

# ABDOMINAL ETCHING (SIX PACK) PATIENT INFORMATION GUIDE

*(Educational material - not a replacement for personalised medical advice.)*



# Information For Patients

This booklet provides information to help you decide whether to have abdominal etching surgery. It explains how the procedure is performed, the potential benefits and risks, and what to expect before, during and after treatment.

You may wish to discuss this information with a relative, partner or carer before making your decision. You will be asked to sign a consent form prior to treatment, so it is important that you understand the contents of this booklet before proceeding.

If you have any questions, you may find it helpful to write them down so that you can discuss them with your surgeon or a member of the clinical team.

This document is intended for educational purposes and does not replace a personalised consultation with a qualified medical professional.

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## What is Abdominal Etching?

Abdominal etching is a specialised form of liposuction designed to enhance the natural contours of the abdominal muscles.

Instead of simply removing fat evenly, the surgeon selectively removes fat around the natural muscle lines to create a more defined appearance, often referred to as a “six-pack” contour.

The procedure is intended for patients who already have good muscle tone but wish to improve definition.

## Why Consider This Procedure?

You may consider abdominal etching if you:

- Have stubborn abdominal fat that does not respond to diet or exercise
- Have good muscle tone but limited visible definition
- Are close to your ideal body weight
- Desire a more sculpted abdominal contour

The procedure is designed to enhance existing anatomy rather than create muscles where none exist.

## Preparing for Surgery

Before surgery you may be advised to:

- Stop smoking several weeks before surgery
- Avoid blood-thinning medications unless approved by your doctor
- Maintain stable weight prior to surgery
- Disclose all medications, supplements and medical conditions
- Follow fasting instructions if required

Your surgeon will assess whether you are a suitable candidate during consultation.

# Your Treatment Journey (International Patients)

## Initial Assessment

Your medical history, photographs and treatment goals are reviewed.

## Travel Arrangements

Airport pickup and accommodation are coordinated through the treating hospital.

## Pre-Operative Appointment

You will attend a consultation for examination, markings and consent confirmation.

## Surgery Day

The procedure is performed in a hospital or clinic setting.

## Post-Operative Stay

Most patients return to their accommodation on the same day or after a short observation period.

## Return Travel

Patients are generally advised to remain abroad for several days before travelling home.

## The Procedure

During abdominal etching, small incisions are made in discreet locations on the abdomen.

A thin surgical tube is used to remove fat selectively along the natural muscle lines, enhancing definition while preserving smooth contours in surrounding areas.

The procedure is typically performed under general anaesthesia or sedation with local anaesthesia, depending on the surgical plan.

Surgery usually takes 1 to 2 hours.

# After the Operation

After surgery you may experience:

- Swelling and bruising
- Mild to moderate discomfort
- Temporary numbness in the treated area
- Tightness of the abdominal skin

Compression garments are usually worn to support healing.

## Recovery and Expected Results

### First 1–2 Weeks

Swelling and bruising are most noticeable during this period.

### Weeks 3–6

Swelling gradually improves and most patients resume normal daily activities.

### Months 2–3

Abdominal definition becomes clearer as swelling continues to settle. Final results may take several months to fully develop.

## Aftercare Instructions

You may be advised to:

- Wear a compression garment as instructed
- Avoid strenuous activity for several weeks
- Maintain a stable weight
- Stay well hydrated
- Attend follow-up appointments

Following aftercare instructions helps support optimal results.

## Potential Benefits

Abdominal etching may:

- Enhance muscle definition
- Improve abdominal contour
- Create a more sculpted appearance
- Improve body proportions

Results vary between individuals.

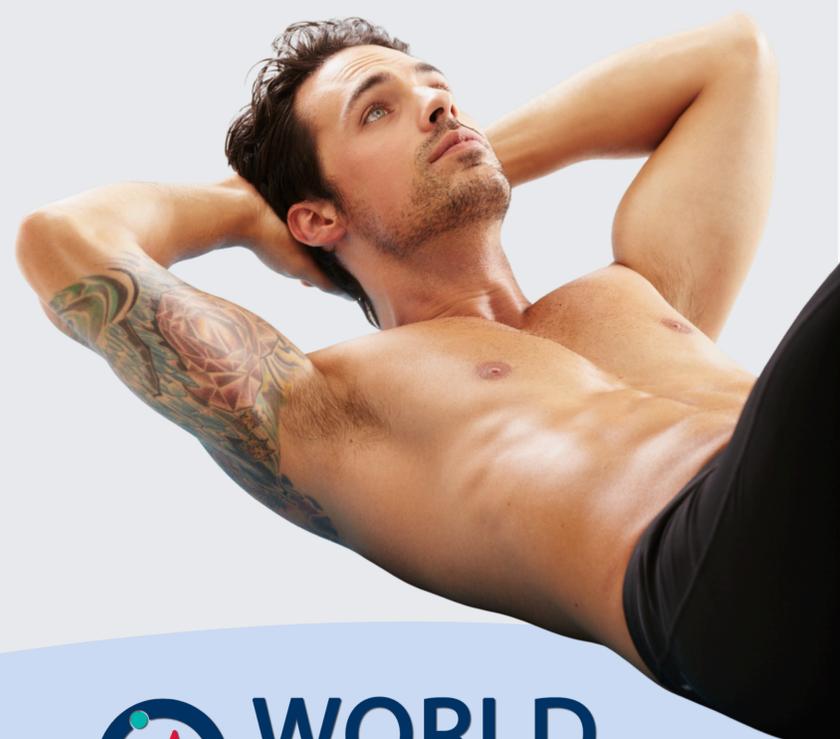
## Risks and Complications

All surgical procedures carry some degree of risk. Outcomes and recovery times vary between individuals.

Possible complications may include:

- Infection
- Bleeding
- Fluid accumulation
- Contour irregularities
- Temporary numbness
- Asymmetry
- Need for revision surgery

Your surgeon will discuss potential risks during consultation.



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# Procedure-Specific Considerations

## Candidate Selection

Best results are typically achieved in patients with good skin elasticity and low body fat levels.

## Weight Stability

Significant weight changes after surgery may affect results.

## Lifestyle

Maintaining a healthy diet and exercise routine is important to preserve definition.

## Combination Procedures

Abdominal etching may be performed alongside other body contouring procedures.

## When to Seek Medical Advice

Seek medical attention if you experience:

- Increasing swelling or redness
- Fever
- Severe pain
- Excessive discharge from incision sites
- Sudden shortness of breath

## Questions to Ask Your Surgeon

You may wish to ask:

- Am I a suitable candidate for abdominal etching?
- What results are realistic for my body type?
- What type of anaesthesia will be used?
- How long will recovery take?
- What lifestyle changes are recommended after surgery?



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## Further Information and Consent

Before proceeding with surgery you will be asked to sign a consent form confirming that:

- You understand the nature of the procedure
- The potential risks and benefits have been explained
- You have had the opportunity to ask questions
- You understand that results may vary between individuals

The final decision regarding suitability for surgery is made by the treating surgeon following medical assessment.

## Contact Information

If you require further clarification before your consultation or treatment, please contact:

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