

## About Dan Prinsloo

Mr Dan Prinsloo is a Cosmetic and Reconstructive Plastic Surgeon serving North Staffordshire and Shropshire.

He first qualified in 1987 as a Medical Doctor at the University of Pretoria, South Africa, where he graduated as a Bachelor of Medicine/Bachelor of Surgery (MBChB). He was always interested in plastic and reconstructive surgery and had extensive exposure to surgical procedures even as a junior doctor. In 1989, he joined the extensive training programme in plastic and reconstructive surgery at the University of Pretoria.

He qualified as a Plastic Surgeon in 1995 after completing his Master's degree in Plastic and Reconstructive Surgery (MMed Plast Surg). In the same year, he also achieved the distinction of becoming a fellow of the Royal College of Surgeons of South Africa (FCS Plast (SA)).

### Further training and experience

Mr Prinsloo was appointed as Consultant Plastic Surgeon within the NHS in South Africa (Pretoria) in 1996. He decided to gain further specialised training and experience by undertaking fellowships in some of the best plastic surgery units in the world. He received further extensive training in Taipei (Taiwan), Tokyo (Japan) and Glasgow (Scotland). He then returned to South Africa to continue his work as a consultant within the NHS as well as working as a private Cosmetic Surgeon. He moved to the UK in 1998 and in 1999 was appointed as Consultant Plastic Surgeon within the NHS in North Staffordshire (Newcastle-under-Lyme) and Shropshire (Shrewsbury).

### Expertise and special interests

Mr Prinsloo is an experienced breast surgeon and performs mainly reconstructive breast surgery within the NHS. He also provides a service in specialised head and neck skin cancer surgery, limb reconstruction and general plastic surgery.

Mr. Dan Prinsloo



## Other Cosmetic Procedures include:

- Breast Reduction/Uplift
- Face/Neck Lift
- Eyelid Reduction
- Nose Reshaping
- Ear Reshaping
- Tummy Tuck
- Liposuction
- Mole Removal

  
**Cosmetic  
Surgery**

to book your consultation call us on  
**0844 800 4480**

or visit our website

[www.prinsloo-surgery.co.uk](http://www.prinsloo-surgery.co.uk)

### Consulting Rooms

Newcastle-under-Lyme  
Shrewsbury

GMC Specialist Register  
Member of British Association of Plastic  
Reconstructive and Aesthetic Surgeons

#### DISCLAIMER:

This leaflet is provided for general information only and is not a substitute for a professional consultation with Mr. Prinsloo.

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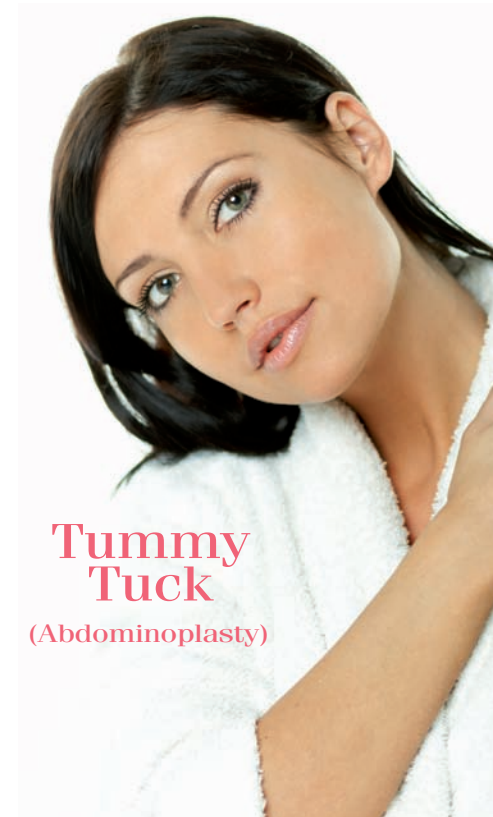
Tummy Tuck

  
**Cosmetic  
Surgery**

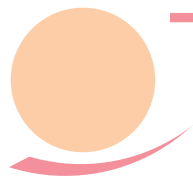
CONSULTANT PLASTIC &  
RECONSTRUCTIVE SURGEON

**Mr. Dan Prinsloo**

MBChB, MMed(Plast)FCS(Plast)



**Tummy  
Tuck**  
(Abdominoplasty)



# Tummy Tuck

## (Abdominoplasty)

### Description

A tummy tuck or abdominoplasty will improve the appearance of the tummy (abdomen).

The procedure leaves a long, curved scar across the lower abdomen, just above the level of the pubic area. There is also a small scar around the umbilicus.

### Who are candidates?

Any woman with:

- Excess skin and fat caused by weight loss or pregnancy
- Caesarean section or hysterectomy scar causing an overhang of loose skin in lower part of abdomen
- Severe lower abdominal stretch marks

### How is it done?

Excess skin and fat are removed from the lower part of the abdomen and the abdominal muscles are tightened to give a flat, firm and toned appearance.

A new hole is cut for the umbilicus (navel) which is stitched back into place.

### Length of surgery

From 1½ to 2 hours

### Hospital stay

Two night stay is recommended

### Anaesthesia

General anaesthetic

### Time to heal

- Pain and discomfort in first 48 hours
- Drains are removed within 48 hours
- Difficult to stand up straight during first week
- Driving after first week
- Return to work in 2-3 weeks
- Normal activity in 6-8 weeks

### Risks

Risks are rare but may include:

- Bleeding, haematoma (blood clot), fluid collection, infection, wound healing problems, skin loss, irregular scar formation, nerve damage and complications related to anesthetic (DVT, PE and chest infection)

### Duration of results

Long-lasting, although weight loss or gain and pregnancy can affect results over time.

### Pro's

- Removal of noticeable stretch marks on lower abdomen
- Flatter and more youthful tummy
- Enhanced contours allow clothing to fit

### Con's

- Not for women who intend to become pregnant in the near future
- Permanent scars from hip to hip
- Complications are more common in smokers and obese patients
- Doesn't remove stretch marks above level of umbilicus



*BEFORE*  
*Abdominoplasty*

*AFTER*  
*Abdominoplasty*