anaesthesia. In areas with excessive fat (e.g. lower abdomen, upper arms or thighs), several tiny incisions are made, into which mixture of local anaesthetics, hemostatics agents and normal saline fluid are injected. A suction cannula is then inserted to draw out fatty tissues to achieve body reshaping.

The duration varies with area where the procedure is performed, but 60 minutes is generally necessary for each area. Patients are required to wear pressure garments after surgery to promote skin

tightening. Light duty work can be resumed in two to three days. The bruising and swelling typically subsides in one to two weeks, and improvement in body shape can be seen within a few weeks.

Side effects include bruising, swelling, soreness, irregular skin surface, and numbness at treatment area. Serious complications include anaesthetics overdose, fat embolism or accidental puncture or laceration of the intestines. In order to minimise such risks, patients are advised to seek qualified surgeons and well-equipped medical centres or hospitals with stringent infection control standards to carry out such procedures.

ABDOMINOPLASTY (TUMMY TUCK)

Abdominoplasty is suitable for those with excessive sagging of skin and muscles. The procedure tightens sagging muscles first, followed by the repositioning of remaining skin to the lower abdomen and removal of excess skin and fat to create a more toned look. Abdominoplasty leaves a relatively long scar line that is usually concealed by the underwear. The procedure is performed under general anaesthesia for two to three hours, followed by a three-to four-day hospital stay. A pressure garment must be worn for six weeks after the surgery.

STRETCH MARKS

Stretch marks are reddish streaks on the skin commonly seen during pregnancy. During pregnancy, the sudden and rapid growth of the uterus breaks the collagen in the middle and deeper layers of the skin at certain places. The skin overstretching and forms reddish scars. Other than the abdomen, stretch marks may also develop on the inner thighs, breasts and buttock.

Fractional laser can improve appearance of stretch marks. During treatment, the laser induces numerous microscopic holes or heat in the damaged zone in the dermis. This will stimulate regeneration of collagen and skin repair. Redness and swelling is normal after treatment and will subside after four to seven days. Patients can resume work soon after treatment. For the best outcome, fractional laser has to be repeated every six to eight weeks for three to four times. Noticeable changes can be seen within two to three treatments.

UMBILICOPLASTY

Everted umbilicus is often caused by failure of the umbilical skin to adhere to the deep fascia; sometimes, it is caused by umbilical hernia. With careful examination, doctors can differentiate the causes. Everted umbilicus cases can be rectified by fixing the umbilical skin to the deep fascia through a small incision, improving overall appearance of the navel. In the case of umbilical hernia, a bigger incision may be required.

FAT TRANSPLANTATION

Fat transplantation is one of the most popular plastic surgeries today. The procedure not only improves body shape and contour but also helps boost volume in areas such as the cheeks, lips, nose and breasts. Doctors will need to remove excess fat from donor sites such as the abdomen, upper arms or thighs. The fat is then centrifuged, purified and injected into another area of the body that is lacking in volume. Sunken faces can be filled using such technique to improve facial contours. Breasts can also be augmented to appear fuller. Some injected fat may be absorbed by the body and diminish the effects, so some patients may need to repeat the procedure after four to six months to achieve more lasting results.

There is minimal scarring and any bruising or swelling will generally subside within one to two weeks. A natural body shape is usually evident in three to four weeks. While complications are rare, side effects may include wound inflammation, fat lumpiness and asymmetry.

